



2025

AP PERFORMERS *HANDBOOK*

Contact

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(Enter via Banksia Rd)





ABOUT *AP PERFORMERS*

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.

Led 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 to 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.

When you dance at AP, you feel alive, you're happy, you're passionate, and most importantly, you are you.

GENRES OFFERED



- # JAZZ
- # LYRICAL
- # CONTEMPORARY
- # BALLET
- # TAP
- # ACRO
- # MUSICAL THEATRE
- # PERFORMANCE TEAMS
- # PRE-SCHOOL PROGRAMMES
- # ELITE PROGRAMME
- # STRETCH AND STRENGTH
- # KICKS LEAPS TURNS
- # ADULTS FITNESS
- # TONE AND TECHNIQUE
- # **READY SET DANCE**
- # **READY SET ACRO**



OUR ACHIEVEMENTS

AP has been operating successfully for **24 years**. Over this time, we have had many great and memorable achievements.



Each year, we consistently achieve fantastic results with our competition teams. All our students are versatile and trained in all styles, helping them become the best all-round performers they can be.

Our performance teams work hard every year and have a fantastic reputation for strong and consistent results across all areas of dance.

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, Dream Dance Company, and many other extension programmes.

One of our current students was crowned **Miss World Dance** in New York City—a huge achievement!

We have had students invited to perform at special charity events, helping to raise money for important causes. Our students have danced in film clips, and some have even had the opportunity to perform on TV.

We are proud to have ex-students who are now leading professionals in the dance world, including **Paris Cavanagh**, **Stephen Tannos**, and **Jessica Hesketh**.





ABOUT *READY SET DANCE + RSD ACRO*

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.

Ready Set Dance is a fantastic way for your little one to start their dance journey, and we pride ourselves on sharing that special journey with them.

Please find all our classes listed in our timetable and choose the day that works best for you and your child.





ABOUT *READY SET DANCE* PERFORMANCE

We are super excited to introduce our **Ready Set Dance Performance Team** to the programme! This group will be an extension of the normal lessons.

If you choose to be a part of this group, your child will be required to participate in performances throughout the year.

They will need to get a costume and will perform at different events in Sydney. Our first performance will be at the **Royal Easter Show** - so exciting!

We would like to take this opportunity to thank you for choosing AP Performers. We will make sure to care for and nurture your little one, giving 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>	9.45AM -10..45	RSD (ALL AGES)
<i>WED</i>	9:30-10:30AM 4-5PM	RSD (ALL AGES) RSD PERFORMANCE GROUP
<i>THURS</i>	9.45AM -10.45	RSD (ALL AGES)
<i>FRI</i>	9:30-10:30AM	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)

RECREATIONAL

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 feel 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, which is why we have our recreational classes designed just for you.

When picking your classes, please refer to our Recreational Timetable and follow the age group guide. **Any class that falls within your child's age group is suitable.**

There is always an opportunity for your child to grow at AP. If they would like to join our Junior Performance Teams, please let us know, and we can provide all the information.

Our performance team information is also displayed in this handbook.

We thank you for choosing AP as your dance school and look forward to building a great relationship with you and your child.



RECREATIONAL

6-9 YEARS



<i>DAY</i>	<i>TIME</i>	<i>CLASS</i>
MON	4. 00 -4.45 4.45 - 5.30	JAZZ ACRO
WED	3.45 -4.45 4.45 -5.45 5.45 -6.45	STRENGTH AND STRETCH JAZZ FUN ACRO
<i>FRI</i>	3.45 -4.45 4.45 -5.45 5.45- 6.45	K/L/T ACRO HIP HOP

RECREATIONAL

10-12 YEARS



<i>DAY</i>	<i>TIME</i>	<i>CLASS</i>
<i>MON</i>	4. 00 -4.45 4.45 - 5.30	JAZZ ACRO
<i>WED</i>	3.45 -4.45 4.45 -5.45 5.45 -6.45	STRENGTH AND STRETCH JAZZ FUN ACRO
<i>FRI</i>	3.45 -4.45 4.45 -5.45 5.45-6.45	K/L/T ACRO HIP HOP

PERFORMANCE

Performance packages are available - please contact us for more information.

