



ENROL NOW!

Engaging & Creative Dance Classes for Pre-Schoolers

Dancing is a “feel good” activity that expands a child’s confidence, social skills, communication skills and prepares them for following instructions at kindergarten and beyond.

Children learn best when they are having fun and that's why the National College of Dance is inviting you to book a Free Tiny Tots Dance & Movement Class for your pre-schoolers (ages and 2-5 years).

Best of all, parents will highly value this fun and unique experience for their little ones whilst in your care.

Building
Confidence
Communication
& Creativity

Designed For Pre-Schoolers

Designed by a Royal Academy of Dance (RAD) registered teacher and long-term Pre-school dance teacher, our Tiny Tots class incorporates basic movement and rhythm skills, co-ordination and imaginative activities, in a fun and interactive class.

Pre-schoolers will advance their:

- Confidence and social skills
- Co-ordination and rhythm skills
- Balance and spatial awareness
- Left and right brain activity
- Large and fine motor skills
- Awareness of self and others
- Imaginative play





ENROLMENT PACK

Thankyou for enquiring about our Tiny Tots program. We're excited to share with you the wonderful experiences we have to help your little one learn, grow and thrive in a fun and creative environment.

OUR CLASSES INCLUDE:

My Grown Up & Me (12 mths to 2 years)

A fun and interactive 30 minute movement class designed for carers and bubs to enjoy together

Designed to enhance the feeling of rhythm and movement in little bods, My Grown Up & Me classes are a beautiful way to connect with your child and support them to thrive. Assisted by a grown up for balance and security, our tiniest tiny dancers feel the motion, music and steps through imaginative play and dance.



Tiny Tots Ballet (3 to 5 years)

An inspiring 45 minute lesson that teaches the ballet basics, discipline, and instils confidence

Ballet provides so many benefits for young children, plus gives budding dancers a strong foundation for all dance genres. Our tiny tots ballet class helps develop your child's physical strength, agility, co-ordination and imaginative thinking through movement, all set to magical and inspiring music.



Tiny Tots Jazz (3 to 5 years)

A fun and upbeat dance class for little legends

Jazz dancing provides physical exercise and increases flexibility all whilst having fun. Your child will learn to dance to a variety of different music tempos and learn to understand rhythm and movement, all whilst focusing on simple co-ordination.



Tiny Tots Acro Dance (3 to 5 years)

A fun and upbeat dance class for little legends

Your pre-schooler will love the high energy of acro dance! Using simple co-ordination equipment (ie; balls, hoops etc) they'll learn basic acro and dance moves to music that are fun, exciting and strengthen their little bodies.





CLASS TIMETABLE

TUESDAY

| | |
|-------------------|--------------------------------|
| 9:30am - 10:15am | Tiny Tots Ballet (3 - 4 years) |
| 10:30am - 11:15am | Tiny Tots Jazz (3 - 5 years) |
| 11:30am - 12:15pm | Tiny Tots Ballet (4 - 5 years) |

WEDNESDAY

| | |
|-------------------|--------------------------------|
| 9:30am - 10:15am | Tiny Tots Ballet (3 - 4 years) |
| 10:30am - 11:15am | Tiny Tots ACRO (3 - 5 years) |
| 11:30am - 12:15pm | Tiny Tots Ballet (4 - 5 years) |

THURSDAY

| | |
|-------------------|--|
| 9:15am - 9:45am | My Grown Up & Me (12 mths - 2 yrs with Parent/Carer) |
| 10:00am - 10:45am | Tiny Tots Ballet (3-5 years) |
| 11:00am - 11:45am | Tiny Tots Jazz (3-5 years) |
| 12:00pm - 12:45pm | Tiny Tots ACRO (3 - 5 years) |

Thursday Afternoons

| | |
|-----------------|--------------------------------|
| 4:00pm - 4:45pm | Tiny Tots Ballet (3 - 5 years) |
| 4:45pm - 5:30pm | Tiny Tots Jazz (3 - 5 years) |
| 5:30pm - 6:15pm | Tiny Tots ACRO (3 - 5 years) |

