



*The world is
your stage*

JUST REACH FOR
THE STARS &
BELIEVE IN WHO
YOU ARE

PROSPECTUS
ACADEMY OF DANCE



*Empowering
dreams for*

TEN **10** YEARS

ZFITSTUDIOS.COM.AU



/ZFITSTUDIOS



/ZFITSTUDIOS

CONTENTS

INTRODUCTION	4
WHO ARE WE	6
DEDICATION, INNOVATION & EXCELLENCE	6
OUR UNIQUE CULTURE & STRONG COMMUNITY RELATIONSHIP	6
LEARN FROM INDUSTRY PROFESSIONALS	6
STUDENT WELLBEING & NURTURING ENVIRONMENT	7
LEADING INDUSTRY BENCHMARKS & FORGING STRONG COLLABORATIONS	7
PROGRAM DELIVERY STRUCTURE	10
CLASS CATEGORIES	10
PERFORMANCE OPPORTUNITIES	10
OUR STAFF	12
WHY CHOOSE US	20
COURSE DETAILS	22
STYLES OFFERED	22
TERM DATES	23
CLASS GROUPINGS	23
CLASS DESCRIPTIONS	24
TECHNIQUE CLASSES	24
PERFORMANCE CLASSES	25
OTHER CLASSES	26
SUMMER SCHOOL	27
TIMETABLE	28
ENROLMENT PROCESS	28
COURSE FEE SCHEDULE	29
ENROLMENT FEE	29

INDUCTION PACKS	29
CLASS TUITION FEES	30
COMPETITION FEE	30
EXAMINATION FEES	31
CLASS NUMBERS	32
FEEDBACK FROM THE INSTRUCTORS	32
PRIVATE LESSONS	32

COLLABORATING ORGANISATIONS

33

FIT STUDIOS
Academy



*Empowering
dreams for*
TEN 10 YEARS

INTRODUCTION

Welcome to Z Fit Studios - Academy of Dance

Our mission is to provide learning and growth opportunities that ignite student potential. Z Fit Studios - Academy of Dance is a hub of creative passion and energy where students feel inspired, connected and supported.

Z Fit Studios is committed to providing high quality dance education whilst equipping students with the professional and creative skills they need to build their strong and successful careers.

Our unique curriculum is designed to learn creative skills, build confidence, gain critical thinking abilities and to enhance communication skills using performing arts. We pride ourselves on maintaining a commitment to excellence and offering pathways that will allow our students to thrive as artists in the performing arts and entertainment industries.

Our vision is to empower our students to dream, believe and achieve. Our educators and trainers are highly sought-after industry professionals who are committed to foster the skills that you need to build strong and successful careers.

We pride ourselves on providing a safe and supportive environment that strives to expand the horizons for every student. To make this happen with even more care, we are a certified 'Keep Kids Safe in Dance' Institute and have incorporated 'Body Positivity Model' in our curriculum. We are also working to gain 'Rainbow Tick' accreditation to ensure everyone on our campuses feels supported and welcomed; and we create a better and more accepting society.

Our commitment to excellence and our passion for creative arts has resulted in us earning the reputation as being an elite provider of education and training for upcoming artists in the Greater Bendigo Region.

We invite you to learn more about Z Fit Studios - Academy of Dance and find out how we can provide you with life changing opportunities.

We welcome you to our vibrant and unique studio and look forward to supporting you on your artistic journey.

Dave Chauhan
CEO

Saari Frochot-Chauhan
Executive-Director

Jennifer Rae McClean
Department Head

FIT STUDIOS
Academy



*Empowering
dreams for*
TEN 10 YEARS

WHO ARE WE

Since the year 2011, Z Fit Studios hasn't missed a beat in Bendigo. We have emerged to be one of the region's iconic arts and creative institutes delivering our programs from our four campuses:

- The Academy of Dance located in Bendigo CBD;
- Dance Hub located on Hattam Street, Golden Square;
- Pole Hub located on Hattam Street, Golden Square; and
- Circus Hub located on Woodward Road, Golden Square.

DEDICATION, INNOVATION & EXCELLENCE

One of our guiding values is excellence, among both - our staff members and students. We go to rigorous efforts to select and create our teaching curriculum, which is delivered by the leading industry professionals. With our creativity and innovation we have been constantly bringing new programs and creative styles to the region. We have scored several regional and state accolades and have gained a reputation for being one of the region's most progressive organisations.

OUR UNIQUE CULTURE & STRONG COMMUNITY RELATIONSHIP

Our efforts, engagements and values have allowed us to forge strong ties with the local community. As a torch-bearer of progressive ideas, diversity and inclusiveness. The patrons of Z Fit Studios, consider it as an extended family as this community embraces everyone irrespective of their shape, size, abilities, age, origins, gender identity, language, belief & culture. For this reason, people and community feel proud of being associated with Z Fit Studios.

LEARN FROM INDUSTRY PROFESSIONALS

Z Fit Studios is a professionally run organisation. Our highly skilled instructors and mentors have strong professional experience and impressive qualifications allowing us to provide our students solid fundamentals and the latest curriculum in order to be industry ready. Our staff have impressive formal qualifications as well as extensive professional experience and current industry connections. This allows for expert guidance and mentorship regardless of your current skill level, ability or preferred genre.



#Keep Kids Safe in Dance

"I'm so much better when you motivate me rather than put me down"

A Child Safe dance school protects kids from emotional abuse.

www.keepkidssafeindance.com.au
info@keepkidssafeindance.com.au
1300 501 830

STUDENT WELLBEING & NURTURING ENVIRONMENT

At Z Fit Studios, we believe in 360 degrees wellbeing, where we consider mental, physical and emotional fitness as a healthy way of living life. We understand this overall wellbeing is essential and ultimately allows our faculty to facilitate opportunities for our students which will assist them in achieving their goals, no matter what they might be.

In addition to our intensive dance instruction, we deliver wellbeing programs including training like 'Body Positivity Model' and several others designed to support the development of a growth mindset and embrace one's own body and skin; this allows Z Fit Studios to help build confident and resilient artists. By implementing strong and industry leading programs like 'Keep Kids Safe in Dance' we ensure that we look after the younger members and keep their safety number one on our priority list.

LEADING INDUSTRY BENCHMARKS & FORGING STRONG COLLABORATIONS

ausDANCE
VIC

We are a proud member of AusDance & Dance Arts Alliance, we have always been among the industry forerunners in implementing the latest and the best industry standards and work towards the constant improvement in the arts and creative industry.