At AP, we love to compete in eisteddfods throughout the year, providing opportunities for students who want to take their dancing a little more seriously.

Being a part of our **Performance Team** allows students much more stage time, helping them develop skills in stage performance, teamwork, confidence, costume changing, and hair and makeup. All these elements are extremely important if moving into the professional dance world later on.

Each age group is encouraged to study all areas of the performing arts, giving them the best opportunity to become the most well-rounded performer they can be.

We do expect a level of commitment to classes and performance dates if choosing to sign up for the year.



PERFORMANCE

REQUIREMENTS

Our Performance Team is an inclusive opportunity for all students who want to explore dance at a deeper level - no auditions required. We believe in giving every child the chance to develop their skills and confidence, and we've seen great results with this approach.

To join the Performance Team, students **must** be enrolled in the following:

- **1x Ballet Tech**
- **1x KLT/Turns**
- **1x Tech and Tone**
- **1x Strength and Stretch**
- **1x Acro**



Students must participate in their age group's Performance Team, with age determined as of 1st January each year. We encourage students to join two age groups, as this helps further develop their skills and versatility.

Commitment and Expectations:

Being a part of the Performance Team requires more commitment than regular classes

- Students will perform at various events across Sydney throughout the year.
- Weekly class attendance is essential, and students must practise material learned in class to stay up to date.
- Several costumes will be needed throughout the year, and entry fees for eisteddfods will apply.
- A full AP uniform is required for all competitions and classes.

While there are additional costs involved, they are kept reasonable to ensure accessibility.



PERFORMANCE

MORE INFO

Why Join the Performance Team?

The Performance Team not only creates fantastic dancers but also fosters lifelong friendships, builds confidence, and provides students with a creative outlet outside of school and home. It's a special experience that benefits both students and their families, creating a supportive and inspiring community.

At AP, we aim to develop well-rounded performers by encouraging students to explore all areas of the performing arts. While we support excellence, we are not an ultra-competitive studio. Our goal is to maintain a healthy and balanced approach to dance, focusing on growth, enjoyment, and well-being.

Join us and experience what makes AP more than just a dance school!



6 PERFORMANCE



DAY	TIME	CLASS
WED	3.45 -4.45 4.45 -5.45 4.45 -6.00 5.45 -6.45	STRENGTH AND STRETCH JAZZ FUN 8/U PERFORMANCE ACRO
FRI	3.45 -4.45 4.45 -5.45 5.45-6.45	K/L/T ACRO HIP HOP
SAT	8.30 -9.30 9.30-10.30 10.30-11.30 11.30-12.30 12.30 -1 1.00 -2.00 2.00 -3.00 3.00-4.00	BALLET 6/U PERFORMANCE JAZZ FUN ACRO LUNCH MUSICAL THEATRE STRENGTH/STETCH ACRO

8 PERFORMANCE



DAY	TIME	CLASS
MON	3.45 -4.45 4.45 -5.30 5.30 -7.00 7.00 -7.45	STRENGTH AND STRETCH ACRO 10 PERFORMANCE BALLET TECH
WED	3.45 -4.45 4.45 -6.00 6.00 - 7.00 7.00 -7.30	STRENGTH/STRETCH 8/U PERFORMANCE ACRO BALLET TECH
FRI	3.45 - 4.45 4.45 -5.45 5.45 -6.45	K/L/T ACRO HIP HOP
SAT	9.30 -10.30 10.30-11.30 11.30 -12.30 12.30 -1PM 1.00 -2.00 2.00 -3.00 3.00 -4.00	BALLET JAZZ FUN ACRO LUNCH MUSICAL THEATRE STRENGTH/STRETCH ACRO

