



# PERFORMANCE TEAMS

## 2026 Information Pack

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A guide to the Reflections Academy of Dance Performance Team program, designed to accelerate the development of dancers that have a strong work ethic, are passionate about dance and foresee a possible future in the industry.

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# Our Performance Team Program

## WHAT DOES IT MEAN TO BE IN OUR PERFORMANCE TEAM?

**Our Performance Team Program is guaranteed to develop the fundamental performance skills to enhance a budding dancer. The program is designed to accelerate the development of each dancer that has a strong work ethic, is passionate about dance and foresees a possible future in the industry. The program will include like-minded students who hope to develop their dancing in a fun and safe environment.**



### VERSITILITY

This program is designed to be over 2 nights and a maximum of 3 nights, allowing students plenty of nights at home for homework and other activities. Students are expected to attend 80% of all classes for the year and the mutual dedication to dance and other activities is expected.



### PROFESSIONAL YET SUPPORTIVE

We train our students in a professional manner, guiding them to develop artistry and skills that will help them in the future. We believe in holistic training, and our team always consider the child emotionally throughout their dance experience with us. Our students are often recognised for their professionalism, support and team spirit.



### OPPORTUNITIES

Students are able to take up performance opportunities at fundraisers, stage shows & local events, as well as dance examinations and assessments. Other opportunities include solos, duos and trios as an extension of their training. We also attend a Disney Dance Tour every 2-3 years which is an excellent life changing experience for every dancer!

# Performance Team

## Commitment Expectations

### JAZZ & BALLET CLASSES

Jazz and Ballet classes are compulsory, as these foundational styles build strength, control, and versatility.

### SCHOOL HOLIDAY REHEARSALS

Rehearsals will be scheduled during school holidays to provide additional time for dancers to refine their technique and routines before upcoming performances.

### 80% ATTENDANCE

Students are expected to attend no less than 80% of classes for the entire year. Students who show less than 80% attendance may fall behind or hold back the class and therefore will be removed from upcoming performances. Students who are continually absent will be removed from the program entirely. If a child is absent from the class during the term for holidays, illness or school camps there is no discount or deduction from term fees. Students are required to attend all school holiday rehearsals so they don't fall behind. Students are expected to attend class to watch and take notes whilst injured.

### BALLET EXAMINATIONS

Dance examinations, often conducted as internal assessments within studio settings, provide children with structured goals and a sense of achievement. These evaluations help refine technique, musicality, and performance skills while fostering confidence, discipline, and perseverance. By working towards exams, young dancers develop resilience, focus, and self-motivation—valuable life skills that extend beyond dance. Whether pursuing a professional path or dancing for enjoyment, these assessments offer a rewarding way to measure progress and celebrate dedication in a supportive environment.

### MID-YEAR & END OF YEAR SHOWCASE

Our featured PT dancers perform in both the mid-year and end-of-year showcases, representing the school and demonstrating their progress throughout the year. These performances give dancers valuable stage experience, build confidence, and allow them to be role models for younger students.

# PT Timetable 2026

Mini Performance Team		
Thursday	4:15 - 5:15	Jazz (compulsory)
Thursday	5:15 - 6:00	Ballet (compulsory)
Thursday	6:15 - 6:45	Hip-Hop
Thursday	6:45 - 7:30	Acro

Junior Performance Team		
Tuesday	4:15 - 5:15	Ballet (compulsory)
Tuesday	5:15 - 5:45	Tap
Tuesday	5:45-6:30	Acro
Thursday	4:15 - 5:15	Jazz (compulsory)
Thursday	5:15 - 6:15	Contemporary / Lyrical
Thursday	6:15 - 6:45	Hip-Hop

Inter Performance Team		
Tuesday	4:15 - 5:15	Jazz (compulsory)
Tuesday	5:15 - 6:15	Contemporary / Lyrical
Tuesday	6:30-7:15	Hip-Hop
Tuesday	7:30 - 8:30	Acro
Wednesday	5:45 - 6:15	Tap
Wednesday	6:15 - 7:15	Ballet (compulsory)
Wednesday	7:15 - 7:45	Pre-Pointe