We have been uplifting the standard of the creative profession in the region and constantly working towards empowering creative professionals from the industry.

We have strong collaborations with local industry and we work with many major creative organizations and projects in the region.

We understand that extremely competitive environments within the performing arts, unfortunately run the risk of comparing students rather than celebrating individuality, uniqueness, body image, love, creativity and musicality. Hence, we focus on personal progression and individual achievement rather than competition between our students.

We are proud to be a Child Safe Organization and are working closely to keep our kids safe within dance practices. The 'Keep Kids Safe in Dance' organisation's main objective is to raise awareness of the current issues surrounding dance. To find out more information about 'Keep Kids Safe in Dance', please have a look at the following website: <https://www.keepkidssafeindance.com.au/home-1>

We are also proud to support and promote the 'Body Positivity Model'. The Body Positive Institute is an internationally recognised organisation that was founded on the belief that your body is not an ornament, it's the vehicle to your dreams. Founded in 1996, The Body Positive Institute believes that everyone has the right to love and embrace their body, regardless of shape, size, ethnicity or ability.

For more information about The Body Positive Institute, please have a look at the following website: <https://thebodypositive.org/>



FIT STUDIOS
Academy

*Empowering
dreams for*
TEN **10** YEARS

PROGRAM DELIVERY STRUCTURE

Z Fit Studios - Academy of Dance will be delivering our classes in a professional yet straightforward and easy to follow format.

CLASS CATEGORIES

Classes will be in the following categories:

- **Technique Classes** - Systematic & structured approach to learn various dance & creative disciplines based on syllabi designed by one of the world's greatest international dance societies - COMDance. Technique classes provide students with the opportunity to sit exams and gain formal qualifications and are offered in the following 7 styles: AcroDance, Classical Ballet, Contemporary, Hip Hop, Jazz, Musical Theatre & Tap.
- **Performance Classes** - A carefully designed program to create, develop, express & showcase both talent & artistry. Students will perform within the community, in productions & on highly prestigious competitive stages. We offer 3 styles of performance class: Classical Performance, Hip Hop Performance & Theatrical Performance.
- **Other Classes** - This includes **wellbeing sessions, industry training workshops, dance workshops with our faculty as well as visiting guest faculty.**
- **Extracurricular Activities** - These nurture individuals by providing community events & social engagement as part of the greater Z Fit Studios Community.

PERFORMANCE OPPORTUNITIES

Within our performance based classes our faculty will be working with the community, cultural events and productions companies to offer students the opportunity to showcase their abilities and creativity.

Students will also be performing within multiple competitions throughout the year. These include but are not limited to:

- | | |
|---------------------------------------|-----------------------------|
| • Melton-Bacchus Marsh Dance Festival | (TBC) |
| • Bendigo Competitions Society | (June/July School Holidays) |
| • Bendigo Dance Eisteddfod | (June/July School Holidays) |
| • Australian Dance Competition | (TBC) |
| • Time To Shine | (27-28 March 2021) |
| • Royal South Street Society | (September School Holidays) |

Students enrolled in performance classes will be required to commit to performing in competitions. Plenty of notice is given for these events. There will be other opportunities for performances at events throughout the year and you will be informed of these as they arise.

There will also be a major end of year performance, details of which will be provided in the due course. For such performances, our usual venue partners are The Capital Theatre & Ulumbarra Theatre, Bendigo.

FIT STUDIOS
Academy



*Empowering
dreams for*
TEN 10 YEARS

OUR STAFF

Z Fit Studios - Academy of Dance has worked very hard to create a most highly sought after team; who are professional, passionate and dedicated to delivering high quality education. We have industry professionals and well known instructors from the local region who will be teaching at the Academy of Dance. Our staff is committed to our shared belief - 'Achieving Excellence'.

We pride ourselves on providing professional, highly-skilled and qualified instructors, teachers and mentors who have demonstrated excellence within their own areas of expertise. Our aim is to provide growth and learning opportunities which will assist to form strong foundations for future success of our students.



Jennifer McClean | Department Head

Teaching Tap, Jazz, Ballet, Music Theatre, Acro Dance, Come Dance with Me, Performance and Private Lessons. Jennifer will also be overseeing all styles and working closely with all teachers, students and parents.

- Associate Cecchetti Ballet Qualification
- Certificate-IV in Dance
- Certificate-III & Certificate-IV in Personal Training
- Anaphylaxis certificate
- First Aid - Level 2 & CPR Training
- Working with Children Check
- Mental Health First Aid
- ComDance Affiliate Member

Jennifer has worked extensively teaching the performing arts in a range of secondary schools over the last 8 years. She has over 23 years of dancing experience in all styles including Tap, Jazz, Classical Ballet - Cecchetti and Royal Academy of Dance (RAD), Contemporary, Hip-hop, Acrobatics, Street Tap & Ballroom.

Jennifer has had many accomplishments over her years of the performing arts, one of her highlights includes dancing at Disneyland & Universal Studios. This was while she was completing a full-time dance course at Michelle Slater Performing Arts Studio, that allowed her to gain a Certificate-IV in dance and Certificate-III and Certificate-IV in personal training. She has performed in many shows around Victoria including 'Seussical', 'Chicago', 'Hairspray', 'The King and I', 'Mamma Mia', 'Sweet Charity', 'The Addams Family', 'Smoke and Mirrors' and 'The Boy from Oz', just to name a few, many of these she had lead roles.

She has also spent over 20 years competing across Australia in the Performing Arts, with hundreds of championship wins, podium places and aggregates under her belt. Her greatest competition accomplishment was winning the senior Theatrical Cup in 2012 at Royal South Street Society.



Saari Frochot-Chauhan | Music Theatre & Kids Ballet

- Bachelor of Education
- Certificate-III Fitness
- First Aid - Level-2 & CPR Training
- Working with Children Check
- Mental Health First Aid

Saari has been dancing for over 30 years. She comes with solid dance training and years of performance experience on stage in lead and various other roles , particularly in Music Theatre.

With Bendigo Theatre Company (BTC) Saari performed as Velma in 'Chicago', Brooke in 'Noises Off' & Liza Minnelli in 'The Boy From Oz'. She also played Lucy in 'Avenue Q' for Three's A Crowd, for which she was commended by The Music Theatre Guild of Victoria. Other awards include a Georgy Award for best performance in a musical (female), for her role as Belle in 'Beauty and the Beast' with EMTC.