10 PERFORMANCE



DAY	TIME	CLASS
MON	3.45 - 4.45 4.45 -5.30 5.30 -7.00 7.00- 7.45PM	STRENGTH/STRETCH ACRO 10 PERFORMANCE BALLET TECH
TUES	3.45 - 4.45 4.45 -5.45 5.45 -6.45	12/U PERFORMANCE STRENGTH/STRETCH TONE/TECH
WED	3.45 -4.45 4.45 -5.45 5.45 -6.45 7.00 -7.45	STRENGTH/STRETCH JAZZ FUN ACRO BALLET TECH
THURS	3:45-4:45PM 4:45-5:45PM 5:45-6:45PM 6.45 - 7.15PM	K/L/T 12 PERFORMANCE BALLET EXAM K/L/T
FRI	3.45 -4.45 4.45 -5.45 5.45 -6.45	K/L/T ACRO HIP HOP
SAT	12.00 -1.00 1.00 -2.00 2.00-3.00 3.00-4.00	BALLET EXAM MUSICAL THEATRE TECH/TONE ACRO

12 PERFORMANCE



DAY	TIME	CLASS
MON	3.45 -4.45 4.45 -530	STRETCH/STRENGTH ACRO
TUES	3.45 - 4.45PM 4.45 - 5.45PM 4.45 -5.45PM 5.45 - 6.45PM 6.45 - 7.45PM 7.45 - 8.30PM	12 PERFORMANCE STRETCH/STRENGTH 14 PERFORMANCE TECH/TONE K/L/T BALLET TECH
THURS	3.45 - 4.45PM 4.45 -5.45PM 5.45 - 6.45PM 6.45 -7.45PM 6.45 -7.45PM	K/L/T 12 PERFORMANCE BALLET EXAM 14 PERFORMANCE K/L/T
FRI	3.45 - 4.45PM 4.45 -5.45PM 5.45 -6.45PM 6.45 -7.45PM	K/L/T ACRO HIP HOP MUSICAL THEATRE
SAT	12.00 -1.00 1.00 -2.00 2.00-3.00 3.00 -4.00	BALLET EXAM STRETCH/STRENGTH TECH/TONE ACRO

14 PERFORMANCE



DAY	TIME	CLASS
TUES	3.45 - 4.45PM 4.45 - 5.45PM 5.45 - 6.45PM 5.45 -6.45PM 6.45 - 7.45PM 7.45 -8.30PM	STRETCH/STRENGTH 14 PERFORMANCE TECH/TONE 16 PERFORMANCE K/L/T BALLET TECH
THURS	3.45 - 4.45PM 4.45 -5.45PM 5.45 -6.45PM 6.45 -7.45PM/ 7.45 -8.30PM	BALLET EXAM BALLET TECH 16 PERFORMANCE 14 PERFORMANCE K/L/T OR TECH/TONE
FRI	3.45 -4.45 4.45 -5.45 5.45 -6.45 6.45 -7.45	K/L/T ACRO HIP HOP MUSICAL THEATRE
SAT	1.00 -2.30PM 2.30 -3.00PM 3.00- 4.00PM	BALLET EXAM STRENGTH/STRETCH ACRO

16 PERFORMANCE



DAY	TIME	CLASS
MON	6.00 -7.00 7.00-8.00 8.00 -8.45	TECH/TONE DANCE OPEN CHOREOGRAPHY
TUES	4.45 -5.45 5.45 -6.45 6.45 -.745 7.45 -8.45	STRETCH/STRENGTH 16 PERFORMANCE K/L/T OPEN PERFORMANCE
THURS	3.45 -4.45 4.45 -5.45 5.45 -6.45 6.45 -7.45 7.45 -8.30	BALLET EXAM BALLET TECH 16 PERFORMANCE TECH/TONE OPEN PERFORMANCE

OPEN TIMETABLE



DAY	TIME	CLASS
MON	6.00- 7.00 7.00-8.00 8.00- 8.45	TECH/TONE DANCE OPEN CHOREOGRAPHY
TUES	4.45 -5.45 6.45 -7.45 7.45 -8.45	STRETCH/STRENGTH K/L/T OPEN PERFORMANCE
THURS	6.45 -7.45 7.45 -8.30	TECH/TONE OPEN PERFORMANCE



PAYMENT PROCESS

At AP, we offer a flexible and reasonable fee structure designed to cater to all our students:

Casual and Recreational Classes:

- Pay-as-you-go options are available for casual and recreational classes.

