

# AP PERFORMERS HANDBOOK



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**AP PERFORMERS HAS BEEN OPERATING SINCE 2002. ORIGINALLY LOCATED IN TAREN POINT WE ARE EXCITED TO ANNOUNCE WE HAVE MOVED INTO A BRAND NEW STUDIO, IN THE HEART OF CARINGBAH CREATING A PROFESSIONAL SPACE FOR OUR DANCERS. WE PRIDE OURSELVES ON BRINGING A FAMILY ATMOSPHERE FOR OUR STUDENTS, A HOME AWAY FROM HOME.**

**LEAD BY ALECIA AND SANDRA PICKEN, A MOTHER AND DAUGHTER TEAM, WE HAVE BUILT A STRONG FAMILY BUSINESS DRIVEN BY OUR LOVE AND PASSION FOR DANCE AND ALL IT IS ABOUT.**

**AP CATERS FOR ALL STUDENTS FROM 2 YEARS OLD TO ADULTS. WE HAVE A WIDE RANGE OF CLASSES CATERING FOR ALL GENRES AND ABILITIES, WHETHER IT IS FOR FUN OR FOR A MORE SERIOUS APPROACH OUR AIM IS TO BRING OUT THE VERY BEST IN OUR STUDENTS.**

**INDIVIDUALITY IS VERY IMPORTANT TO EVERY DANCER AND AP HELPS TO FIND THE HIDDEN TALENT IN YOUR DANCER.**

**AP STUDENTS ARE ENCOURAGED TO EXPLORE ALL AREAS OF DANCE, HELPING THEM TO BE THE BEST ALL ROUND PERFORMER THEY CAN BE. WE WANT OUR STUDENTS TO STAND OUT AND BE READY FOR ANYTHING THE DANCE WORLD MAY BRING THEM.**

**WHEN YOU DANCE AT AP YOU FEEL ALIVE, YOU'RE HAPPY, YOU'RE PASSIONATE AND MOST IMPORTANTLY, YOU ARE YOU.**

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# GENRES OFFERED

# JAZZ

# LYRICAL

# CONTEMPORARY

# BALLET

# TAP

# ACRO

# MUSICAL THEATRE

# PERFORMANCE TEAMS

# PRE-SCHOOL PROGRAMMES

# ELITE PROGRAMME

# STRETCH AND STRENGTH

# ADULTS FITNESS

# BOXING

# READY SET DANCE

# READY SET ACRO



# ACHIEVEMENTS

AP HAS BEEN OPERATING SUCCESSFULLY FOR 21 YEARS. OVER THIS TIME WE HAVE HAD MANY GREAT AND MEMORABLE ACHIEVEMENTS.

EACH YEAR WE CONSISTENTLY ACHIEVE FANTASTIC RESULTS IN BOTH OUR BALLET EXAMS AND OUR COMPETITION TEAMS.

ALL OUR STUDENTS ARE VERSATILE AND TRAINED IN ALL STYLES HELPING THEM TO BE THE BEST ALL ROUND PERFORMER THEY CAN BE.

OUR PERFORMANCE TEAMS WORK HARD EVERY YEAR TO CREATE DANCES REPRESENTING ALL STYLES AND EVERY YEAR ARE ALWAYS REWARDED HIGHLY IN EISTEDDFODS ACROSS SYDNEY.

OVER THE YEARS WE HAVE HAD STUDENTS WIN TRIPS OVERSEAS TO REPRESENT AUSTRALIA IN DANCE, SOME STUDENTS HAVE BEEN SUCCESSFUL IN AUDITIONING FOR MUSICALS, STAGE SHOWS AND DREAM DANCE COMPANY.

ONE OF OUR CURRENT STUDENTS WAS CROWNED MISS WORLD DANCE IN NEW YORK CITY WHICH IS A HUGE ACHIEVEMENT!

WE HAVE HAD STUDENTS BE INVITED TO DANCE AT VERY SPECIAL CHARITY EVENTS HELPING TO RAISE MONEY FOR IMPORTANT CAUSES.

OUR STUDENTS HAVE DANCED IN FILM CLIPS AND SOME HAVE ALSO HAD THE OPPORTUNITY TO DANCE ON TV.

WE HAVE EX STUDENTS WHO ARE NOW LEADING PROFESSIONALS IN THE DANCE WORLD TODAY INCL PARIS CAVANAGH, STEPHEN TANNOS AND JESSICA HESKETH





WELCOME TO READY SET DANCE.....

THIS IS A WONDERFUL PROGRAMME THAT INTRODUCES THE WORLD OF DANCE TO YOUR LITTLE ONE.

THE PROGRAMME IS DESIGNED TO COVER MANY DIFFERENT ELEMENTS OF DANCE, MUSIC AND SINGING.