In addition to this she has played many roles with CT Productions - Adelaide in 'Guys and Dolls' being her favourite. For Apollo Productions she played the title role of Princess Elizabeth in 'Princess Ascending' and again the title role of Mozart in 'Amadeus'. For Synchronicity she played Jane in Pride and Prejudice. Her professional works include being an aerialist in Poppet Bendigo and playing the lead role of Sophie in the Belly Dancer for Tripwire Theatre.

She is also the inaugural winner of the Regional Business Women's Award 2018 for her efforts with Z Fit Studios.



Robert Brassington | Contemporary

- Bachelor of Dance - Victorian College of the Arts
- First Aid - Level 2 & CPR Training
- Working with Children Check
- Mental Health First Aid

Robbie is a dancer, teacher and performer with a Bachelor of Dance from the Victorian College of the Arts and has been working in the dance industry professionally since 2011 across multiple dance forms.

A founding member of Liquid Skin Dance and Menagerie. He has also worked in Melbourne with Creative Behaviours, Stephanie Lake, Amanda Lever, and more. He performed in the first iteration of "Hooked", an ongoing exploration of relationship expectations and gender roles in Sydney which has been pioneered and choreographed by Jay Bailey.

Since moving to Bendigo he has become more interested in community-based dance and performance projects including working with ChunkyMove ("Simulcast"), Terry and the Cuz ("Sk!n"), Sam Thomas (Castlemaine State Festival and "Artlands"), as well as creating his own show "Take Flight" in 2018 and being Head-Choreographer in "Smoke and Mirrors" in 2019 with incredible support from the Z Fit Studios team.

Robbie is an award-winning community artist with strong roots in teaching and youth workshops to develop the next generation of dance artists including workshops that have focused on fostering talent in young males with a passion for dance as well as a mentorship project centred on developing Flash Mob creation, development, and performance with young dance artists.



Donna Lierse | Elite Classical Ballet

Miss Donna Lierse is an experienced and qualified teacher and choreographer with a professional outlook regarding the creative and performing arts world. At the age of 5, Donna began initial training at Coral Brown School of Dancing and Shirley Jones where she continued on with her tuition for 20 years. In this time, her skills developed sufficiently in order to achieve Honours and High Distinctions in qualifications. This was within all grades of the 'Cecchetti Method of Ballet' and 'ISTD' syllabus in Modern and Tap syllabi in the genres of Tap, Jazz, Ballet, Character and National.

Gaining Distinction in both her Associate and Licentiate Teaching Cecchetti Teaching exams, Donna at the age of 25 gained her Cecchetti Fellow Teaching Certificate, a prestigious teaching qualification attained by few practitioners in this day and age. Donna holds a Bachelor of Education (Secondary) Home Economics and Dance. Donna is a Food Technology teacher and dance coordinator for a local Bendigo High School, implementing and teaching Food Technology, Year 9/10 Dance, Wakakirri and Production. Donna holds her Certificate IV in Dance Training and Assessment and FirstAid Certificate 2 with CPR. Donna also examines for the Southern Federation of dance. Donna adjudicates and facilitates teacher trainer qualifications and is a dance specialist teacher throughout Australia and New Zealand. Donna is an affiliate member of Cecchetti International Classical Ballet, Southern Federation of Dancing and Australian Dance Adjudicators. Donna sold her academy in 2011 to pursue examining and adjudicating. Donna enjoys Teacher training and overseeing classes in all facets of dance for several dance studios, teaching all levels of Classical Ballet , Lyrical, Contemporary, Jazz, Tap, Hip Hop, Acro, Broadway and Modern dance.

Donna's students have been successful graduates of The Australian Ballet, Queensland Ballet, Cecchetti Scholars, Cecchetti Medal Test Winners, Ballet Teachers Workshop Awardees, William Carse Award Winners Cecchetti Junior Encouragement Award Winners, Company Members of The Australian Ballet, Dirty Dancing, We will Rock You, Paris Disneyland, Royal Caribbean Cruise Line and Recipients of Bendigo Raw Arts.

Donna's aim is to achieve all goals and objectives once set in place, in all facets and areas of Donna's chosen career working for and within the creative and performing arts field. To

fulfil and discharge all responsibilities with the utmost of importance and care, providing a professional level of knowledge and experience. Aspiring to teach dance to the highest standard of technique and artistry, within an atmosphere of safety and nurturing, allowing each student to reach their full potential.

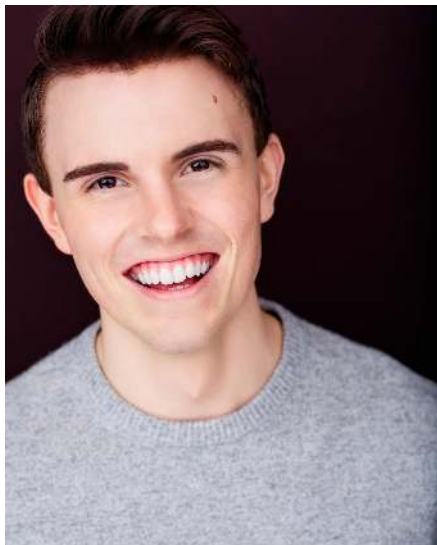


Gabby Hasty | Kids Hip-hop & Come Dance With Me

- First Aid - Level 2 & CPR Training
- Working with Children Check
- Mental Health First Aid

Gabby has always loved dancing and has been learning and teaching dance for the last 19 years now. After starting in Jazz Ballet classes, Gabby later moved on to Contemporary, Hip Hop, Jazz and Funk.

Gabby is known for her positive and encouraging attitude, her wonderful rapport with preschool students and her unique and edgy choreography. In 2019, she played the lead role of Alice in the play "Smoke & Mirrors".



Charlie Munday | Music Theatre & Masculinity Class

Charlie Munday is a graduate of the American Musical and Dramatic Academy in New York, learning from Broadway professionals such as Chryssie Whitehead (A Chorus Line), Jimmy Kichler (American Ballet Theatre) and Ramon Galindo (Cats). After graduating, Charlie has had the privilege of travelling the United States and performing professionally in theatres all over the country with highlights including Rudolpho (Matilda: The Musical), John Caleo (Holding The Man Off-Broadway) and Jimmy Smith (Thoroughly Modern Millie). As well as his performing credits, Charlie is also a Broadway World award nominated choreographer for his work on Mamma Mia!, Elf: The Musical and Young Frankenstein. Most recently, Charlie has

been working in Australia on virtual concerts and streamed shows for theatres in both New York and Nashville, Tennessee.