Performance Students:

- A range of packages is available for Performance Team students.
- Packages can be organised via email or phone and will be invoiced accordingly.
- Fees are payable whether your child attends all classes or not, but any missed classes can be made up.

Private Lessons:

- We love working one-on-one with our students, providing opportunities for them to excel in their dancing.
- Private lessons are available for learning solos for competitions or refining technique.
- A variety of private lesson options are offered to meet every dancer's needs.

Important Note:

Early booking for private lessons is strongly encouraged to secure your preferred time and avoid missing out.

For more details on fees and packages, please contact us directly - we're here to help!



ENROLMENT FEE

Enrolment Fee: \$100

To secure your place for 2025, please follow these steps to complete your enrolment:

1. Fill out the enrolment [form online](#) or print the following page and bring it directly to the studio.
2. Pay your enrolment fee using the following account details:
 - Account Name: AP Performers
 - BSB: 112-879
 - Account Number: 054011821
 - Reference: Your child's full name



ENROLMENT FORM

Name: _____

DOB: _____ Illness/Allergies?: _____

Parents Name + Contact Number: _____

Parent Email: _____

Emergency Contact: _____

Class Preference: _____

Please print this form and bring it to the studio to complete your enrolment, or fill in the enrolment form on our website apperformers.com.au



SOLO FORM

Name: _____

Preferred Teacher: _____

Preferred Days: _____

Style(s): _____

Please print this form and bring it to the studio to complete your enrolment, or fill in the enrolment form on our website apperformers.com.au



BALLET + MUSICAL THEATRE

Ballet

AP provides suitable ballet training to help students develop strong technique and discipline. We offer our students the opportunity to showcase their improvement by presenting their ballet work at the end of the year.

Requirements:

- Students are expected to attend two lessons per week.
- Ballet attire must always be worn to class.

Musical Theatre

We love Musical Theatre at AP! It is such an important part of any dancer's career, helping them become a triple threat in the performing arts industry.

Our Musical Theatre programme is designed to give students the tools they need for auditions and to further their performing arts journey.

Programme Highlights:

- Each year, students work towards performing a musical at the end of the year.
- All students will learn a character role that involves singing, acting, and dancing.

This programme is designed to inspire and prepare students for success in the performing arts.



TAP, LYRICAL, CONTEMP & ACRO

Tap

Tap is an important style of dance for all dancers to learn. It's fun, high-energy, and a great workout that helps improve coordination, musicality, and rhythm.

Lyrical

Lyrical is a beautiful style of dance that allows dancers to express themselves fully. It helps them connect to the music and bring their own individual flair to their dancing.

Contemporary

Contemporary is a highly popular style of dance with an engaging approach that combines light and shade in movement. It challenges dancers to make unique shapes with their bodies and truly understand the art of dance.

Acro

In Acro, students begin with a warm-up focused on strength and stretching to prepare their bodies for learning tricks. This training helps them build the foundation needed to perform the exciting moves they love incorporating into their dances.



TEACHERS

ALECIA PICKEN PRINCIPAL

Alecia Picken is the proud **owner and founder of AP Performers**. Dancing since the **age of 3**, Alecia developed a **lifelong passion** for all things dance, which grew into a love for **choreography and teaching**.

