



Seymour Dance 2020



Timetable

Early Years classes for 3-5 year olds

| | Thursday |
|-----------------|-----------------------------------------------------------|
| 3.35pm - 4.20pm | Baby Ballet (3-5 years) McGregor Hall Junior School |

Junior/Middle School classes for 5-13 year olds

| | Tuesday | Wednesday | Thursday |
|-----------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|
| 3.35pm - 4.20pm | | Junior Ballet Beginner (5-8 years) McGregor Hall, Junior School | |
| 4.20pm - 5.05pm | | Junior Ballet Experienced (5-8 years) McGregor Hall, Junior School | Junior Hip Hop/Jazz (7-12 years) McGregor Hall, Junior School |
| 4.30pm - 6.00pm | Junior Musical Theatre (7-13 years) Abbie Studio Senior School | | |

All classes are open to internal (Seymour) and external (non-Seymour) students.

PLEASE NOTE: Classes may only proceed if enrolments meet the required minimum class size.

Pricing per semester

Baby ballet 3-5 years (45 minutes)

Internal \$280 per semester (17 weeks)

External \$360 per semester (17 weeks)

Junior Ballet (Beginner and Experienced)

5-8 years (45 minutes)

Internal \$280 per semester (17 weeks)

External \$360 per semester (17 weeks)

Junior Hip Hop/Jazz 7-12 years (45 minutes)

Internal \$280 per semester (17 weeks)

External \$360 per semester (17 weeks)

Junior Musical Theatre 7-13 years (1.5 hours)

Internal \$380 per semester (17 weeks)

External \$440 per semester (17 weeks)

Extra information

Please note that these classes have a performance outcome and there will be one concert at the end of the year. This performance is compulsory unless otherwise earlier discussed.

Please adhere to the the College's **COVID-safe regulations** such as keeping 1.5m distance between each other and following the requirements regarding picking up your daughter/s.

Dress code

Students are to dress in the uniform required by class (details will be provided). All students must wear their hair in the correct style for the class, with their hair off their face and in a ponytail or bun. No jewellery, with the exception of studs, is to be worn during class.

Please bring a drink bottle with water only.

Class descriptions

Baby Ballet

Baby ballet offers the chance to learn basic ballet movement and language, through play, movement and games. This class is designed to teach young students social awareness, spatial awareness and learn the fundamental skills of how to engage in a dance class.

Junior Ballet (Beginner and Experienced)

Junior ballet begins to introduce more technical ballet language and movement, preparing students to understand the shapes, coordination and rhythm needed to perform in the ballet dance style. This class engages students with play, games and a more structured class approach.

Junior Hip Hop/Jazz

The Junior Hip Hop/Jazz offered is a combination class designed to be fun and energetic. Students will learn coordination, rhythm and performance skills through learning technique and routines both in the Hip Hop and Jazz styles of dance.

Junior Musical Theatre

Junior Musical Theatre combines singing, acting and dance techniques through multiple tutors throughout the year. There are numerous routines that students will learn and the course is designed to give a Musical Theatre education from a wide range of Musicals, from different eras.



Introducing Petra Szabo

I am the Head Dance Coach and Coordinator of the Seymour co-curricular dance program. Seymour Dance is a community based program with performance outcomes, focusing on nurturing the creative spirit in children through the art of dance. I am thrilled with our program for 2020, and I hope that you will be too.

Dancing has many benefits that contribute to the health of one's brain and one's overall sense of wellbeing. It is not just the physical movement that individuals learn as a skill, but there are several other skills one develops when they engage in a movement class or activity.

In a Harvard review titled *Dancing and The Brain* written by Scott Edwards as part of their *On the brain* newsletter series, it states that:

Dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

These are all incredibly important in a child's education journey as they are all areas of brain function that need to be strengthened for a positive learning experience.

I have eight years of teaching experience, as well as a lifelong passion for dance. I finished my BA in Dance Performance in 2013 and followed with a career in The Arts, including choreographing, producing, directing and teaching.

I love teaching. Seeing children evolve, seeing them grow in confidence – not just in dance but in their personalities, – and developing a love for the stage fills me with joy. The Arts brings a special quality to our culture and our lives and it helps us to feel more human. I am honoured to create this safe space of discovery and skill for your children.

Our tutors who join us throughout the year also have this passion, both for The Arts and for teaching, and have years of expertise under their belt.

Testimonials from parents of 2019 Seymour Dance students

Baby Ballet

Ballet dance has been wonderful for my daughter as it has allowed her to enjoy music and dance, whilst dressing up. She enjoys the discipline which comes with ballet and working with her friends. My daughter has made new friends and has enjoyed the responsibility when helping out.

Sonya Cotton

Junior Hip Hop/general

My daughter loves Hip Hop at Seymour. It is a safe, fun learning environment with a caring instructor. My daughter's confidence has grown under Petra's energetic and professional guidance. I highly recommend this program. Whether you are a beginner or more advanced, Petra has the knowledge and passion to help your daughter flourish through dance.

Dana Valuzis





Seymour Dance



SEYMOUR
COLLEGE
DANCE

Enrolment Form

Student Information

| | |
|---------------------|--|
| First Name: | |
| Last Name: | |
| Birthday: | |
| Gender: | |
| Medical Conditions: | |
| Other Comments: | |
| School: | |

Family Information

| | |
|-----------------------------------------|--|
| Mother/Guardian Name: | |
| Father/Guardian Name: | |
| Address: | |
| Home Phone: | |
| Mother/Guardian Phone: | |
| Father/Guardian Phone: | |
| Email: (this will be your portal login) | |
| Other email: | |
| Alternative Emergency Contact Name: | |
| Alternative Emergency Contact Phone: | |

Gym Sports Class Information

| | |
|-------------------|--|
| Class Name: | |
| Class Day: | |
| Class Time: | |
| Term: | |
| Commencment Date: | |
| Class Fees: | |

Please complete and return this form via email to dance@seymour.sa.edu.au

Seymour College

Seymour Dance 2020

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