WE LOVE IT AND LOVE WORKING WITH THE LITTLE SUPERSTARS WHO WALK THROUGH OUR DOORS.

PLEASE FIND ALL OUR CLASSES LISTED IN OUR TIMETABLE AND CHOOSE THE DAY THAT WORKS BEST FOR YOU AND YOUR CHILD.

WE ARE SUPER EXCITED TO INTRODUCE OUR READY SET DANCE PERFORMANCE TEAM TO THE PROGRAMME. THIS GROUP WILL BE AN EXTENSION TO THE NORMAL LESSONS.

IF YOU CHOOSE TO BE A PART OF THIS GROUP, YOUR CHILD WILL BE REQUIRED TO BE A PART OF PERFORMANCES THROUGHOUT THE YEAR.

THEY WILL NEED TO GET A COSTUME AND WILL PERFORM AT DIFFERENT EVENTS IN SYDNEY.

OUR FIRST PERFORMANCE WILL BE THE ROYAL EASTER SHOW, SO EXCITING.

WE LIKE TO TAKE THIS OPPORTUNITY TO THANK YOU FOR CHOOSING AS PERFORMERS. WE WILL MAKE SURE TO TAKE CARE AND NURTURE YOUR LITTLE ONE AND GIVE THEM A GREAT START TO WHAT MAY BE A DANCING CAREER.





<i>DAY</i>	<i>TIME</i>	<i>STYLE / CLASS</i>
<i>MON</i>	9.30 - 10.30AM	RSD (ALL AGES)
<i>TUES</i>	9:30-10:30AM	RSD (ALL AGES)
<i>WED</i>	9:30-10:30AM 4-5PM	RSD (ALL AGES) RSD PERFORMANCE GROUP
<i>THURS</i>	9:30-10:30AM	RSD (ALL AGES)
<i>FRI</i>	9:30-10:30AM 4:00-5:00PM	RSD (ALL AGES)
<i>SAT</i>	9-9:45AM 9:45-10:45AM	RSD (2-3 YRS) RSD (4-5 YRS)





<i>DAY</i>	<i>TIME</i>	<i>STYLE / CLASS</i>
<i>MON</i>	10.45 - 11.30	RSD (ALL AGES)
<i>TUES</i>	10.45 - 11.30	RSD (ALL AGES)
<i>WED</i>	10.45 -11.30 4 - 5	RSD (ALL AGES) RSD PERFORMANCE GROUP
<i>THURS</i>	10.45 - 11.30	RSD (ALL AGES)
<i>FRI</i>	10.45 - 11.30	RSD (ALL AGES)
<i>SAT</i>	10.45 - 11.30	RSD (2-3 YRS) RSD (4-5 YRS)



# ENROLMENT FORM



**CHILD'S NAME:**

**D.O.B:**

**PARENTS NAME:**

**CONTACT DETAILS:**

**EMERGENCY CONTACT:**

**CLASS PREFERENCES:**

**ILLNESS/ ALLERGIES:**

**EMAIL CONTACT:**

**PLEASE PRINT THIS FORM AND BRING TO  
STUDIO TO ENROL**





# **RECREATIONAL**



**WELCOME TO AP PERFORMERS**

**WE HAVE A WIDE RANGE OF CLASSES FOR ALL AGES AND FOR ALL LEVELS OF STUDENTS WHO COME THROUGH THE AP DOORS.**

**WE WANT TO MAKE SURE ALL STUDENTS ARE COMFORTABLE AND HAPPY WHILST DANCING WITH US.**

**OUR RECREATIONAL CLASSES ARE DESIGNED FOR THOSE STUDENTS WHO WANT TO DANCE FOR FUN. NOT EVERYONE WANTS TO BE COMPETITIVE WITH THEIR DANCING AND THIS IS WHY WE HAVE OUR RECREATIONAL CLASSES DESIGNED JUST FOR YOU.**

**WHEN PICKING YOUR CLASSES PLEASE REFER TO OUR RECREATIONALTIMETABLE AND FOLLOW THE AGE GROUP GUIDE ANY CLASS WHICH FALLS IN YOUR AGE GROUP IS SUITABLE FOR YOUR CHILD.**

**THERE IS ALWAYS OPPORTUNITY FOR YOUR CHILD TO GROW AT AP IF THEY WOULD LIKE TO JOIN OUR PERFORMANCE TEAMS PLEASE MAKE SURE YOU LET US KNOW AND WE CAN HELP WITH ALL INFORMATION.**

**OUR PERFORMANCE TEAM INFO IS ALSO DISPLAYED IN THIS HANDBOOK.**

**WE THANK YOU FOR CHOOSING AP AS YOUR DANCE SCHOOL, WE LOOK FORWARD TO BUILDING A GREAT RELATIONSHIP WITH YOU AND YOUR CHILD.**