# PT Timetable 2026

Pre Senior Performance Team		
Monday	4:15 - 5:15	Jazz
Monday	5:15 - 6:15	Contemporary / Lyrical
Monday	6:15 - 7:00	Hip-Hop
Tuesday	6:30 - 7:30	Acro
Tuesday	7:30 - 8:30	Ballet
Tuesday	8:30 - 9:00	Pointe
Wednesday	5:45 - 6:15	Tap
Wednesday	7:15 - 7:45	Pre-Pointe
Wednesday	7:45 - 8:15	Pointe

Senior Performance Team		
Monday	6:15 - 7:00	Hip-Hop
Monday	7:00 - 8:00	Jazz
Monday	8:00 - 9:00	Contemporary / Lyrical
Tuesday	6:30 - 7:30	Acro
Tuesday	7:30 - 8:30	Ballet
Tuesday	8:30 - 9:00	Pointe
Wednesday	6:30 - 7:00	Tap
Wednesday	7:45 - 8:15	Pointe



# 2026 Class Requirements

## HAIR



Dancers are expected to wear a slick bun to ALL classes with the exception of Hip-Hop (slick ponytail). Hair must always be off the face and off of the students back. This helps the teacher see the students posture, which further help them in their technique. Students **MUST** wear a bun to all ballet classes.

*Hair in a bun: On damp hair, thoroughly apply some gel or hairspray to slick the hair back and make it workable. Secure a high ponytail on crown of head with hair elastics. Twist the ponytail method is easiest to create a neat and tidy bun, ensure bobby pins are used (bun pins are the best!) as well as a hair net to hold the bun in place with no loose hair.*

## CLASS UNIFORM



Performance team dancers are expected to **ALWAYS** wear class uniform which includes:

- Leotard/ballet skirt (if required) - in correct class colours
- All class footwear - ballet shoes, jazz shoes, tap shoes, lyrical shoes, hip hop sneakers etc.
- Tights - tan and theatrical pink to suit style

*Please visit the studio reception for our full uniform list.*

*Dancers **MUST** attend all events/competitions in **FULL** uniform and looking professional.*

## SHOE REQUIREMENTS (PER STYLE):



Jazz - Tan slip on jazz shoes

Ballet - Pink ballet shoes

Lyrical - Tan half sole lyrical shoes

Contemporary - Tan foot undies

Hip-Hop - Black high-top converse style shoes (no colours or logos)

*All shoes are to be purchased from dance brands such as Energetiks, Capezio, Bloch or MDM. Our team can assist with recommendations if needed.*

# 2026 Class Requirements

## ATTENDANCE



Students are expected to attend no less than 80% of classes for the entire year. Students who show less than 80% attendance may fall behind or hold back the class and therefore will be removed from upcoming performances. Students who are continually absent will be removed from the program entirely. If a child is absent from the class during the term for holidays, illness or school camps there is no discount or deduction from term fees. Students are required to attend all school holiday rehearsals so they don't fall behind. Students are expected to attend class to watch and take notes whilst injured.

## STAY CONNECTED!



Ensure you are in our Performance Teams Facebook Group. This platform is used to provide regular updates on classes, events and a great resource for you to buy/sell for uniform and dance shoes. Click [HERE](#) to join!



BAND is a resource that allows students to access routine videos for practice outside of class. Students can watch videos, ask teachers routine-related questions, and confirm details, ensuring effective rehearsal and support beyond class hours. QR codes available at reception or email us for the links!



# Additional Opportunities

Students within Performance Teams are often invited to participate in additional events through out the year. Exciting opportunities may include performing at the Royal Melbourne Show, Reflections Mid-Year Display, local Christmas Carols, Disneyland Dance Tours and more! These invitations will be advised through out the year as we receive details from event organisers, and are a great opportunity for students to represent Reflections in a fun and exciting way outside of their regular performances.

## ROYAL MELBOURNE SHOW



Performing in a parade-style setting at the Melbourne Showground, students may be offered the opportunity to showcase their troupe, solo, duo and trio dances. Families are encouraged to watch their dancer onstage, and welcomed to stay and enjoy the showgrounds once the performance is complete. A great family day out!