FRIDAY

| | |
|-------------------|--|
| 9:45am - 10:15am | My Grown Up & Me (12 mths - 2 yrs with Parent/Carer) |
| 10:45am - 11:30am | Tiny Tots Jazz (3 - 5 years) |
| 11:45am - 12:30am | Tiny Tots Ballet (3 - 5 years) |

SATURDAY

| | |
|------------------|--------------------------------|
| 9:00am - 9:45am | Tiny Tots Ballet (3 - 4 years) |
| 9:45am - 10:30am | Tiny Tots Jazz (3-5 years) |
| 9:45am - 10:30am | Tiny Tots Ballet (4 - 5 years) |



Unsure what class will suit your child? Book a Free Trial lesson to discover what they love!



BOOK A FREE TRIAL LESSON

How Does The Free Trial Lesson Work?

Our professional Tiny Tots teachers instruct a fun and interactive 45 minute dance class exclusively for your pre-schoolers aged 3-5 years.

Whether you choose to try ballet, jazz or acro-dance (or even all 3!), your child will learn the basics to inspiring music and combined with creative play, so they don't even realise how much they are learning.

If your child loves their lesson you can register to enrol them on the day and just pay for the remaining classes in that term. You can also get feedback from our teachers to help you assess what class is best for your little one.



Highly Qualified Teachers

Our teachers are undoubtedly the best in our industry.

Our teachers hold a Diploma in Dance (Elite Performance) and are trained in the Royal Academy of Dance (RAD) ballet syllabus.

What's more, all classes and syllabi are overseen by our Associate Artistic Director Elise Frawley with 20 years experience in teaching ballet and is also an RAD Examiner and qualified Primary school teacher.



SCHEDULE OF FEES

MY GROWN UP & ME (Aged 12 mths to 2 years as of 1st January)

10 x 30 minute classes \$110.00

TINY TOTS (Aged 3 - 5 years as of 1st January)

Tiny Tots Ballet - 10 x 45 minute classes \$153.00

Tiny Tots Jazz - 10 x 45 minute classes \$153.00

Tiny Tots Acro Dance - 10 x 45 minute classes \$153.00

NB: Students who enrol mid-term are charged on a pro-rata rate

Additional Costs

Upon first enrolment and/or each consecutive year, the following annual fees apply:

Annual Registration Fees

Music Licence Fee (AMCOS/APRA copyright etc) \$14.00 per annum*

Registration (Annually) \$50.00 per annum*

**charged on first invoice*

Tiny Tots Uniform

We strongly encourage all our dancers to wear our studio uniform. Not only does it ensure our dancers look great, but also gives our students a sense of belonging to a group with their peers. Uniforms are available to purchase at our studio office.

Girl's Tiny Tot Uniform Pack (Ballet & Jazz) \$125.80

Includes a quality leotard with skirt, ballet tights and headband.

Shoes: Girls wear pink ballet shoes or jazz shoes (available from Danse Boutique)

Boys Uniform: NCD T-Shirt, black shorts and jazz shoes.

Annual Concert Fees (Optional)

Concert Rehearsal Fee (charged in Term 4) \$25.00

Costume Hire or Purchase Term 4 (prices to be advised).

Book Now & Secure Your Spot

**Contact the Studio on 02 4952 9294 or
Email admin@nationalcollegeofdance.com**

About The National College of Dance

The National College of Dance (NCD) is Australia's leading dance performance training centre and Newcastle's premium dance school.

NCD and the Junior Academy have nurtured talented and passionate dancers in Newcastle for over forty years. The Studio provides a range of dance classes, workshops and dance experiences in ballet, contemporary and jazz from intensive vocational and full time elite performance training through to adult dance classes, tiny tots, acrobatics, Pilates and yoga.