# **PERFORMANCE**



**AT AP WE LOVE TO COMPETE IN EISTEDDFODS THROUGHOUT THE YEAR, HELPING TO GIVE THE STUDENTS WHO WANT TO TAKE THEIR DANCING A LITTLE MORE SERIOUS THE CHANCE TO PERFORM MORE DURING THE YEAR.**

**THIS ALLOWS THEM MUCH MORE PERFORMANCE TIME, HELPING THEM WITH STAGE PERFORMANCE, TEAMWORK, CONFIDENCE, COSTUME CHANGING AND HAIR AND MAKEUP.**

**EACH AGE GROUP IS ENCOURAGED TO STUDY ALL AREAS OF THE PERFORMING ARTS HELPING THEM TO HAVE THE BEST OPPORTUNITY AT BEING THE BEST ALL ROUND PERFORMER THEY CAN BE.**

**EACH STUDENT TAKING PART IN OUR PERFORMANCE TEAM IS STRONGLY ENCOURAGED TO TAKE A BALLET CLASS A WEEK, BALLET BEING A VERY ESSENTIAL PART OF ANY DANCERS PROGRAMME.**

**WE DO EXPECT A LEVEL OF COMMITMENT TO CLASSES AND TO PERFORMANCE DATES IF CHOOSING TO SIGN UP FOR THE YEAR.**

**PERFORMANCE PACKAGES ARE AVAILABLE PLEASE CONTACT US FOR MORE INFO ON THIS.**

# RECREATIONAL

## 6-9YRS



DAY	TIME	CLASS
MON	4. 00 -4.45 4.45 - 5.30	JAZZ ACRO
WED	4-5PM 5-6PM 6-7PM	STRECTH / CONDITION JAZZ//LYRICAL ACRO
FRI	4-5 5-6 6-7 7-8	STRECTH/ CONDITION ACRO HIP HOP MUSICAL THEATRE

# RECREATIONAL

## 10 -12yrs



DAY	TIME	CLASS
MON	4. 00 -4.45 4.45 - 5.30	JAZZ ACRO
WED	4-5PM 5-6PM 6-7PM	STRECTH / CONDITION JAZZ//LYRICAL ACRO
FRI	4-5 5-6 6-7 7-8	STRECTH/ CONDITION ACRO HIP HOP MUSICAL THEATRE

# ***PERFORMANCE GROUPS***

**TO BE APART OF OUR PERFORMANCES TEAM YOU MUST FOLLOW OUR REQUIREMENTS.**

**THESE REQUIREMENTS ARE PUT INTO PLACE TO ENSURE OUR STUDENTS ARE GETTING EXACTLY WHAT THEY NEED FOR THEIR DANCING AND MAKING SURE THEY ARE COVERING ALL AREAS AND COMPONENTS OF DANCE.**

**WE DON'T MAKE OUR STUDENTS AUDITION FOR PERFORMANCE AS WE LIKE TO GIVE ALL CHILDREN WHO SHOW INTEREST IN THIS AREA THE OPPORTUNITY TO EXPLORE THIS AND WE SEE GREAT RESULTS FROM THIS.**

**PERFORMANCE TEAM WILL REQUIRE A LITTLE MORE COMMITMENT THEN REGULAR CLASSES, CHILDREN WILL BE REQUIRED TO PERFORM THROUGHOUT THE YEAR AT VARIOUS EVENTS AROUND SYDNEY. CLASS ATTENDANCE EACH WEEK MUST BE UPHELD AND STUDENTS DO NEED TO MAKE SURE THEY PRACTICE ALL MATERIAL THEY LEARN IN CLASS TO ENSURE THEY STAY UP TO DATE.**

**STUDENTS WILL REQUIRE SEVERAL COSTUMES THROUGHOUT THE YEAR AND ENTRY FEES FOR EISTEDDFODS WILL NEED TO BE PAID THROUGHOUT THE YEAR TOO.**

**IT IS NOT SUPER EXPENSIVE BUT THERE ARE EXTRA COSTS INVOLVED. ALL PERFORMANCE STUDENTS MUST ALSO HAVE A FULL AP UNIFORM WHICH THEY WILL BE REQUIRED TO WEAR TO ALL COMPETITIONS.**

**WHILST WE LIKE OUR STUDENTS TO DO THEIR VERY BEST WE ARE NOT AN ULTRA SUPER COMPETITIVE STUDIO. OUR MAIN GOAL IS NOT TO WIN AT ALL COSTS WE MAKE SURE WE KEEP IT HEALTHY BUT ALSO ENFORCE COMMITMENT, RESPECT AND TEAMWORK. THE DANCE WORLD IS MOVING IN A VERY FAST AND OVER**