Charlie is thrilled to be returning to his hometown to pass on what he has learnt in his last 5 years abroad. Find more about Charlie, at www.charliemunday.com



Serchmaa | AcroDance

As a professional artist who has performed on international stages, touring with Cirque Du Soleil, Serchmaa is a Circus artist specialising in contortion and hand balance.

She is also trained in Hula Hoops, Aerial Hoop & Aerial Silks. Serchmaa started training at the ripe age of 4 and she started competing and performing internationally when she was only 9 years of age. She has travelled and performed in over 18 countries and across 54 cities.

Serchmaa's goal from a child was to perform with Cirque Du Soleil and she worked very hard until her dream became a reality 4 years ago where she was selected as one of 2 contortionists at an audition in her home country Mongolia where 300 were auditioning. She joined the "Kurio" performance for 1257 performances over 4 years. During this time Serchmaa had the opportunity to work alongside professional physiotherapists and pilates instructors and has learnt a lot about how to take good care and maintain a healthy physique while doing extraordinary performances.

As a teacher Serchmaa is passionate about sharing her knowledge and expertise with her students and she loves seeing them learn and achieve their goals. As a teacher she is encouraging and breaks down things for individuals as needed providing maximum support to students of all levels. Serchmaa is excited to inspire, empower and explore with the Z Fit Studios community.



Ashlee Eadon | Classical Ballet

Ashley Eadon completed a Bachelor of Psychological Science and is in the third year of a Bachelor of Laws alongside a Diploma of Hindi at La Trobe University. She trained as a dancer at Carmel Amelia School of Dance in Classical Ballet, Jazz and Contemporary for 10 years and continued her training in Bendigo.

Ashley completed her Cecchetti Ballet Exams from Grade 1 through to Advanced 1, receiving Honours. She competed in numerous troupes, solos and concerts and musicals. She was a lead role and principal dancer in NEXUS Bendigo Youth Theatre's production of Oklahoma and has acted in several performances across regional Victoria.

She choreographed various dances for local schools and community groups. Outside of dance, Ashley is a New Colombo Plan Scholar for India, prior Youth Advocate for the United Nations in Thailand and runs a community education project for regional and rural Australian students.

Creative energy is a priority for Ashley, who loves meeting new people and seeing their potential grow.



Timothy Hickey | Hip-Hop & Urban

Timmy moved to Melbourne where he trained full time with Spectrum Dance. He has gone on to work and dance for multiple recording artists like Havana Brown, Anthony Callea and Paulini and has also been a magician's assistant for Cosentino on national television, was a featured dancer for the Asia World Cup ceremony, appeared in TV commercials, he has modeled for Nike and Adidas and he has traveled the world with Norwegian Cruise Line as a production dancer.

Timmy was featured as the West Coast Couple in Broadway's Swing! The Musical and was a lead role in the Melbourne show, Mansion.

Timmy was previously the dance captain and assistant choreographer for the AFL Collingwood Dance Crew at the MCG and is currently a dancer for the Storm Street Crew and Melbourne Storm.



Whitney Eadon | Guest Faculty

Whitney has completed her second year of studying a Bachelor of Applied Science and a Master of Physiotherapy Practice at La Trobe University. She also received a Diploma of Remedial Massage Therapy at Evolve College. Whitney trained as a dancer at Carmel Amelia School of Dance in Classical Ballet, Jazz and Contemporary for 10 years and continued her training at several dance studios in Bendigo.

In 2018, Whitney was ranked in the top 10 of Victoria in her study of VCE Dance, Unit 3/4. She was awarded Honours for all Cecchetti Ballet Exams from Grade 1 through to Intermediate. Whitney competed in numerous troupes, solos and concerts, winning a range of performance awards and was selected to be a Victorian Cecchetti Scholar.

Whitney worked as a gymnastics coach and a dance teacher for several years at Palmer's Gym. She was selected to be the principal dancer in the NEXUS Bendigo Youth Theatre's production of Oklahoma.

Whitney is excited to announce that she has been accepted into the Brent Street Performing Arts Course in Sydney, to commence in 2021. She has loved training with the Z Fit Studios and being a part of the team.



Anita Scott | Guest Faculty

Anita Scott Began dance training with the Solymossy Russian Dance School and then Victorian Ballet School Fitzroy with Dianne Parrington, Arthur Turnbull and Luba Baksheev in RAD, Russian Classical, Contemporary (Martha Graeme Technique) and Russian Folkloric Dance. Went on to study and train full time at the National Theatre Ballet School St. Kilda with Gailene Stock, Gary Norman and Michaela Kirkaldie.

Directed and/or choreographed plays, musicals and dance throughout Primary and Secondary School whilst being involved in many Free-Entertainment in the Park (FEIP) and

Moomba events. Attended the Australian Film and Television School with Bob Phillips and had extensive experience in film and television including appearing in Good Guy/Bad Guy with Jackie Chan and Man from Snowy River. Appeared in many TV and Films including episodes of Man from Snowy River, Neighbours, Snowy, State Coroner, Glitch, Leftovers and recently in the Korean Film 'Road to Boston'. Studied stage makeup at the National Theatre London.

Directed and choreographed several shows for Bendigo Theatre and Arts (now Apollo). Choreographed and trained the Mei Hua team at the Chinese Bendigo association for 6 years. Choreographed several troupes and solo items for Competitions including Russian, Ukrainian, Chinese, Korean, Mongolian, Italian, Greek and Polish.

Won the Choreographic award at the Bendigo Comps in 2014 (Chinese National Dance including Lion). Choreographed Fiddler on the Roof Bendigo 1995 and 2018 (Russian and Jewish Dance techniques).

Nominated for a Musical Theatre Guild Award 2018 for Costumes for Peter Pan Girton Grammar.

Completed Level 1 and 2 of the International Dance Syllabus by Alida Seagal. She teaches National dance regularly at Pre-school to Secondary School levels. Choreographed several dances for the last 3 years of the Festival of Lights at the Great Stupa (Korean, Chinese). Emergency Classical Ballet teacher for local ballet schools.



FIT STUDIOS

Academy

*Empowering
dreams for*
TEN 10 YEARS

WHY CHOOSE US

Z Fit Studios - Academy of Dance provides the region's best training for the dedicated student who is willing to learn and grow in the Creative Arts Industry. Our programs are created with a solid mission of 'achieving excellence' and with our passion, hard work and comprehensive training we 'empower dreams'. We are determined to provide uncompromised training by supporting and valuing each one of our students.

