

WELCOME TO
CATHY MAKIN DANCE
ACADEMY



R.A.D CLASSICAL BALLET * JAZZ * TAP *
HIP HOP * YOGA * ZUMBA



PRINCIPAL : CATHY BROWN A.R.A.D

ESTABLISHED 20 YEARS

229 THE MAIN ROAD, TOUKLEY.

NSW AUSTRALIA.

cmda.com.au



229 THE MAIN ROAD TOUKLEY, NSW AUSTRALIA.

EMAIL - cmdanceacademy@bigpond.com

PHONE - 0243 582669

MOBILE - 0414409862



At CMDA we teach children and adults not just how to dance - but to love to dance.

From our humble beginnings at local halls on the Central Coast we have now grown in both size and reputation to become one of the most respected studios on the Coast.

The academy is located in the Toukley Business Centre with two fully equipped studios both offering lessons five days a week. Children will learn if they are enjoying themselves. Our mission is to be a part of your child's life. To be role models, to help guide them not just in dance, but in their everyday adventures. We will nurture the friendships your child will make, it may well be the beginning of many life long friendships.

Welcome to the wonderful world of dance!!

General Grooming

Students hair is to be neatly tied back - preferably in a bun.

Please make sure there is no hair hanging in the face. No jewelry or other gadgets that the students can fidget with or could cause damage. Please make sure you child has a water bottle in their bag.

Uniform

Uniforms are not compulsory for weekly classes but they are preferred.

Uniforms must be worn if students doing an examination.

Mini Mover/toddlers: A pale blue leotard, blue chiffon skirt. short pink socks or ballet tights and pink leather ballet shoes.

Primary Ballet: A pale blue leotard singlet top style, blue dotted skirt, short pink socks or tights (seamless) and pink leather ballet shoes.

Small scarf required for some exercises (pale blue). Please send into class with your child.

Grades 1 to 5: A navy blue leotard, pink tights (seamless) and pink ballet shoes.

Please send into class with your child:

Small scarf required for some exercises (pale blue) - Grade 1 & 2. White Handkerchief - Grade 1

Grades 6 to 8: A leotard. We will decide colour early in the year, pink tights (seamless) and pink leather ballet shoes.

Long chiffon skirt to match colour of leotard, Large Free Movement Scarf .

Grades 1 to 8: Character Shoes and Character Skirts are required.

Grades Primary to 8: Pink leather ballets with ribbons required for exams - no split soles.

Pre-Intermediate to Advanced: A black or navy leotard, pink tights, pink demi-pointe(soft satins for Pre Inter) and pink pointe shoes.

All Tap: Navy leotard, short skirt or shorts and black tap shoes.

Jazz: Leotard, shorts and black jazz shoes.

Hip Hop: Comfy 3/4 pants or shorts. Singlet top or leotard. Any shoes e.g.: joggers - dance sneakers Hair worn off face.

All of the above is available from Kristen Thompson chelseaandchloe@bigpond.com

Eisteddfods

We normally do around 2 eisteddfods a year and chop and change which ones we do.

Selected groups from our concert go on the compete in eisteddfods.

If you would like your child to be in these groups the only rule is that they must do one classical ballet class a week to keep up with their technical abilities.

Eisteddfods are great fun for the kids and myself. It is wonderful to see our finished product of routine, kids and costumes up on stage. I do not value a trophy, while it is lovely if the students win or are placed it is definitely not the reason we do eisteddfods. We do eisteddfods for stage experience and fun. It's also great to be part of a team.

Exams

Exams really are the best way for your child to achieve technical ability and to progress on with a higher standard. We have yearly examinations in both R.A.D Classical Ballet and Glenn Wood Tap.

Each exam is structured for their age group and ability.

It is great for them to have a goal to strive towards.

If you are interested in your child doing an examination please contact Miss Cath.



Classes:

All classes at CMDA are based on fun, strong technique and individual attention. Classes range in size and standard.