**COMPETITIVE TREND WITH CHILDREN AS YOUNG AS 10 MISSING DAYS OF SCHOOL TO DO EXTRA DANCE TRAINING.**

**PLEASE UNDERSTAND THAT IN MY 35 YEARS OF DANCE TEACHING AND EXPERIENCE I HAVE SEEN MANY AMAZING DANCERS WHO ARE STILL ACTIVELY WORKING NOW AND DIDN'T MISS SCHOOL TO ACHIEVE THIS. MYSELF AND MY STAFF ARE HERE FOR ALL STUDENTS OF EVERY LEVEL TO MAKE SURE WE GIVE THEM ALL THAT THEY NEED TO BE THEIR VERY BEST.**

# **PERFORMANCE GROUPS**

**ALL STAFF MEMBERS ARE TRAINED IN THEIR RESPECTIVE AREAS OF DANCE AND HAVE A CARING AND NURTURING PERSONALITY. ALL PARENTS AND STUDENTS NEED TO REMEMBER THAT PUTTING IN SOME HARD WORK OURSELVES TOO INDIVIDUALLY WILL HELP TO HIGHLIGHT WHAT OUR TEACHERS ARE DOING.**

**TOGETHER WE ARE HERE TO BUILD AMAZING YOUNG PERFORMERS WHO ARE ALSO GROUNDED, HAPPY AND PROGRESSING AT A HEALTHY RATE.**

**TO BE A PART OF OUR PERFORMANCE TEAM YOU MUST BE DOING THE FOLLOWING CLASSES.**

**1X BALLET**

**1X KLT /TURNS**

**1X TECHNIQUE**

**1X ELITE CONDITIONING**

**1X ACRO**

**PLUS YOU MUST DO YOUR AGE GROUP PERFORMANCE TEAM. AGES ARE BASED ON THE AGE AS OF THE 1ST OF JANUARY EACH YEAR WE ENCOURAGE STUDENTS TO DO 2X AGE GROUPS AS IT REALLY HELPS THEM DEVELOP.**

**YOU WILL BE REQUIRED TO DO A KLT/TURNS CLASS AND ANOTHER MAINSTREAM CLASS. TECHNIQUE AND BALLET IS HIGHLY RECOMMENDED.**

**WE LOVE OUR PERFORMANCE TEAM NOT ONLY DOES IT CREATE FANTASTIC DANCERS IT ALSO BUILDS AMAZING LONG LIFE FRIENDSHIPS, BUILDS CONFIDENCE, AND GIVES ALL STUDENTS AN OUTLET AND AN INTEREST OUTSIDE SCHOOL AND HOME. NOT ONLY FOR OUR STUDENTS BUT FOR OUR PARENTS TOO WHICH IS SO SPECIAL.**

**AT AP WE GIVE MORE THAN DANCE AND WE HOPE YOU WILL JOIN OUR TEAM AND LET US SHOW YOU WHAT WE ARE ALL ABOUT.**



# 6 PERFORMANCE



DAY	TIME	CLASS
WED	4.15 - 5.15 5.15 - 6.15 6.15 - 7.00	BALLET STRENGTH/CONDITION ACRO
FRI	4-5PM 5-6PM 6-7PM 7-8PM	STRETCHING / KLT ACRO HIP HOP MUSICAL THEATRE
SAT	9.00 -10.00 10.00 -10.45 10.45 - 11.30 11.30 12-30 1.00 -2.00	BALLET TAP JAZZ PEROFORMANCE ACRO

# 8 PERFORMANCE



DAY	TIME	CLASS
MON	4-4:45PM 4:45-5:30PM 5:30-7PM	JAZZ / STRETCH ACRO SHOWGROUP 10/U
WED	4.15 -5.15 5.15-6.15 6.15 -7.00	BALLET STRENGTH/CONDITION ACRO OR ELITE TEAM IF CHOSEN
FRI	4-5PM 5-6PM 6-7PM 7-8PM	STRETCH ACRO HIP HOP MUSICAL THEATRE
SAT	9.00 -10.00 10.00 -10.45 10.45 -11.30 11.30 -12.30 1.00 -2.00	BALLET TAP JAZZ ACRO 8/U PERFORMANCE



# 10 PERFORMANCE



DAY	TIME	CLASS
MON	4-.00 4:45PM 4:45-5:30PM 5:30-7PM	JAZZ / STRETCH ACRO SHOWGROUP 10/U
TUES	3:45-4:45PM 4:45-5:45PM 5.45 - 6.45PM 6.45 - 7.15PM	TECHNIQUE SHOWGROUP 12/U BALLET KLT
WED	5.15 - 6.15PM 6.15 - 7.00PM	STRENGTH/CONDITION ACRO OR ELITE TEAM IF CHOSEN
THURS	3:45-4:45PM 4:45-5:45PM 5:45-6:45PM 6.45 - 7.15PM	BALLET PERFORMANCE KLT TAP
FRI	4.00 -5.00PM 5.00 -6.00PM 6.00 -7.00PM 7.00 -8.00PM	STRETCH ACRO HIP HOP MUSICAL THEATRE
SAT	ACRO FITNESS/CONDITION ELITE IF CHOSEN	1-00 -2.00PM 2.00 -3.00PM 3.00 - 4.00PM