We are committed to providing the best training and hence we have collaborated with ComDANCE (previously known as Commonwealth Society of Teachers of Dancing CTSD), which is one of the best and highly-rated syllabi in the world. ComDANCE is a global dance community established in 1933. ComDANCE provides the perfect foundations for a life journey through dance. Our strong training and perfection of fundamentals can allow students to gain advanced skills which will help them to build strong careers.

Our programs and performance opportunities have been carefully curated with the purpose to inspire and facilitate excellence in dance education. The Academy of Dance has a highly qualified, creative, experienced and a dynamic team of industry professionals which include renowned artists, qualified dance teachers and staff with formal Education training who have an in-depth understanding of student learning styles.

We have collaborated with various local performing bodies and will continue to provide such performance opportunities to our students; just another way we help to create well-rounded and confident emerging artists. Ultimately we are paving the way for students to perform on national and international stages.

With our connections to industry professionals, our students can expect individual career mentoring and professional development from staff and external guest instructors who come with extensive industry experience, some of them being best in the business.

We have implemented a strong feedback system for our students, which will contribute to the skills and knowledge required by our students. Our instructors continuously develop and innovate resources, tools and strategies helping them to impart the best education and training to our students.

We are determined to create professionals who will be rated best in the industry and will build strong careers in the arts, creative and performing industry.

FIT STUDIOS
Academy

*Empowering
dreams for*
TEN **10** YEARS

COURSE DETAILS

Z Fit Studios - Academy of Dance will continue the legend of Z Fit Studios and will deliver course curriculum in a well designed and structured manner. It will provide a unique opportunity to students who want to work towards building careers in the creative and performing industry and gain formal qualifications along the way as well as performance experience.

To deliver these programs Z Fit Studios have partnered with ComDANCE for a full, intensive and globally recognized range of syllabi, which can help students prepare for exams and competitions and lead to formal qualifications in both dance and dance teaching; and could jet propel their careers in the creative arts.

STYLES OFFERED

We at Z Fit Studios Academy will offer 7 different styles of the ComDANCE programs.

- AcroDance
- Classical Ballet
- Contemporary
- Hip Hop
- Jazz
- Music Theatre
- Tap

For our preschool students we will offer the ComDANCE syllabus of Come Dance with me.

For more information about the ComDANCE syllabus, have a look at the following videos.

- Brief-Introduction-to-ComDANCE - <https://www.youtube.com/watch?v=KhxiqA8RTGc&feature=youtu.be>
- Contemporary - https://www.youtube.com/watch?v=_t6pBr77E-0
- Classical Ballet - <https://www.youtube.com/watch?v=-dmfspZ8JCw>
- Jazz - <https://www.youtube.com/watch?v=2SwufNtpZP0>
- HipHop - <https://www.youtube.com/watch?v=8Nc1B6gEM8A>
- Tap - <https://comdance.org/wp-content/uploads/2020/02/Broadway-Tap.mp4>
- Acrobatic Arts - <https://www.youtube.com/watch?v=ip4Oal4J6GY>

TERM DATES

- Summer School
 - 11.01.2021 to 15.01.2021- *Fun classes across all styles lead by Industry Professionals.*
- Intensive Intake Workshop 1
 - 18.01.2021 to 22.01.2021 - *Intake for Technique and Performance classes.*
- Term 1 - February (9 weeks)
 - 01.02.2021 to 01.04.2021 - *Class delivery per structured programs.*
- Intensive Intake Workshop 2
 - 13.04.2021 to 17.04.2021- *Intake for Technique classes only.*
- Term 2 - April (10 weeks)
 - 19.04.2021 to 25.06. 2021- *Class delivery per structured programs.*
- Intensive Intake Workshop 3
 - 28.06.2021 to 02.07.2021- *Intake for Technique and Performance classes*
- Term 3 - July (10 weeks)
 - 12.07.2021 to 17.09.2021- *Class delivery per structured programs*
- Intensive Intake Workshop 4
 - 27.09.2021 to 01.10. 2021- *Intake for Technique classes only*
- Term 4 - October (11 weeks)
 - 04.10.2021 to 17.12.2021- *Class delivery per structured programs*

CLASS GROUPINGS

We at Z Fit Studios Academy cater for all ages from two years all the way through to adults. These age groups are defined within six groups. These are as follows:

- Come Dance With Me Group 1: 2 and 3 year olds
- Come Dance With Me Group 2: 4 and 5 year olds
- KidZ-A: Under 8 year olds
- KidZ- B: 8 to 12 year olds
- Teen: 13 to 16 year olds
- Elite: 16 years to Adult

At times students may complete a technique class above or below their age level if appropriate and/or a competition class above their age level. This is at the discretion of the department head.

Before joining a technique class (excluding KidZ-A & Come Dance with Me) we require students to complete an Intensive Intake Workshop. These occur during school holidays and help our staff determine the correct class groupings in which to place students. For those who join us mid term you will require a face to face meeting with our department head so we can determine class grouping as best we can.

CLASS DESCRIPTIONS

TECHNIQUE CLASSES

AcroDance Technique

This class will focus on elements of flexibility, strength, balancing, limbering and tumbling for the promotion of well rounded, technically proficient AcroDancers.

These classes will allow students to experience the joy of AcroDance whilst learning through a systematic & structured approach based on the Acrobatic Arts syllabus.

Classical Ballet Technique

This class will focus on technique, musicality and artistry.

These classes will allow students to experience the joy of Classical Ballet whilst learning through a systematic & structured approach based on the COMDance syllabi.

Contemporary Technique

This class will focus on laying foundations for a strong, focused and fluid contemporary dancer with building blocks in Graham, Cunningham, Jazz, Classical, Yoga and Pilates.

These classes will allow students to experience the joy of Contemporary whilst learning through a systematic & structured approach based on Jason Winters Contemporary Technique Syllabus, a world-class and comprehensive Contemporary Dance syllabus. Its technique and structure is designed in the most classical and academic way and infused with choreographic electricity used in today's most commercial settings.

Hip Hop Technique

This class is presented in a fun, relaxed and engaging manner involving student led choreography elements to create crew performance pieces.

These classes will allow students to experience the joy of Hip Hop whilst learning through a systematic & structured approach based on the COMDance syllabi.

Jazz Technique

This class will focus on technically challenging and modern choreographic styles across all forms of jazz for today's performance demands.

These classes will allow students to experience the joy of Jazz whilst learning through a systematic & structured approach based on the COMDance syllabi.

