



NEUTRAL BAY SCHOOL OF DANCE



HOLIDAY CLASSES

AGE GROUP	DATES
Kindy - Year 2	17 & 18 April 2023
Years 3-6	19 & 20 April 2023



Dance and sing with NBD these holidays!

Kindy to Year 6 students can look forward to two fun days filled with singing and dancing. Students will be learning jazz, musical theatre and lyrical contemporary dance routines.

Each DANCE class is designed to ignite creativity, inspire fun and nurture a love of dance and movement. There is no outcome (performance or filming) so students can just enjoy the moment, learn new steps and dance the day away with their friends!

At the end of each day NBD's teacher Miss Mel, trained in the RELAX KIDS method will give students access to a variety of simple, yet effective techniques for mindfulness, relaxation, and anxiety management that are developed and delivered in a fun, creative way.

The session aims to be enjoyable, whilst also supporting children's mental and emotional well-being, giving them tools to manage stress and be more resilient, calm and confident.



NEED TO KNOW

All the essentials to make these holidays your best ever

WHERE

St Josephs Hall, corner Lindsay and Bydown St Neutral Bay
(Hall will be open from 8:30am to 3:15pm)

WHO TO MEET

Check out page 4 for details of our teachers and Miss Hannah will be at the studio office during classes.

STUDIO PHONE

0433 968 377

WHAT TO BRING

Morning Tea / Lunch / Afternoon Tea / Water

WHAT TO WEAR

Anything comfy for dance, dance shoes if you have them (jazz, foot thongs) otherwise soft non marking shoes or bare feet are fine.

WHAT TO EXPECT

Please see our detailed schedule below and on the following pages and let us know if you have any questions

Daily Schedule



17 & 18 April

Kindy to Year 2

9 to 10:30

Group warmup
& Jazz

10:30 to 10:45

Break

10:45 to 11:45

Singing / Musical Theatre

11:45 to 12:30

Lunch

12:30 to 1:30

Lyrical Contemporary

1:30 to 1:45

Break

1:45 to 2:45

Mindfulness/Relax Kids

2:45 to 3

Dance Game

Daily Schedule

19 July
Year 3 to 6

20 July
Year 3 to 6



9 to 9:30 Group Warm up

9 to 9:30 Group Warmup

9:30 to 10:30 Jazz

9:30 to 10:30 Jazz

10:30 to 10:45 Break

10:30 to 10:45 Break

10:45 to 12:00 Singing / Musical
theatre

10:45 to 12:00 Singing / Musical
Theatre

12:00 to 12:45 Lunch

12:00 to 12:45 Lunch

12:45 to 1:45 Lyrical
Contemporary

12:30 to 1:45 Lyrical Contemporary
Composition Work

1:45 to 2:00 Break

1:45 to 2:00 Break

2:00 to 3:00 Mindfulness/Relax
Kids

2:00 to 3:00 Mindfulness and Yoga

Pricing

Kindy - Year 2	17 & 18 April	\$180 inc GST
Years 3-6	19 & 20 April	\$180 inc GST



**CLICK HERE OR SCAN THE
QR CODE TO REGISTER**

**In the portal select REGISTER FOR
CLASSES and select the Holiday tab at
the top**

TEACHERS

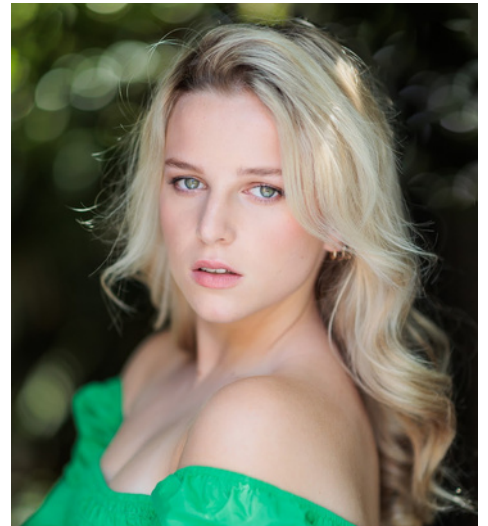


Miss Mel

Beginning her training in England, Melanie was awarded a scholarship to the prestigious Doreen Bird College of Dance and Musical Theatre in London, where she honed her skills and trained for four years. Upon graduation, Mel was feeling the pull toward teaching so she could pass her dance knowledge and experience to students, sharing her love for dance. She went on to complete a BA Honours Degree in Dance Teaching, and moved to Australia in 2015. Melanie's kind spirit and passion for teaching is evident in all of her classes and Melanie can't wait to see our students in the April School Holidays.

Miss Bronte

Bronte is an accomplished dancer with a passion for all things performing arts. Since completing a Diploma of Musical Theatre at Brent St Performing Arts, Bronte has taught Jazz, Hip Hop, Singing, Ready Set Dance and Ready Set Ballet at several Sydney dance schools. Her students especially enjoy her bubbly and energetic personality. On the weekends you can see Bronte performing at Luna Park as a dancer and actor, a gig that allows Bronte to perform every week to large crowds! Bronte's passion for performing extends into her passion for teaching. She prides herself on motivating her students into not only being technical dancers, but moulding them into being confident, outgoing performers who can hold their own on any stage.



Miss Emily

Emily trained under the guidance of Elizabeth McGirr, completing all her RAD grade and major examinations; allowing her to become an Associate of the Royal Academy of Dance (ARAD). Emily went on to complete an Advanced Diploma in Performing Arts at ED5international before going on to work on various musical productions across Sydney, her favourite being Company with Limelight on Oxford. In 2019 Emily was awarded a full scholarship to study in New York at the Stella Adler Studio. Now, Emily enjoys teaching for various schools across the North Shore and is currently assistant directing and choreographing One Man Two Guvnors at the New Theatre. Emily's positive energy is sure to be a hit with our NBD students!



[last minute reminder]

Register early to secure your spot as class numbers are limited!