# 12 PERFORMANCE



DAY	TIME	CLASS
MON	4.00-4:45PM 4:45-5:30PM	JAZZ / STRETCH ACRO
TUES	3.45 - 4.45PM 4.45 - 5.45PM 5.45 - 6.45PM 6.45 - 7.30PM	TECHNIQUE/STRETCH 12/U PERFORMANCE 14/U PERFORMANCE BALLET
THURS	3.45 - 4.45PM 4.45 - 5.45PM 5.45 - 6.45PM 6.45 - 7.45PM	BALLET 12/U PERFORMANCE KLT 14/U PERFORMANCE TAP
FRI	4.00-5.00PM 5.00-6.00PM 6.00-7.00PM 7-.00 8.00PM	STRETCH ACRO HIP HOP MUSICAL THEATRE
SAT	1.00 - 2.00PM 2.00 -3.00PM 3.00 -4.00PM	ACRO CONDITION ELITE IF CHOSEN

# 14 PERFORMANCE



DANCE WITH THE BEST

DAY	TIME	CLASS
TUES	3.45 - 4.45PM 3.45 - 4.45PM 4.45 - 5.45PM 5.45 - 6.45PM 6.45 - 7.45PM 7.45 - 8.30PM	BALLET FITNESS /KLT STRETCH /STRENGTH 14/U PERFORMANCE 16/U PERFORMANCE PERFORMANCE
THURS	4.00 -4.45PM 4.45 - 5.45PM 4.00 5.00PM	JAZZ/LYRICAL BALLET 14 PERFORMANCE TECHNIQUE 16/U PERFORMANCE O/A PERFORMANCE
FRI	4.00-5.00PM 5.00-6.00PM 6.00-7.00PM 6.00-7.00PM 7.00-8.00PM	ELITE CONDITION ACRO HIP HOP TURNS / KLT MUSICAL THEATRE

# 16 PERFORMANCE



DAY	TIME	CLASS
MON	5.45 - 6.15PM 6.15 - 7.15PM 7.15 - 8.30PM	TAP KLT/STRETCH DANCE CHOREOGRAPHY
TUES	4:45-5:45PM 5:45-6:45PM 6:45-7:45PM 7:45-8.30PM	TECHNIQUE KLT PERFORMANCE PERFORMANCE
THURS	4.00 - 4.45PM 4.45 - 5.45PM 4.45 - 5.45PM 5.45 - 6.45PM 6.45 - 7.45PM 7.45 - 8.30PM	FITNESS ELITE GROUP IF CHOSEN KLT / TECH/ STRETCHING BALLET PERFORMANCE PERFORMANCE

# ***OPEN TIMETABLE***



<i><b>DAY</b></i>	<i><b>TIME</b></i>	<i><b>CLASS</b></i>
<i><b>MON</b></i>	5.30 - 6.15PM 6.15 - 7.15PM 7.15 - 8.30PM	FITNESS KLT COMBO / ROUTINES
<i><b>TUES</b></i>	6.45 - 7.45PM 7.45 - 8.30PM	TECH /STRENGTH PERFROMANCE
<i><b>THURS</b></i>	7:45-9PM	ELITE CONDITION

# ENROLMENT DETAILS

ENROLMENT FEE \$100

TO PAY, PLEASE BRING YOUR FORM, AS SEEN BELOW,  
DIRECTLY TO THE STUDIO. TO PAY YOUR ENROLMENT FEE  
PLEASE PAY INTO THE FOLLOWING ACCOUNT TO HOLD  
YOUR PLACE FOR 2024

AP PERFORMERS

BSB =112 -879

ACC NO =054011821

LEAVE YOUR CHILD'S NAME AS REFERENCE.

ENROL BEFORE THE END OF YEAR AND RECEIVE 15% OFF  
YOUR FEE.

**SEE YOU SOON !!**



# **ENROLMENT FORM**

**CHILD'S NAME:**

**D.O.B:**

**PARENTS NAME:**

**CONTACT DETAILS:**

**EMERGENCY CONTACT:**

**CLASS PREFERENCES:**

**ILLNESS/ ALLERGIES:**

**EMAIL CONTACT:**

**PLEASE PRINT THIS FORM AND BRING TO  
STUDIO TO ENROL**



# **SOLO FORM**

**NAME:**

**AGE:**

**PREFERRED TEACHER:**

**PREFERRED DAYS:**

**STYLE/S:**

**PLEASE PRINT THIS THIS FORM AND  
BRING TO STUDIO TO ENROL**





# ***FEES + PRIVATE DETAILS***

## **PAYMENT PROCESS**

OUR FEE STRUCTURE IS VERY REASONABLE. WE OFFER PAY AS YOU GO FOR OUR CASUAL AND RECREATIONAL CLASSES.