## CRUISE ANNOUNCEMENT



We're excited to share that we're exploring an incredible opportunity to perform on a 4-day cruise departing from Sydney in 2026! This unique performance experience combines travel, fun, and the thrill of performing in a whole new setting. Stay tuned for more details as we get ready to take our talent on board!

## DISNEYLAND DANCE TOUR



A once-in-a-lifetime performance opportunity for RAD dancers! Disneyland Dance Tours provide the opportunity for our students to fly over to the US with their family to participate in a Dance Parade down the Main Street of Disneyland! Students will also undertake workshops with Disney industry professionals- as well as having plenty of free time to explore theme parks! This is offered to all RAD dancers, however PT students with extra experience are always great group leaders as they perform down Main Street.

## SHOWCASE LEAD DANCERS



As a Performance Team student, you may be selected as a lead dancer in our annual showcases, performing solos and group dances. You'll help tell stories through movement and support younger students in their performances. As a lead dancer, you'll perform key dances, be featured in programs, and showcase the dedication and talent you've worked hard to develop.

# Solo/Duo/Trio Training

## A SPECIAL OPPORTUNITY

At RAD, the chance to represent the studio at local dance competitions is a special opportunity! Students are selected by our teaching faculty annually, and students can also apply to be considered via our website. Solo/duo/trio performers are expected to undertake lessons regularly and perform their learnt routine at least two competitions annually. Students are to understand the commitment that is required with extension training.



## REQUIREMENTS

- Students must attend minimum fortnightly private lessons.
- Students must attend minimum 2 solo dance competitions per year.
- Students & parents must uphold our studio values, code of conduct and have full regular class attendance all year.
- Students are not to replace training classes with solo/duo/trio lesson. Technique takes priority!
- All choreography remains the property of RAD and cannot be performed upon cancellation or termination of enrolment.
- Solo/duo/trio costumes are designed by the teachers and management. Parents can choose to source themselves or order direct through RAD suppliers.



## PRIVATE LESSON FEES

Fees for private lessons can vary depending on teacher, length of time required and when split between duo/trio members.

Lessons can vary between 15 mins (once solo is completed) and up to 60 mins. It is best to discuss with management what the cost will be for your child's private lessons prior to committing.

## APPLICATION FOR - SOLO/DUO/TRIO

[CLICK HERE](#)

# DANCESTEP

## Student Teacher Program



**Annual Program  
Fee: \$50**

### WHAT IS THE DANCESTEP PROGRAM?

Students who participate in the DanceStep program receive specialized training in leadership, role modeling, safe dance principles, and anatomy. This program not only enhances their dance education but also empowers them to care for others and develop strong leadership skills. By encouraging students to contribute positively to their dance studio community, DanceStep fosters a sense of responsibility and teamwork.

Our training program, linked with DanceStep, includes both practical and theory components, covering essential assistant teaching skills such as behaviour management, understanding different learning needs and styles, and much more. This well-rounded approach equips young dancers with the confidence and knowledge to support their peers while growing as future leaders in dance. Students can apply annually for the DanceStep program via our website.

### SPECIAL STUDENT TEACHER INCLUSIONS

All student teachers participating in the program will receive a Student Teacher T-shirt, recognising their role within the studio. Students aged 11 and over will receive their DanceStep training books (valued at \$37 per book) and gain access to the DanceStep online portal for further learning and development.

Additionally, students will participate in term workshops, exploring different subjects and engaging in hands-on projects that contribute to the studio community. This dynamic program enhances dance education and nurtures leadership, teamwork, and a passion for mentoring others.

Whether students are considering a career in dance teaching or otherwise, the DanceStep program is great preparation for many aspects of life. Past students of our programs have experienced increased levels of confidence and have learnt patience, empathy, communication skills and how to take initiative in various situations.

### APPLICATION FOR - STUDENT TEACHING PROGRAM

[CLICK HERE](#)

# 2026 Terms & Conditions

## CLASS POLICIES



All participants must wear correct uniform and shoes to all classes and performances. All items must be from the approved list provided by Reflections Academy Of Dance. Students with incorrect uniform/costume/stockings and shoes will not be able to participate in class or performances. No refunds will be given for missed classes. Schedules are subject to change. Reflections Academy Of Dance reserves the right to provide a substitute teacher if the regularly scheduled teacher is ill or otherwise unable to instruct the classes. Joining our classes means you agree to all terms and conditions.