Music Theatre Technique

This class will focus on dialogue, song, dance and stagecraft through exploring popular and renowned musicals.

These classes will allow students to experience the joy of Music Theatre whilst learning through a systematic & structured approach based on the COMDance syllabi.

For those students wanting to complete Music Theatre examinations it is strongly advised you enrol in a classical ballet technique class to compliment your studies as you will be required to present a classical performance as part of Music Theatre assessment.

Tap Dance Technique

This class will focus on graduated exercises, amalgamations and dances.

These classes will allow students to experience the joy of Tap Dance whilst learning through a systematic & structured approach based on the COMDance syllabi.

Come Dance with Me

This class is a vibrant & exciting early childhood enrichment program. Classes offer each individual child the opportunity to develop creativity, free movement, and mime skills. Students are provided time for learning, experiencing and exploring dance, song and creative arts.

These classes will allow students to experience the joy of dance and music, whilst learning through a systematic & structured approach based on COMDance syllabi.

This class offered in two age groups: 2-3 years of age & 4-5 years of age

PERFORMANCE CLASSES

Classical Performance

This class will focus on creating performance pieces in the style of ballet, lyrical, neo classical and contemporary.

These classes will allow students to work with a troupe on spacing, timing and team work and ultimately help to develop each individual's dancing skills more quickly and effectively by working with a group.

To be enrolled in the Classical performance class you must also be enrolled in either a Classical Ballet Technique class and/or a Contemporary Technique class.

Hip Hop Performance

This class will focus on creating performances in the style of Hip Hop, Urban, Street and incorporate acrobatic elements.

These classes will allow students to work with a troupe on spacing, timing and team work and ultimately help to develop each individual's dancing skills more quickly and effectively by working with a group.

To be enrolled in the Hip Hop performance class you must also be enrolled in either a Hip Hop Technique class and/or an Acrobatic Arts Technique class.

Theatrical Performance

This class will focus on creating performance pieces in the style of jazz, tap, music theatre, voice over and song & dance.

These classes will allow students to work with a troupe on spacing, timing and team work and ultimately help to develop each individual's dancing skills more quickly and effectively by working with a group.

To be enrolled in the Theatrical performance class you must also be enrolled in either a Tap Dance Technique class and/or a Jazz Technique class and/or Music Theatre Technique Class.

Under 6 Performance

This class will focus on creating 2 performance pieces, one classical and one theatrical. Students will be introduced to the world of performance. Routines will involve the use of

props and will be performed to familiar, upbeat, fun & energetic music with choreography appropriate to the age of the students.

OTHER CLASSES

Masculinity Class

This class provides students the opportunity to work on elements such as strength, jumps and overall stage presence. The overall result will be a more masculine presence on stage across all styles.

Dance Workshops

This class provides students the opportunity to experience a wide variety of classes and extend their style repertoire as well as technique training. Some examples of these workshops will include: Flexibility training, Strength & Stamina training, Turns technique, Lyrical Dance etc.

Industry Training Workshops & Wellbeing Sessions

These classes offer a chance for students to be involved in learning and discussions on the things that are important and relevant to dancers and performers but may not be adequately covered in technique and performance classes, as well as important wellbeing topics for the dancer/performer. Topics addressed in these classes include: body positivity, creating choreography, planning & goal setting, hair & makeup, stage performance skills, staying safe in dance, competition dos & don'ts, understanding crit sheets, nutrition, anatomy, body awareness and self correction. These workshops will be delivered by external guests from time to time as well as our in house staff. These classes are open to ALL students and covered by your enrolment fee. 3 topics will be addressed each term, with each being delivered to three age groups (Kids, Teen & Elite).



SUMMER SCHOOL

Summer school will be on offer for all the following age groups:

- Kids A
- Kids B
- Teens
- Elite.

You can attend an individual day or a week long workshop, discounts are provided for week long attendance.

Kids: 9am-1pm
Teens & Elite: 5pm-9pm

Monday - Acro, Circus Skills & Hip Hop *with* Serchmaa, Brett & Robbie

Tuesday - Ballet, National & Contemporary *with* Whitney, Anita & Robbie

Wednesday - Jazz, Commercial & Conditioning *with* Jennifer & Brett

Thursday - Tap, Pound & Audition Prep *with* Charlie, Jennifer & Saari

Friday - Musical Theatre: Triple Threats (Sing, Dance & Act) *with* Charlie, Jennifer & Saari

\$49.99 per day or \$199.99 for the full week. Snacks and drinks supplied.

TIMETABLE

This is currently the proposed timetable for the Z Fit Studios - Academy of Dance, minor changes and rescheduling may occur.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1 & 2
10:00 am			CDWM: Group 1		CDWM: Group 1						CDWM: Group 1
10.45 am			CDWM: Group 2		CDWM: Group 2						U6s Performance Group
4:00 pm	KidZ A: Acro Dance Technique	KidZ B: Tap Technique	KidZ A: Classical Ballet Technique	KidZ B: Hip Hop Technique	KidZ B: Jazz Technique	KidZ A: Hip Hop Technique	TeenZ Industry Training Workshop	Kids A: Music Theatre Technique	KidZ B: Classical Ballet Technique	KidZ A: Jazz Technique	CDWM: Group 2
5:00 pm	Kids B: Acro Dance Technique	KidZ A: Tap Technique	KidZ A: Classical Performance	KidZ B: Hip Hop Performance	KidZ B: Theatrical Performance	KidZ A: Hip Hop Performance	TeenZ: Hip Hop Technique	KidZ B: Music Theatre Technique	KidZ B: Classical Performance	KidZ A: Theatrical Performance	Various Workshops
6:00 pm	Elite: Acro Dance Technique	TeenZ: Contemporary Technique	Teens: Classical Technique	Elite: Contemporary Technique	TeenZ: Jazz Technique	Masculinity Class	TeenZ: Hip Hop Performance	Elite: Music Theatre Technique	Kids Industry Training Workshop	TeenZ/Elite Tap Technique	
7:00 pm	TeenZ: Acro Dance Technique	Elite: Jazz Technique	TeenZ: Classical Performance	Elite Industry Training Workshop	Elite: Classical Ballet Technique	TeenZ: Theatrical Performance	Elite Hip Hop Technique	TeenZ: Music Theatre Technique			
8:00 pm	Elite: Theatrical Performance			TeenZ/Elite Dance Workshop	Elite: Classical Performance		Elite: Hip Hop Performance				

ENROLMENT PROCESS

Students receive individual career guidance & support during the enrolment process. This is tailored to individual capability, needs & goals. Here is a breakdown of enrolment process:

- Fill the enrolment form available on Z Fit Studios - Academy of Dance website at www.zfitstudios.com.au.
- You will receive a call to schedule your on-phone or in-person interview with one of the senior faculty at the Academy of Dance.
- During the interview process, we will come to understand your capability and your goals and will adequately advise you on the right course and classes for you.
- Complete your admissions process and admission forms, which will be provided to you.
- Pay your fees as per your agreed payment structure, using credit card or direct debit.
- Attend your regularly scheduled classes & book in for extra Workshops eg: Industry Training Workshops and Dance Workshops on the app, along with online classes and classes that are occurring in any of the other three Z Fit Studios Hubs, if these are a part of your course..