OUR PERFORMANCE STUDENTS HAVE A RANGE OF PACKAGES TO CHOOSE FROM.

PACKAGES ARE AVAILABLE THROUGH AN EMAIL OR PHONE CALL.

## **PRIVATE LESSONS**

WE LOVE TO WORK ONE ON ONE WITH OUR STUDENTS, REALLY HELPING TO GIVE STUDENTS THE OPPORTUNITY TO EXCEL WITH THEIR DANCING.

WHETHER IT IS TO LEARN SOLOS FOR COMPETITIONS OR LESSONS TO WORK ON TECHNIQUE, WE HAVE A RANGE OF PRIVATE LESSONS TO OFFER THAT CATER FOR ALL YOUR DANCER'S NEEDS.

EARLY BOOKING FOR PRIVATE LESSON IS STRONGLY ENCOURAGED TO AVOID MISSING OUT



# **BALLET + MUSICAL THEATRE**

## **BALLET**

AP FOLLOWS THE RAD SYLLABUS. WE OFFER OUR STUDENTS THE OPPORTUNITY TO TAKE PART IN EXAMS NORMALLY HELD TOWARDS THE END OF EACH YEAR.

STUDENTS ARE EXPECTED TO TAKE TWO LESSONS A WEEK AND ARE REQUIRED TO ALWAYS WEAR BALLET ATTIRE TO CLASS.

## **MUSICAL THEATRE**

WE LOVE OUR MUSICAL THEATRE AT AP. IT IS SUCH AN IMPORTANT PART OF ANY DANCER'S CAREER, TO BE A TRIPLE THREAT. IT IS SO VALUABLE IN THIS INDUSTRY AND OUR MUSICAL THEATRE PROGRAMME IS DESIGNED TO GIVE STUDENTS THE TOOLS THEY NEED FOR AUDITIONS AND TO FURTHER THEIR PERFORMING ARTS JOURNEY.

EACH YEAR STUDENTS WILL WORK TOWARDS PERFORMING A MUSICAL AT THE END OF YEAR WHICH WILL SEE ALL STUDENTS INVOLVED LEARN A CHARACTER ROLE WHICH THEY WILL BOTH SING AND ACT IN.



# TAP, LYRICAL, CONTEMP & ACRO

## TAP

TAP IS ANOTHER VERY IMPORTANT STYLE OF DANCE FOR ALL DANCERS TO LEARN. TAP IS FUN, HIGH ENERGY AND A GREAT WORK OUT AND REALLY HELPS WITH CO-ORDINATION, MUSICALITY AND RHYTHM.

## LYRICAL

LYRICAL IS A STYLE OF DANCE THAT LETS DANCERS EXPRESS THEMSELVES. THIS STYLE ALLOWS THEM TO UNDERSTAND THE MUSIC AND BRING THEIR OWN INDIVIDUAL FLARE TO THEIR DANCING.

## CONTEMP

CONTEMPORARY IS SUCH A POPULAR STYLE OF DANCE THAT HAS AN ENGAGING STYLE ALLOWING DANCERS TO WORK WITH BOTH LIGHT AND SHADE IN THEIR WORK MAKING SHAPES WITH THEIR BODIES AND REALLY WORKING TO UNDERSTAND THE ART OF DANCE.

## ACRO

IN ACRO OUR STUDENTS ARE TAKEN THROUGH A WARM UP INVOLVING LOTS OF STRENGTH AND STRETCHING TO HELP PREPARE THEIR BODIES TO BE ABLE TO START WORKING UP TO LEARNING TO DO THE TRICKS THAT THEY ALL LOVE TO DO IN THEIR DANCES.



# OUR TEACHERS

## **PRINCIPAL = ALECIA PICKEN**

HI, I AM ALECIA PICKEN AND I AM THE PROUD OWNER OF AP PERFORMERS. WITH THE SUPPORT OF MY AMAZING PARENTS I WAS ABLE TO CREATE AND BUILD MY DREAM, DOING WHAT YOU LOVE EVERYDAY IS A RARE THING AND I AM LUCKY TO HAVE SUCH AN AMAZING DANCE STUDIO.

I HAVE BEEN DANCING MYSELF SINCE I WAS 3 AND HAVE ALWAYS LOVED EVERYTHING ABOUT DANCE BUT AS I GREW OLDER I FOUND MY LOVE FOR CHOREOGRAPHY AND TEACHING.