Under the leadership of Brett Morgan (OAM), our team of highly experienced professional dance educators and choreographers continue to foster, train and mentor young dancers. This commitment to excellence is highlighted by the incredible results we achieve in our Royal Academy of Dance (RAD) ballet exams and eisteddfods through to the growing number of successful graduates who launch professional careers both in Australia and overseas.





NATIONAL COLLEGE
OF DANCE



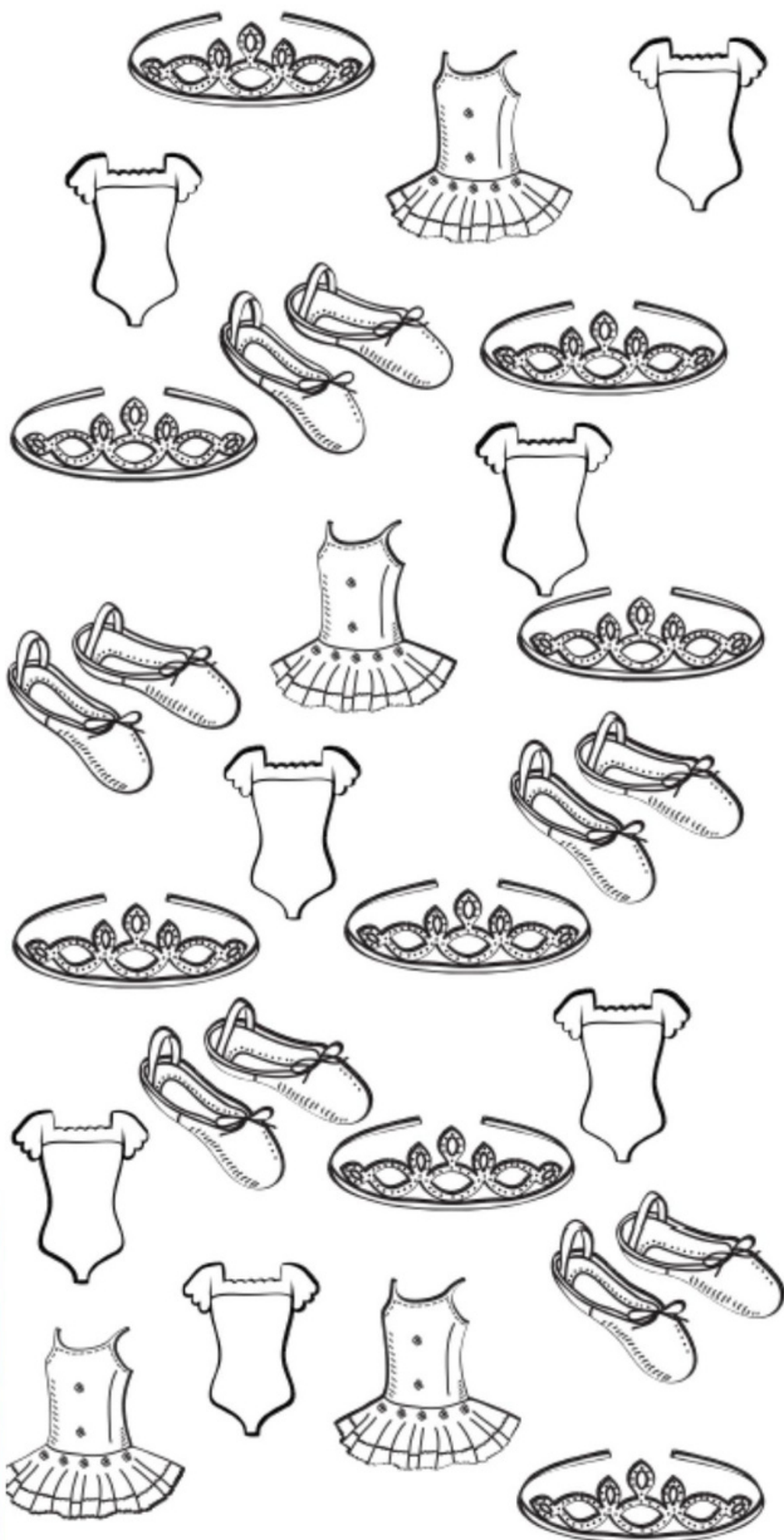
Dance for Little Bods

First Position

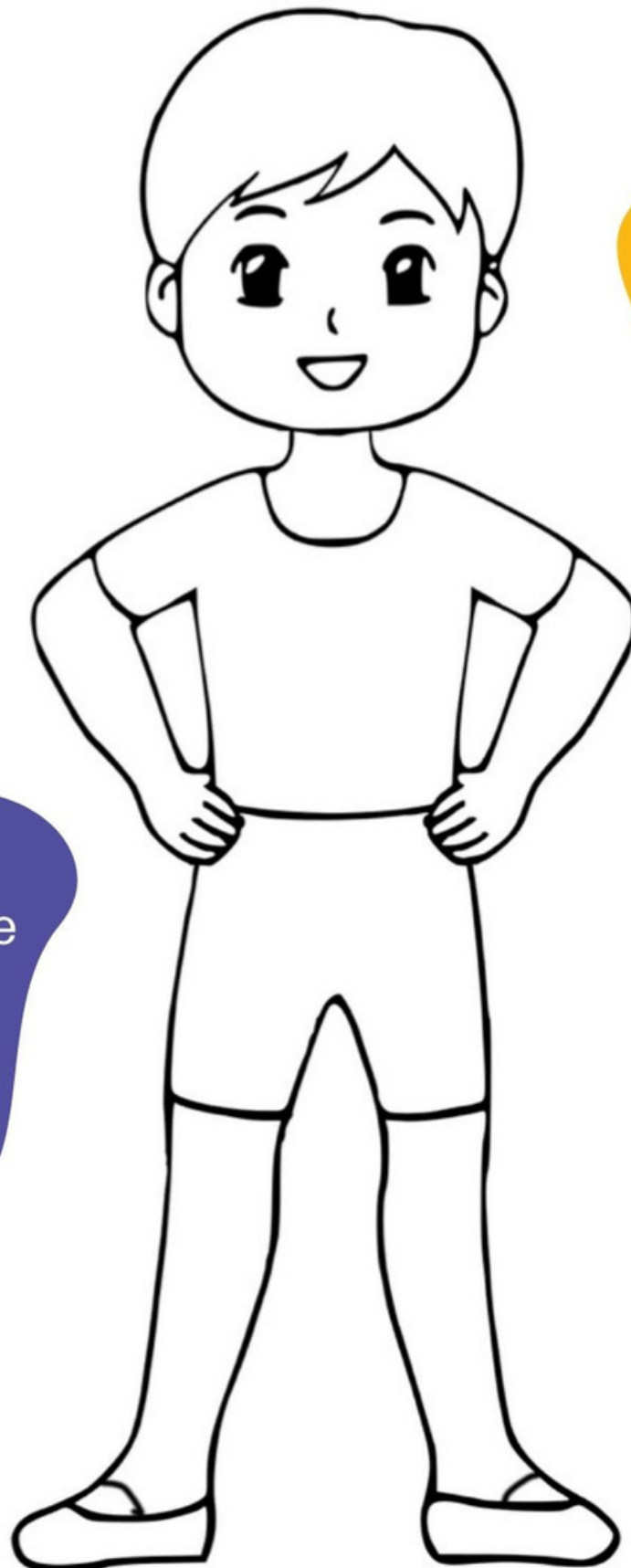


Try standing in
first position
and then
colour me in.

HOW MANY?