COURSE FEE SCHEDULE

Our fees are charged based on a 10 week term. Intake workshops are included in your first term fee payment when enrolling. Taking into consideration our Intensive Intake in January all terms are a minimum of 10 weeks, at times you will receive 11 weeks of training but will only be charged for 10 weeks..

Students can start anytime in the year and fees would be charged on a pro-rata basis.

We encourage parents to pay fees for a term, however to support individual needs, we also offer payment plans. To keep it fair and reasonable, we have divided and structured our fees as shown below. All mentioned fees below are inclusive of GST.

Z Fit Studios - Academy of Dance Fees will comprise of the following fee schedule:

- Enrolment Fee - \$99.00 charged per annum (not applicable for CDWM);
- Induction Pack - Refer the details below;
- Class Tuition Fee - Refer the details below;
- Competition Fee; and
- Examinations Fee includes Certificate & Achievement Trophy.

To support parents with multiple children enrolling for The Academy, a sibling discount of 10% will be applicable on tuition fees across all enrolments.

ENROLMENT FEE

Enrolment fee covers basic costs like your insurance, syllabus, administration charges for setting up your admissions and your initial interview process as well as any extra group rehearsals for performances and competitions (as required). Enrolment fee also includes student access to Industry Training Workshops & Wellbeing Sessions. Enrolment fees can be paid either for a full year which will be \$99.00 or by the term at \$49.00 per term..

INDUCTION PACKS

The Academy of Dance offers the 'Induction Packs' below upon enrollment. These packs will be on top of enrollment fees. A minimum expectation is that all students purchase the Bronze Induction pack, optional for CDWM students.

- | | | |
|----|--|-------|
| 1. | Bronze Induction Pack - Bronze | \$79 |
| | a. Z Fit Studios Tee | |
| | b. Drink Bottle | |
| | c. Notebook & Erasable Pen | |
| | d. Student Handbook- This will be provided in the soft copy/pdf via email/student link | |
| 2. | Silver Induction Pack - Silver | \$179 |
| | a. All of the above plus | |
| | b. Jacket- Blaze Hoodie | |
| | c. Lanyard | |
| 3. | Gold Induction Pack | \$289 |
| | a. All of the above plus | |
| | b. Leggings | |
| | c. Duffle bag | |

CLASS TUITION FEES

Z Fit Studios continues with its trend of providing high class education with economical fees. This encourages students to pursue and train in multiple styles and gain the industry's most comprehensive training possible. The below tuition fees structure provides very generous discounts for multiple classes.

Course	Per Week
• Come Dance With Me (Under 6 years)	\$13.99
• 1 Class per Week	\$15.99
• 3 Classes Per Week	\$39.99
• Unlimited Academy Classes Per Week	\$54.99
• Unlimited Z Fit Classes Per Week (U18)	\$89.99
• Unlimited Z Fit Classes Per Week (18+)	\$99.99

Once you move to a 3 class per week model or higher you will also have access to our online classes. There are 15 classes per week offered online. These classes can be live-streamed or watched back later, they are generally fitness and stretch classes. This online membership can be shared with the whole family/household!

Please note Unlimited Z Fit Classes provides you with access to ALL classes at all four Z Fit Studios venues - Circus Hub, Dance Hub, Pole Hub & the Academy of Dance.

Depending upon the class/content needs, some of our class durations can vary from 1 hour to 1.5 hours, however, tuition fee is charged as a fixed amount for each class.

For any reason, if you have missed attending your specific class, you can join another class. To do so please contact the Head of department to ensure adequate space is available and the class is appropriate to your training. Please note there are no classes on public holidays or during school holidays.

COMPETITION FEE

Our Performance classes will regularly compete in competitions as listed previously. Each competition comes with it's own entry fees which is governed by the competition body.

The 'Competition fee' will be charged by the Academy of Dance, based on the competition entry fee and costume hire fee as applicable. This portion of fee will always be kept fair and reasonable.

Generally the costume hire fees will be in tune of

- General Costumes - \$15.00 for a single costume and an additional \$12.00 for each extra costume;
- Tutus and special costumes are at an additional rate

Z Fit Studios - Academy of Dance has partnered with Scotts Mascots & Costumes, Bendigo and will get all our costumes from them. The costume management will be done by the Academy of Dance. Please refer to the student handbook for more details.

EXAMINATION FEES

Examinations are an optional extra catered for within your technique classes at Z Fit Studios Dance Academy. This is charged to keep the fees fair and reasonable and to only those students who wish to sit for examinations. We do strongly encourage students to sit for examinations, if they are ready, in order to attain formal qualifications.

We will be offering examinations in the styles of Acrobatic Arts, Classical Ballet, Contemporary, Hip-hop, Jazz, Musical theatre, Tap and for our preschool students, we will be offering 'Come Dance with Me' assessment.

For a full list of the examination costs please click on the link below.

<https://comdance.org/wp-content/uploads/2019/04/2019-Exam-Fee-List-April-2019.pdf>

To cover GST, the Academy of Dance will charge 10% extra over the examination price listed by ComDANCE. Please note Acrobatic Arts examinations are coming soon to ComDANCE but at this stage pricing is not available. To find out exactly what level of exam your student will be sitting in 2021 please contact our admissions team.

Please note that the enrolment fee is non-refundable. And any fees paid upfront are also non-refundable. Your payments are set up to run for a consecutive number of weeks to ensure that all contract values are completed as established. Payments will be charged before the classes. All fees are non-refundable. If a student withdraws from the course at any stage once commenced, payments will continue for the full duration of the term as agreed, with no refund for the tuition fees, examination fee, competition fee or the costume fees paid.

CLASS NUMBERS

Due to the importance of focused training and constant feedback to our students, we have decided to have a cap on students for each class.