TO BE ABLE TO TEACH, SHARE MY KNOWLEDGE AND PASSION TO YOUNG AND INSPIRING STUDENTS IS SO REWARDING AND TO WATCH THEM GROW AND IMPROVE IS THE BIGGEST AND BEST ACHIEVEMENT IN A DANCE TEACHER'S CAREER.

WHAT I LOVE THE MOST ABOUT MY JOB IS WATCHING THE EVERLASTING FRIENDSHIPS THAT ARE MADE BETWEEN STUDENTS AND FAMILIES, EVERY STUDENT THAT WALKS THROUGH MY DOORS ARE LIKE MY OWN.



## **DIRECTOR = SANDRA PICKEN**

AS CO-OWNER WITH MY DAUGHTER OF AP PERFORMERS, I HAVE OVER THE YEARS BEEN A PART OF ALECIA'S AMAZING JOURNEY WATCHING HER CREATE THE BRILLIANT STUDIO THAT AP PERFORMERS HAS BECOME. I HAVE MANY YEARS BACKGROUND IN CHILDCARE SO WORKING WITH CHILDREN IN A DANCE STUDIO WAS A DREAM COME TRUE FOR ME. MY ROLE IN THE DANCE STUDIO IS TO LOOK AFTER THE BUSINESS SIDE AND BE ON CALL FOR THE CHILDREN WHEN THEY MAY NEED A LITTLE HUG OR CUDDLE AS THEY LEAVE MUM FOR THE FIRST TIME TO ENTER THE WORLD OF DANCE!



# OUR TEACHERS

## **ASHA ROSTRON= STUDENT TEACHER**

HI MY NAME IS ASHA AND I AM 15 YEARS OLD. I HAVE BEEN DANCING SINCE I COULD WALK AND LOVE EVERYTHING THAT IS DANCE. I HAVE BEEN DANCING AT AP FOR 15 YEARS AND I ALSO DANCE AT BRENT STREET STUDIOS WHERE I HAVE BEEN A STUDENT FOR THE PAST 5 YEARS. I STUDY ALL GENRES OF DANCE AND STARTED A TEACHING AND CHOREOGRAPHY COURSE IN 2023. I SING AND ACT TWICE A WEEK MAKING SURE I AM COVERING ALL AREAS OF THE PERFORMING ARTS INDUSTRY. THROUGHOUT MY DANCE CAREER I HAVE WON MANY AUSTRALIAN TITLES. I HAVE REPRESENTED MY COUNTRY IN LA, LAS VAGAS AND NEW YORK.



MY BIGGEST ACHIEVEMENT IN THE SOLO DANCE WORLD WAS WINNING MISS WORLD DANCE IN NEW JERSEY. I HAVE ALSO BEEN CASTED IN MANY STAGE PRODUCTIONS AND HAVE PERFORMED AT AMAZING THEATRES IN AUSTRALIA. SCHOOL OF ROCK, PETER PAN, SLEEPING BEAUTY, JACK AND BEANSTALK ARE SOME OF THE BIG PRODUCTIONS I HAVE BEEN IN AND I ONLY HOPE TO KEEP ADDING TO THIS LIST AS MY FUTURE IN DANCE CONTINUES. I HAVE ALSO DANCED IN GUY SEBASTIAN'S VIDEO CLIP LOVE ON DISPLAY.

I AM EXCITED AND VERY PROUD TO BE A TEACHER AT AP, AP IS MY SECOND HOME I LOVE EVERY PART OF OUR STUDIO AND CALL IT MY SECOND HOME. I LOOK FORWARD TO TEACHING AND HELPING ALL AP STUDENTS BECOME THE BEST DANCERS THEY CAN BE.

# OUR TEACHERS

## HEAD OF JAZZ PERFORMANCE TEAMS = JESSICA SMITHSON

AP STUDENTS ARE SO LUCKY TO HAVE JESSICA AS PART OF THEIR TEACHING FACULTY. JESSICA COMPLETED HER CERTIFICATE IV IN DANCE AT BRENT ST STUDIOS.

JESSICA IS TRAINED IN ALL STYLES OF DANCE AND HAS BEEN EDUCATED BY SOME OF THE LEADING TEACHERS AND CHOREOGRAPHERS IN AUSTRALIA.

IN 2017 SHE WAS A PART OF THE DREAM DANCE COMPANY SHOW BUSINESS COURSE MENTORED BY MARKO PANZIC.

JESSICA MADE HER PROFESSIONAL THEATRE DEBUT IN BILLY ELLIOT THE MUSICAL. JESSICA IS REPRESENTED BY AUSTRALIA'S LEADING ENTERTAINMENT AND TALENT AGENCY, JEEP MANAGEMENT.

HER PERFORMANCE CREDITS INCLUDE, RICKI LEE, SAMANTHA JADE AND GUY SEBASTIAN.