Second Position



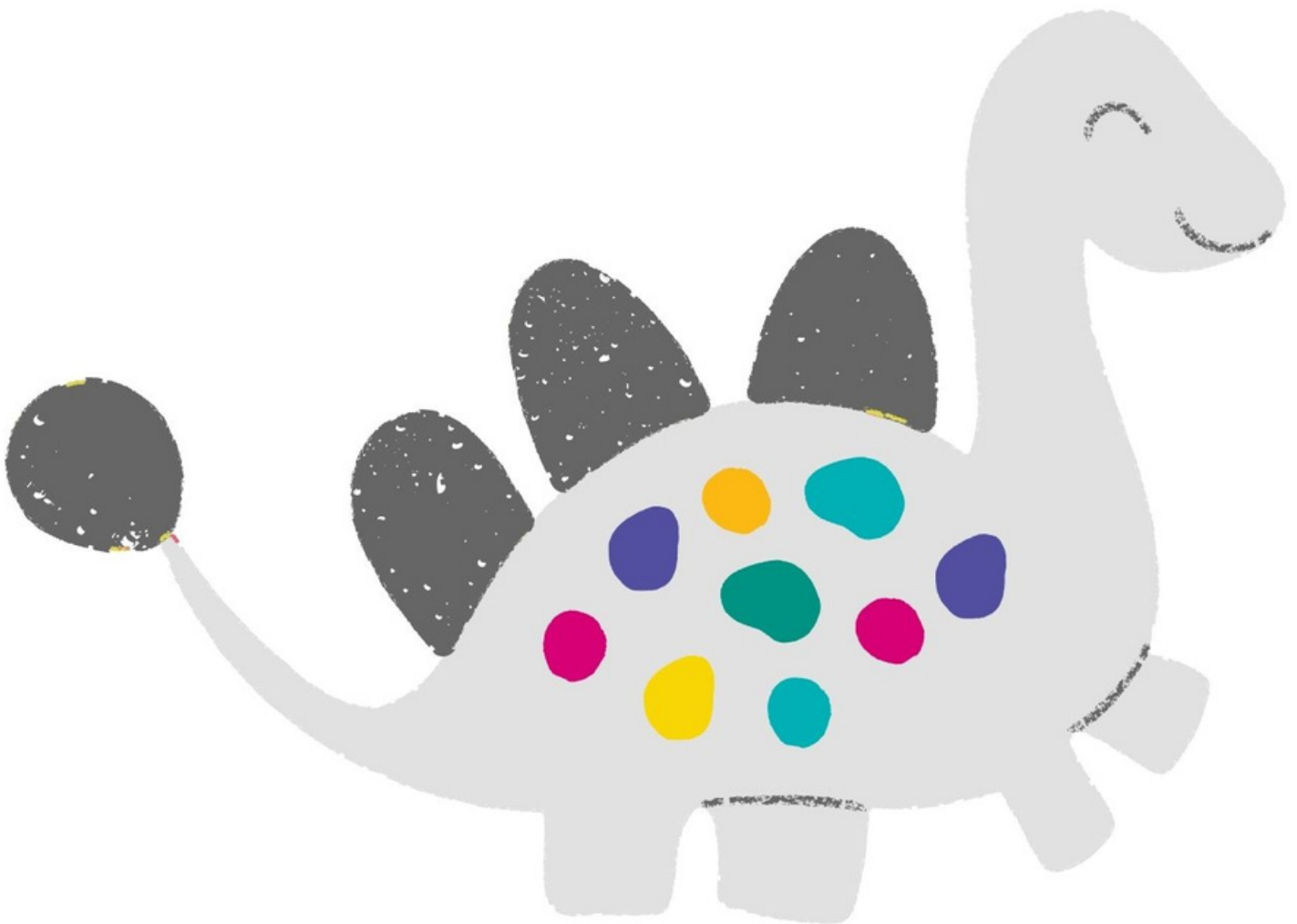
Use your
crayons to
colour in your
positions

Place
Your feet are
shoulder
width
apart

COUNT THE SPOTS!