Within our technique classes, our student intake is capped at 12. This cap allows us to have a maximum of 3 exam groups within the one class and allows that constant feedback and focused training to each individual.

Within our performance classes, we have decided to cap our student intake at 15. This will allow us to again have the same focused and specialised training, and also catering for specific performance opportunities.

FEEDBACK FROM THE INSTRUCTORS

Upon the completion of each term, the instructor from every technique class will supply a feedback sheet to each student. These will be laid out similar to the examination results. While these will not be official certifications, these feedback sheets will allow students to work on specific areas to improve their skills and discover their strengths. It will also allow students and their parents to appreciate their hard work.

PRIVATE LESSONS

Private Lessons are available for all competition work and/or catch up technique classes that will be a one on one with a teacher of your choice. Private Lessons are suitable for solo, duo and trio work for competitions.

Private Lessons are available in 30 minute or 60 minute time slots and are available to book via the Z Fit Studios downloadable App or on the website - www.zfitstudios.com.au

If there is a time that suits you better and it is currently not listed on our timetable please contact us directly and we will see if we can accommodate you, the same goes for if an instructor you wish to work with is not listed as available for privates on the app.

All Private Lessons must be booked 24hrs in advance.

COLLABORATING ORGANISATIONS

To create and deliver high-quality programs and to provide a real-industry experience, we have collaborated with several professional organisations from the local industry, including but not limited to:

- AJ Taylor Photography - The Official Photographer
- AusDance Victoria
- ComDANCE, formally Commonwealth Society of Teachers of Dancing (CSTD)
- Dance Arts Alliance
- Dance Your Way - Uniform Supplier
- ISLX - Ian Scott
- Keep Kids Safe in Dance
- The Body Positive Institute
- Scotts Mascots & Costumes

If you are a local business or community organisation who wish to collaborate with us please reach out so we can start a conversation.



A/J/Taylor images



ausDANCE
VIC

COMDANCE

Global Community of Dance.

DANCE
ARTS
ALLIANCE

DANCE YOUR WAY

ISLX

KKSID 
Keep Kids Safe In DANCE



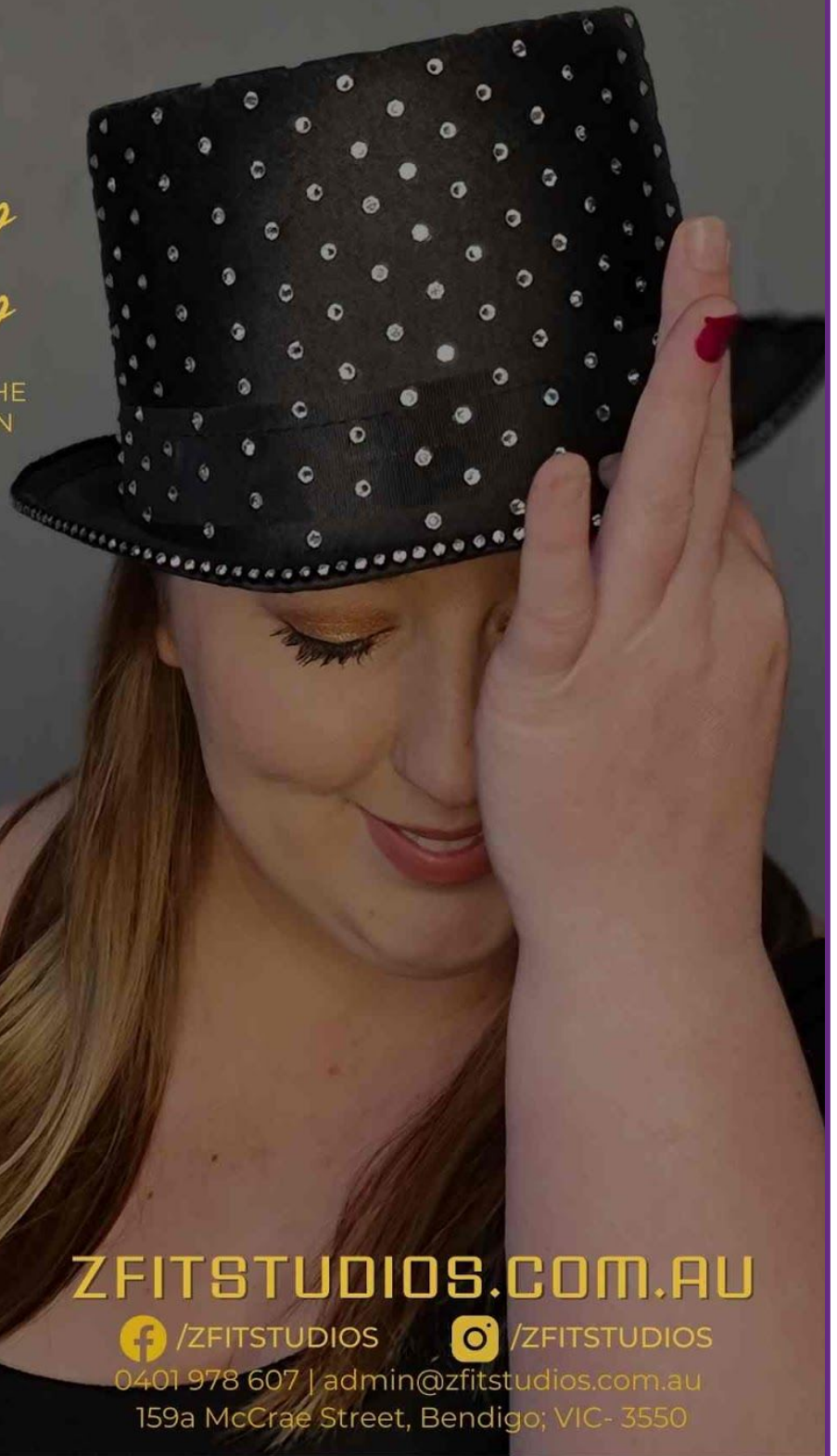
**SMACS PERFORMING ARTS
GROUP**

...and many more!



*Never stop
looking up*

JUST REACH FOR THE
STARS & BELIEVE IN
WHO YOU ARE



*Empowering
dreams for*
TEN 10 YEARS

ZFITSTUDIOS.COM.AU



/ZFITSTUDIOS



/ZFITSTUDIOS

0401 978 607 | admin@zfitstudios.com.au

159a McCrae Street, Bendigo; VIC- 3550