CLASSICAL BALLET R.A.D

Classical Ballet is the foundation behind any style of dance. It teaches technique, posture, strength and artistry. At CMDA we choose to teach the Royal Academy Of Dance syllabus. The Royal Academy of Dance is the largest examining and teacher education organization for classical ballet in the world, with their syllabus being taught in over 70 Countries. Classical ballet is a skill for life.

JAZZ BALLET

Jazz is a great form of fitness and fun for our students. The students learn a number of short routines, along with turns, jumps and technical skills. Classes are taught to the latest pop music and are more relaxed than the structured ballet classes. The classes incorporate classic jazz, as well as the street funk and disco.

HIP HOP

Hip Hop is the latest dance craze and it looks like its here to stay! Simple yet strong, it is as much about attitude as it is about technique. Definitely a favourite with younger ones as students of all abilities are sure to have a great time.

TAP

Tap is one of the most entertaining and challenging forms of dance. It develops a great sense of rhythm and some definite fast foot work. At our studio we teach the Glenn Wood Tap syllabus. Glenn Wood tap is more than a tap syllabus - it's like an emporium that encompasses many avenues to help create the best tap dancers.

MINI MOVERS

This class is for the 5 and under's to introduce them to the world of dance. During the class we start with a warm up, then go to the very beginnings of R.A.D. classical ballet, touching on things like posture, good toes/bad toes, plies etc.

BOYS ONLY TAP AND HIP HOP

Bring it ON !!! Boys, want to give dance a try without the girls around? Well this is for you. This class is a mix of street funk tap and classic tap designed for boys only - not a girl in sight! Boys are welcome to join the girls Hip Hop and tap classes but this class is strictly Boys Turf !!!

DIVAS - TODDLERS DANCE

As this is normally the first introduction to dance for these little ones the classes are very relaxed. They are all about fun fun fun !!! Everything is to be enjoyed, the music, the outfits, the movement. Diva ballet is the more structured class, we follow the R.A.D syllabus. It is a light hearted beginning to classical ballet approaching things like good toes bad toes and encouraging posture and eye line. Diva jazz is up beat and a funky place to be. The little ones will dance to the latest style of music and have some pretty cool steps happening. Both classes are age appropriate and run by Miss Bianca who has her own toddler so she knows their energy level !!!

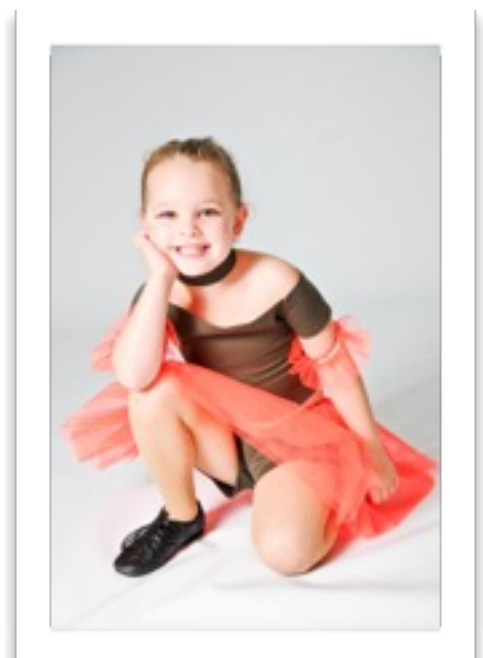
YOGA

Energize the body.....chill the mind..... The regular practice of yoga can:
? increase flexibility, strength and vitality; ? improve posture; ? help relieve stress, anxiety and tension; ? induce relaxation and a calm state of mind. YOGA4EVERYBODY is a multi-level class suitable for beginners and experienced alike.

ZUMBA

Come along and join the craze !!! Lets do Zumba Zumba is a Latin-inspired fitness class. It incorporates Latin and international music and dance movements that are easy to follow and most importantly FUN! Zumba creates a party-like atmosphere making it unlike any other cardio class. Your exercising - but because you it's fun you don't realize how hard you are working. It is different from any other class because of its unique steps, moves, and music.

ANYONE can do Zumba. ANY age, ANY fitness level, ANY dancing ability.