A fun and simple
math game with
dinosaurs!

Count the purple, green, blue, pink and yellow spots on this dinosaur!
Write how many each of them are, then write the total number on the
blank.

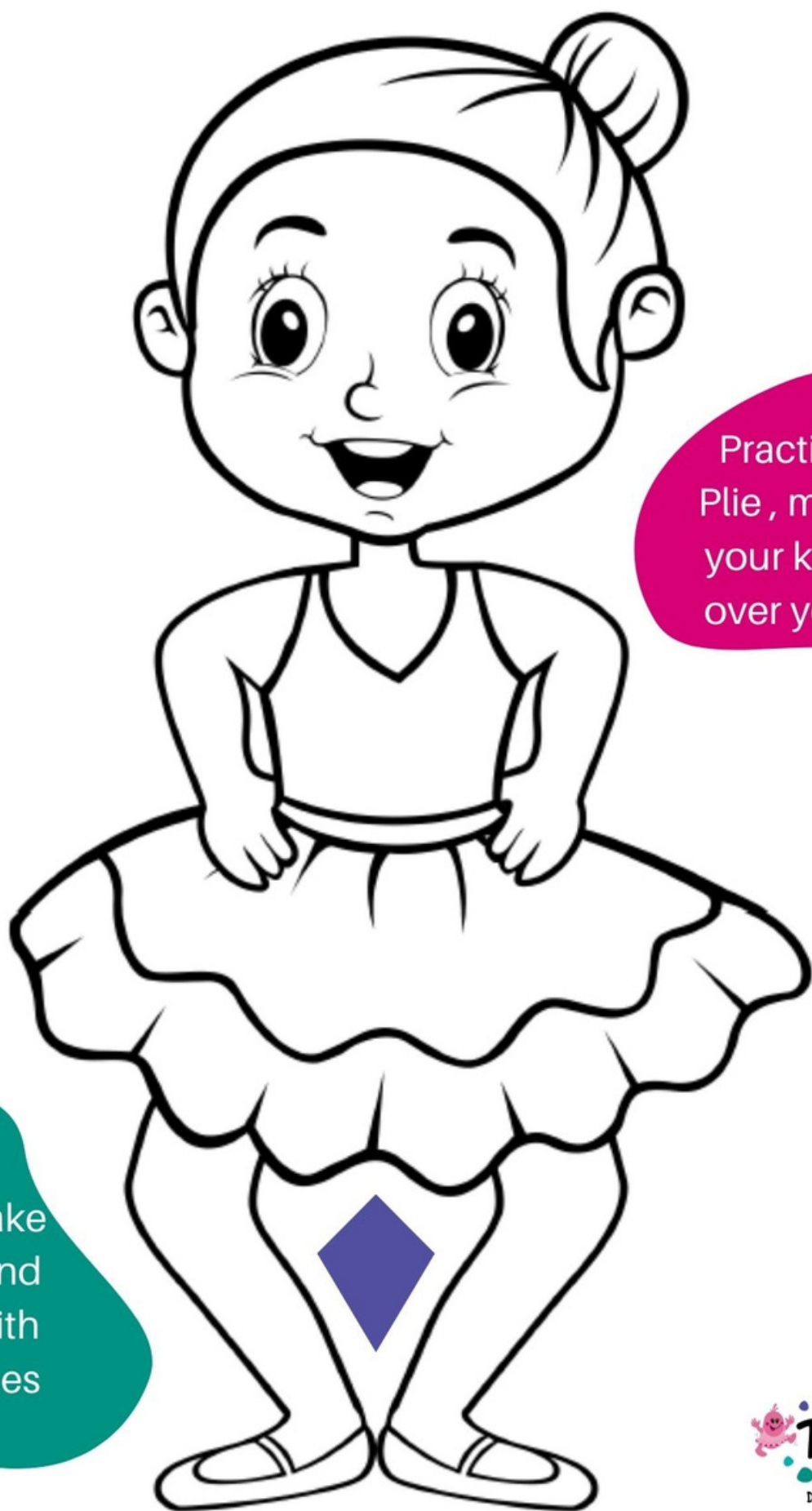


● purple: _____ ● pink: _____ ● Yellow: _____

● blue: _____ ● green: _____

Total: _____

Plié



Practice your
Plie , make sure
your knees are
over your toes.

