

Together we can create something amazing!

Dance Fit Extension Academy

Handbook 2024



Dance Fit Dance Academy
Dance Fit Extension Academy

About us...

Dance Fit Extension Academy

Welcome to Dance Fit Extension Academy program for 2024.

Our owner Megan French is passionate about this program and wants to give this opportunity to students that want to work on having a career in performing arts. Whether that is as a performer or a teacher, we will help supply the extra tools and training they need, to guide them in the right direction.

By completing this program with us, students are able to continue to dance at their current dance studios and continue with their normal schooling.

At Dance Fit our students will learn from a variety of teachers and choreographers from across Perth and will be given opportunities to train in a variety of genres of dance.

We believe that having a strong foundation is important for all performers and all our training will have a focus of technique.

Our staff are all qualified and dedicated professionals with many years experience in the industry.

Contacts:

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Email:

dancefitextensionacademy@gmail.com

Dance Fit Extension Academy

Dance Fit Extension Academy

2024

Our aim is to deliver training for students that are passionate about extending their dance training and technique to become professionals in the dance industry.

Our focus is to ensure our extension students are working hard on technique and choreography all year round along with stretching, strength and conditioning.

We will be offering to age groups in 2024.

Juniors 9-12years old Application only!

Seniors 13 years and over must have dance experience!

Over the course of the year, students also undertake specialty training in all genres including:

- Commercial Jazz
 - Lyrical
- Contemporary
 - Acrobatics
- Ballet & floor barre
- Audition/ Industry Skills
- Choreography

In addition to weekly classes, the extension program also includes a professional photo shoot and video along with an end of year performance.

The program classes are taught by specialist teacher SOPHIE NOCK along with a number of guest teachers throughout the year to diversify the students training.

Once your enrolment have been processed you will receive a break down of the term. So that dancers know what is needed each week when attending their practical classes.

Dance Fit Extension Academy

ELEVATE Empowerdance

ELEVATE is a unique way for our students to study a National qualification through us, your studio, and Empowerdance Pty Ltd RTO 40397.

We are thrilled to be an approved provider with Empowerdance where our students can use the classes they participate in with us and put them toward their Certificate.

Each week Empowerdance master trainers conduct our theory classes for our students via an online classroom platform and then all of their theory assessments are uploaded and completed through the online portal, which students will have access to, using their own log in.

Certificate III and IV students will have the opportunity to work alongside one of our dance teachers to gain valuable experience for some of their student teaching and teaching units.

Students will also work alongside their peers for group assessments, and the nature of these qualifications allows the student to have flexibility with their learning and be marked as Competent or not yet competent.

STUDENT COMMITMENT – THEORY | ACADEMIC

The CUA20120 Certificate II In Dance for ages 13+ requires students to attend live online theory classes 1 hours per week over approx. 30 weeks.

The CUA30120 Certificate III In Dance for ages 14+ requires students to attend live online theory classes that will run for 2 hours per week over approx. 45 weeks.

The CUA30320 Certificate III In Assistant Dance Teaching for ages 14+ requires students to attend live online theory classes that will run for 1.5 hours per week over approx. 45 weeks.

The CUA40120 Certificate IV In Dance for ages 16+ requires students to attend live online theory classes that will run for 2 hours per week over approx. 45 weeks.

The CUA30320 Certificate IV In Dance Teaching & Management for ages 17+ requires students to attend live online theory classes that will run for 1.5 hours per week over approx. 40 weeks.

Due to students being in different states across the country, each class will move at a unique pace and will take holiday breaks that the class will decide on together. Classes may finish earlier or later than their approximate course time, and this will be dependant on class attendance and speed of learning.

ELEVATE Empowerdance cont...

STUDENT COMMITMENT–PRACTICAL

Students choose their practical units that are then completed with us during our regular schedule.

The electives/styles students choose will determine how many hours are required to complete as a part of their Certification.

Students are assessed in a performance setting within their annual dance performance, or competition routines.

Our students will:

- Study a National Qualification
- Submit all work directly to Empowerdance for assessment
- Complete their work and assessments through a reliable online portal
- Attend all theory sessions in a live online format, with our Chief trainers and assessors (weekly/intensives)
- Receive trainer support
- Learn content that is industry relevant
- Receive an Empowerdance compliant Nationally Recognised Certificate & Record of Results upon completion of successful assessment
- Have their results reported to AVETMISS
- Learn in a limited cohort with their assigned chief trainer and assessor
- Attend all of their required technique and practical classes in your studio. Minimum of 3 per week.
- Study the Empowerdance favourite electives

For further information and a prospectus please contact us today!"

[Click the word below for attachment.](#)

[ELEVATE Empowerdance Student Prospectus 2024](#)

Weekly Structure

MONDAY
TO
THURSDAY

- Normal schooling
- After school dance at your studio
- Complete ELEVATE certificate work and assessments
- 1-2.5 Hour meeting with your online certificate teacher from Empowerdance on your allocated day and time

FRIDAY

- Normal Schooling
- Attend Dance Fit Extension Academy Juniors 4pm-7pm & Seniors 6pm-9pm
- Complete practical components with SOPHIE NOCK

SATURDAY
&
SUNDAY

REST

Dance Fit Extension Academy

Costs

Dance Fit Extension Program

\$300 per Term

Certificate costs for ELEVATE Empowerdance courses can all be found in the attached prospectus.

Term Dates 2024

Term 1 2024

Friday 2nd February 2024 - Friday 22nd March 2024

Term 2 2024

Friday 19th April 2024 - Friday 28th June 2024

Term 3 2024

Friday 19th July 2024 - Friday 20th September 2024

Term 4 2024

Friday 11th October 2024 - Friday 13th December 2024

Dance Fit Extension Academy

Uniforms

All students are asked to please dress appropriately for class.

Please wear plain black tight fitting clothing with no studio logos.

Please check your term timetable to see which styles are happening so you can make sure you are prepared.

Every student that enrolls in our extension programme will receive a complimentary Dance Fit Extension Academy T-shirt to wear to and from classes over the top of their dance attire.

Please remember to bring a water bottle, sweat towel and a snack.

Contact us

If you have further questions please do not hesitate to ask.

Our team are happy to help and our priority is make this as simple as possible

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