## ATTENDANCE POLICY



Students are expected to attend no less than 80% of classes for the entire year. Students who show less than 80% attendance may fall behind or hold back the class and therefore will be removed from upcoming performances and competitions. Students who are continually absent will be removed from the program entirely. If a child is absent from class during the term for holidays, illness or school camps there is no discount or deduction from term fees.

## TEACHER FEEDBACK AND CORRECTION



In the instruction of dance, the teacher may need to physically manipulate the participant when assisting the student in the proper alignment and execution of the movements. Joining our classes means you authorise the teachers to physically manipulate the student solely in order to assist in the proper alignment and execution of the movements.

# 2026 Terms & Conditions

## DRAMA FREE ZONE



Community over competition! We will always strive to make sure our studio does not have competitiveness or nastiness when it comes to performance teams. Our values include positivity, community, confidence, family and growth. We will ensure these values are instilled in our performance team members and their families when they are enrolled at our studio.

**NO DANCE MUM ZONE!** Here at RAD, we have zero tolerance for dance mums (or even dance dads/grandmas etc). Dance is an art and whilst it would be nice to win everything, be accepted into everything - well, this is not life. We believe students should foster their own love and passion for dance, we will never push or ask you to push a dancer to win competitions. Please love and support your dancer in all forms and phases of their dancing journey. Trust us when we say, your support and love is much more helpful to keep a dancer going for years. Please don't engage in gossip or nastiness towards other parents, teachers or other dance studios. Let's keep this community free of drama and a nice **POSITIVE** one.

## BULLYING, BEHAVIOUR/CONDUCT POLICY



Reflections Academy Of Dance, does not under any circumstances tolerate swearing, disrespectful or indecent behaviour, language or defamatory comments by students, parents/guardians, family members or visitors at any time. Respect and care must be shown to all equipment, facilities and property. Reflections Academy Of Dance will not tolerate in person, via email, text messaging, via the internet, any verbal or physical abuse, humiliating, harassing, sarcasm, criticism or insulting a person. This behaviour includes at the premises, or outside the premises, social media or on the internet. Any form of negative behaviour, not complying with the Terms and Conditions, will result in the forfeit of their position at Reflections Academy Of Dance. Student's, parents/family members involved, position will be withdrawn immediately from Reflections Academy Of Dance and will not be entitled to a refund. All terms fees will remain due and payable.

# 2026 Terms & Conditions



## EXAMINATION POLICY

Participants selected to complete exams must agree to pay the examination fee and purchase the required uniform to complete. It is the teacher's discretion as to when a student is ready to do their exam and in most circumstances this can take up to 2 years per level. All children develop at different times and there is no race to complete. In fact, the more time spent on mastering the technique will result in a better technical result for the student long term. Exams are not compulsory and students can move up at the teacher's discretion if they do not feel confident or prefer to just take class over yearly examinations.



## PRIVATE LESSON FEE POLICY

Private lesson fees must be paid before the lesson is taken. If fees are on direct debit they will be deducted on the invoice date. No private lesson will be done without full payment prior. Cancellation of a private with less than 24 hours notice will still be charged due to the late notice for the teacher employed. Parents must provide minimum 48 hours notice to change or cancel a private lesson.

# PT Calendar 2026

## APRIL

16th/17th

All PT Groups Rehearsals CANCELLED

## JULY

9<sup>th</sup>

Inter / Pre Senior / Senior Gala Rehearsals

10<sup>th</sup>

Mini / Junior Gala Rehearsals

11<sup>th</sup>

Performance Teams Gala

## SEPTEMBER

TBA

Ballet Examinations

## OCTOBER

1st/2nd

All PT Groups Rehearsals

## NOVEMBER

29th

RAD Celebration Party

## DECEMBER

15th

Performance Teams Dress Rehearsal at Bunjil Place

18th/19th

End of Year Showcase

\*All dates subject to change.  
Further detailed timetables for all events will be emailed closer to each event.