Try to make
a diamond
shape with
your knees

COUNTING CATS AND DOGS

AN ADDITION GAME

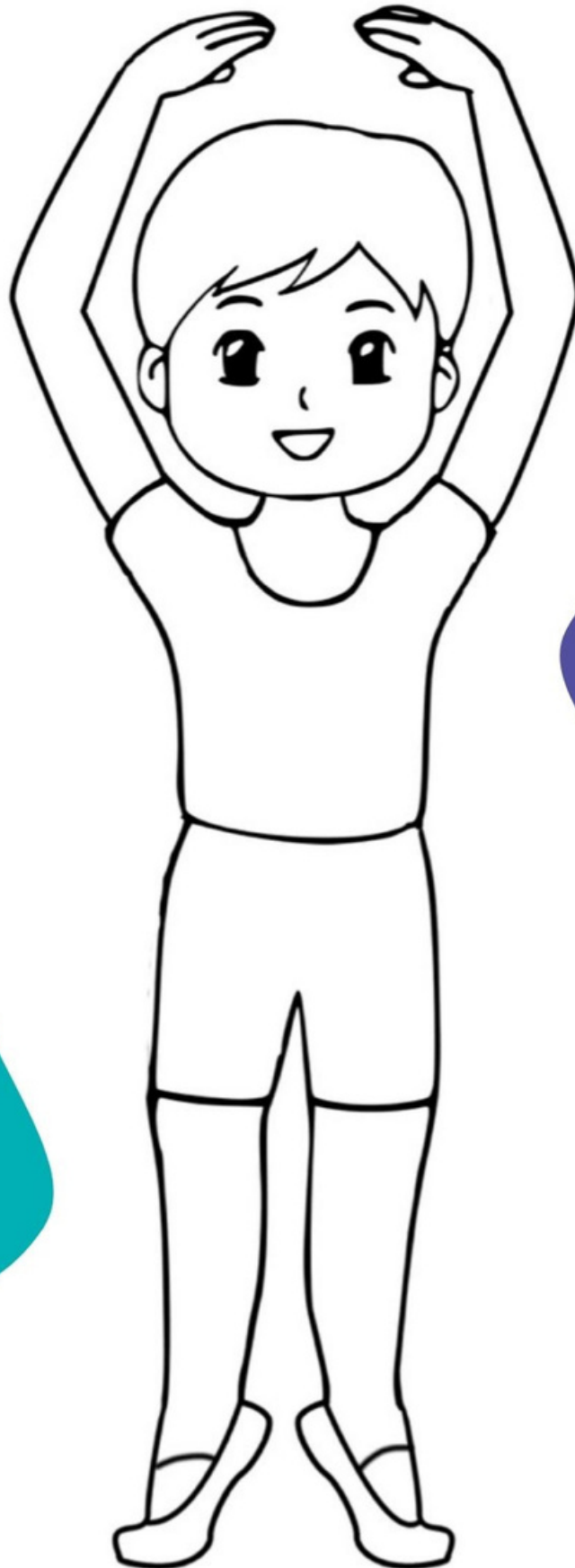
Directions: Count how many of each animal you see. Write the answers in the box provided below.