TV CREDITS INCLUDE YOUNG TALENT TIME, XFACTOR AND AUSTRALIA'S GOT TALENT.

JESSICA IS EXCITED TO BE HEADING UP OUR JAZZ IN 2023.





# OUR TEACHERS

## ASSISTANT PRINCIPAL = ISOBELLE PAPA

ISOBELLE HAS BEEN A PART OF THE AP FAMILY FOR OVER 10+ YEARS AND IS NOW A PART OF THE TEACHING STAFF, COMING ON BOARD AS ASSISTANT PRINCIPAL FOR 2024! SHE HAS DEVELOPED AN OVERWHELMING PASSION FOR DANCE AND TEACHING AND LOVES TO SEE THE KIDS GROW AND DEVELOP THEIR SKILLS.

ISOBELLE IS CURRENTLY STUDYING HER BACHELOR OF SPORTS DIETETICS AT UNIVERSITY. WHILE LEARNING ABOUT HOW THE BODY WORKS, SHE HOPES TO TEACH THE KIDS ABOUT MORE THAN JUST DANCE. TEACHING THE KIDS ABOUT WHY THEIR BODY MOVES THE WAY IT DOES IS A VITAL PART OF DANCE!!

SHE HOPES TO ALWAYS PUTS A SMILE ON EVERY KID'S FACE IN OR OUT OF THE CLASSROOM AND IS SUPER EXCITED FOR HER NEXT CHAPTER AT AP!!



# OUR TEACHERS

## ACRO AND STRENGTH COACH = SERENA DOYLE

AP HAS BEEN AN IMPORTANT PART OF SERENA'S LIFE AS SHE HAS DANCED AT AP FOR OVER 10 YEARS AND HAS BEEN TEACHING THE STUDENTS ACROBATICS AND IS LOVING EVERY MINUTE OF IT.

SHE IS CURRENTLY STUDYING EXERCISE AND SPORT SCIENCE AT UNIVERSITY AND CANT WAIT TO USE THAT EXPERIENCE TO IMPROVE THE STUDENTS ABILITY TO HAVE A STRONG ACRO ABILITY IN THEIR DANCING.





# OUR TEACHERS

## **READY SET DANCE TEACHER =** **TAYLOR WEEKS**

TAYLOR HAS DANCED AT AP SINCE SHE WAS 4 AND HAS LOVED EVERY MINUTE OF IT. HAVING WORKED WITH CHILDREN HOSTING BIRTHDAY PARTIES, AND MORE RECENTLY, BECOME A PRIMARY SCHOOL TEACHER, TAYLOR IS READY TO TAKE ON A NEW ADVENTURE BEING A READY SET DANCE TEACHER IN 2024. SHE IS REALLY EXCITED AND CAN'T WAIT TO BE THE BEST SHE CAN BE IN THIS NEW POSITION.



## **CHLOE HARGREAVES = HEAD OF** **BALLET**

WE ARE SO EXCITED TO HAVE CHLOE APART OF OUR STAFF. SHE IS AN EMERGING ARTIST ORIGINALLY FROM PORT MACQUARIE AND HAS COMPLETED HER CERT IV IN DANCE AT ETTINGSHAUSENS PRO. SHE HAS DONE MANY AMAZING THINGS IN HER CAREER SUCH HAS PERFORM AT THE ICC WOMENS T20 WORLD CUP FOR NEW GROUND COLLECTIVE. AFTER RELOCATING TO SYDNEY IN 2020, SHE HAS BEEN GUIDED KELLY ABBEY, SOPHIE HOLLOWAY PJ CLARKE AND MORE. WE ARE VERY LUCKY TO HAVE CHLOE IN OUR TEAM.



***GUEST TEACHERS FOR 2024  
ARE CURRENTLY BEING BOOKED GET READY  
TO LEARN FROM SOME OF AUSTRALIA'S  
LEADING DANCERS AND CHOREOGRAPHERS  
IN 2024!!!!!!***

***PAST GUEST TEACHERS HAVE  
INCLUDED***

***STEPHEN TANNOS***

***DEAN WEBSTER***

***PARIS CAVANAGH***

***MITCH WYNTER***

***JULIE THOMPSON***

***MARKO PANZIC***

***NEALE WHIITAKER***



***SO WHAT ARE YOU WAITING FOR ????***

***JOIN US TODAY NOT ONLY ARE YOU JOINING  
A DANCE SCHOOL YOU ARE ONE STEP CLOSER  
TO HAVING A SECOND FAMILY AND A PLACE  
YOU CAN CALL YOUR SECOND HOME***

***WE HOPE TO SEE YOU ALL IN 2024. WE HAVE  
SOME EXCITING NEW IDEAS AND PLANS IN  
THE MIX AND WE CANT WAIT TO SHARE***

***ALWAYS HAPPY TO CHAT***

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