Fees

You may pay your fees however suits you, be that weekly, fortnightly, monthly or by the term. If you are paying by the fortnight, month or term, it is to be paid at the beginning of that period.

All fees must be paid whether your child attends the class or not. This includes absence due to sickness, holidays, or if the child just doesn't feel like going that day.

All cheques are to be paid to "**Cathy Makin Dance Academy**".

Bank Account Details

Westpac Bank - Cathy Makin Dance Academy

BSB - 032570 Acc - 136889

Please pay fees in a clearly marked envelope with your child's name, classes being paid for, date on which you are paying, and if there is any amount you would like to be passed on to the costume fund.

You can choose a payment plan which suits the amount of classes your child can do. It is always completely up to you how many classes you want your child to do.

Costume Fund - The costume fund is there for your convenience. It's so you can make payments during the year to cover the cost of your costumes for our end of year concert and eisteddfods. For each dance your child does, they require a costume.

Prices start from around \$40.00 and go up from there, depending on material cost, design etc. Eisteddfod dances generally have more expensive costumes, so this is something to consider if you put your child in them.

I'm sure you can all appreciate the time that is consumed doing everyone's account. Therefore a \$2.00 fee per family per year will be added to everyone's account who uses the costume fund. Payments can be either through me by adding a certain amount to your fees (please mark on envelope) and I will pass the money onto Kristen, or by direct debit into Kris's account.

Greater Building Society - Kristen Thompson.
BSB - 637000 Acc-712815744

Please note that all amounts must be over \$2.00 and please make sure you include your child's name in the transfer. I do not accept any money for costume fund going into my business account.

A deposit of \$20- per student per costume will be added to your costume account by the last week of term 2.

This is non refundable as at this stage we are already organizing costumes.

Payment Plan 1

Payment Plan 1 (1 Style, Single Classes Weekly)

Toddlers \$8.00

Mini Movers \$8.00

20 Minute Class \$7.50

30 Minute Class \$8.00

45 Minute Class \$10.00

1 Hour Class - \$11.00

1 1/2 Hour Class \$15.00

Payment Plan 2

Payment Plan 2 (2 Styles, e.g. Ballet + Jazz or Tap + Hip Hop, Unlimited Weekly)

Junior 10/U \$27.00

Junior Plus 12/U \$32.00

Intermediate 14/U \$36.00

Senior 15/O \$42.00

Family \$47.00

Private Lessons
Miss Tif
Miss Tiff
Miss Bianca
\$14.00

Payment Plan 3

Payment Plan 3 (3 Styles or More, Unlimited Weekly)

Junior 10/U \$35.00

Junior Plus 12/U \$39.00

Intermediate 14/U \$44.00

Senior 15/O \$50.00

Family \$61.00

Private Lessons
Miss Cath
Miss Lindsey
\$18.00

Toddlers can do both day classes for \$12.00

Family is 2 or more children from the same family.

Whatever age group your child dances in is what fees you should pay

Please ensure all fees are in a clearly marked envelope with the following details:

Child's Name * Payment Plan or Classes attending * How much you are paying * amount if any you are putting into the costume fund.

Privates are not included in any limits and are an extra. Fees Must be kept up to date.

ALL CLASSES MUST BE PAID FOR IF YOUR CHILD ATTENDS OR NOT.

- If you would like to direct debit I must receive an email well letting me know what money has gone in and what it is to cover.
- Kristen will keep a separate account for each family. If at anytime you wish to contact Verna about your account you can do so by phoning her on **0405842440** or email at: chelseaandchloe@bigpond.com

Our Teachers



MISS CATH



MISS BANC



MISS TIFF G



MISS TIFF D

MISS LINDSEY



MISS ASHLEA



MISS NAOMI

ASSISTANT TEACHERS



MISS CHELSEA



MISS ELLIE



MISS DANNI

MISS SARAH



MISS TEGAN



MISS BRONTE

MORE INFORMATION FOR TEACHERS AVAILABLE ON WEBSITE.