Cats

Dogs

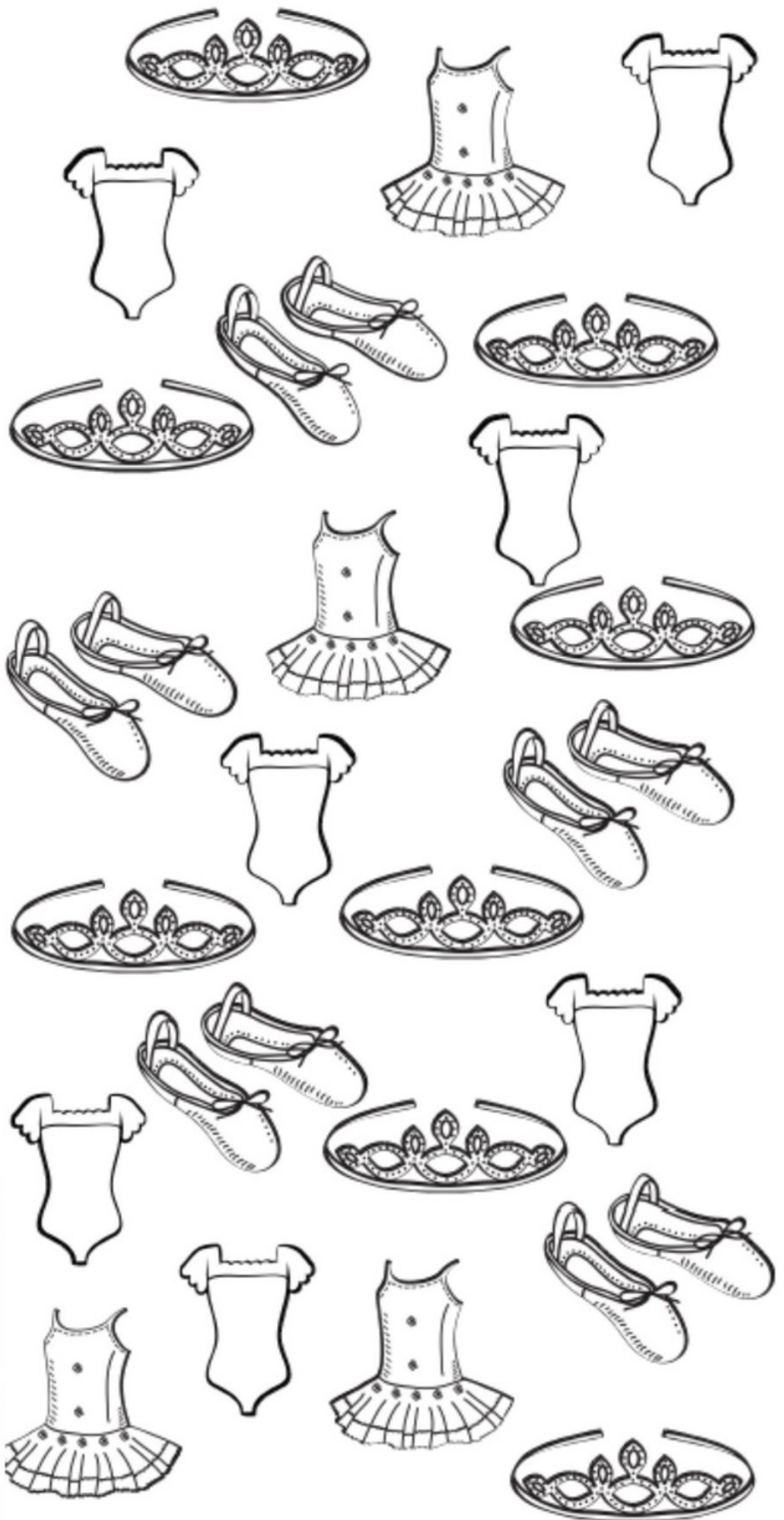
Relevé



Practice
your
Releve

Stand up
tall on your
tippy toes and
stretch
your knees

HOW MANY?



DRAW AROUND YOUR FEET

PLACE YOUR FEET IN FIRST POSITION
AND DRAW AROUND YOUR FEET.



Dance For Little Bods



National College of Dance
151 Young Road, Lambton
Ph: 49529294