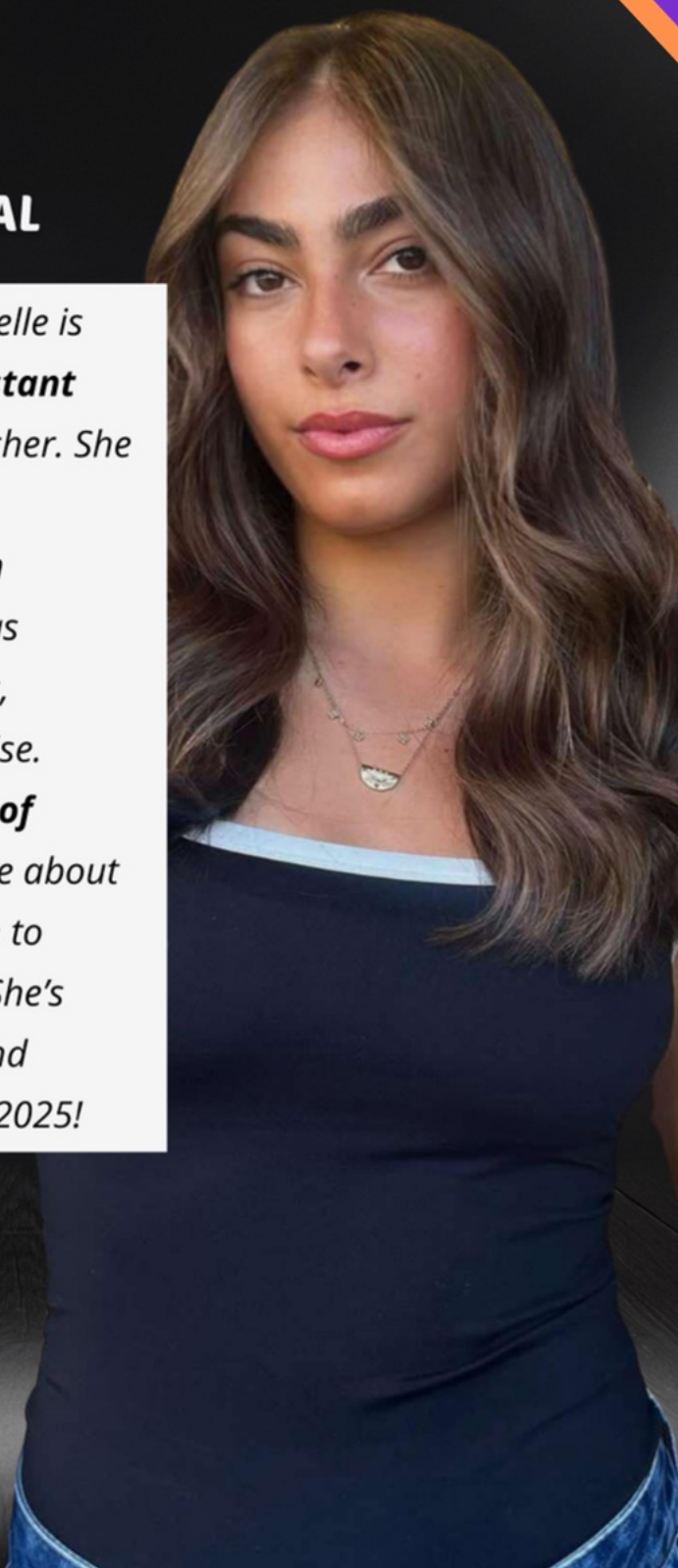
With **decades of experience** as a performer and mentor, Alecia has dedicated her career to **inspiring young dancers** and sharing her knowledge. She takes pride in watching her students **grow, improve, and build lifelong friendships**, creating a **supportive community** that feels like family.



ISOBELLE PAPA

ASSISTANT PRINCIPAL

*With over **11 years at AP**, Isobelle is entering her 12th year as **Assistant Principal** and a dedicated teacher. She leads our **Ready Set Dance** programme, which she has run successfully for 5 years, and has performed at numerous events, enhancing her teaching expertise. Currently studying a **Bachelor of Dietetics**, Isobelle is passionate about combining dance and nutrition to support her students' growth. She's excited to continue inspiring and bringing joy to her students in 2025!*



ASHA ROSTRON

DANCE TEACHER

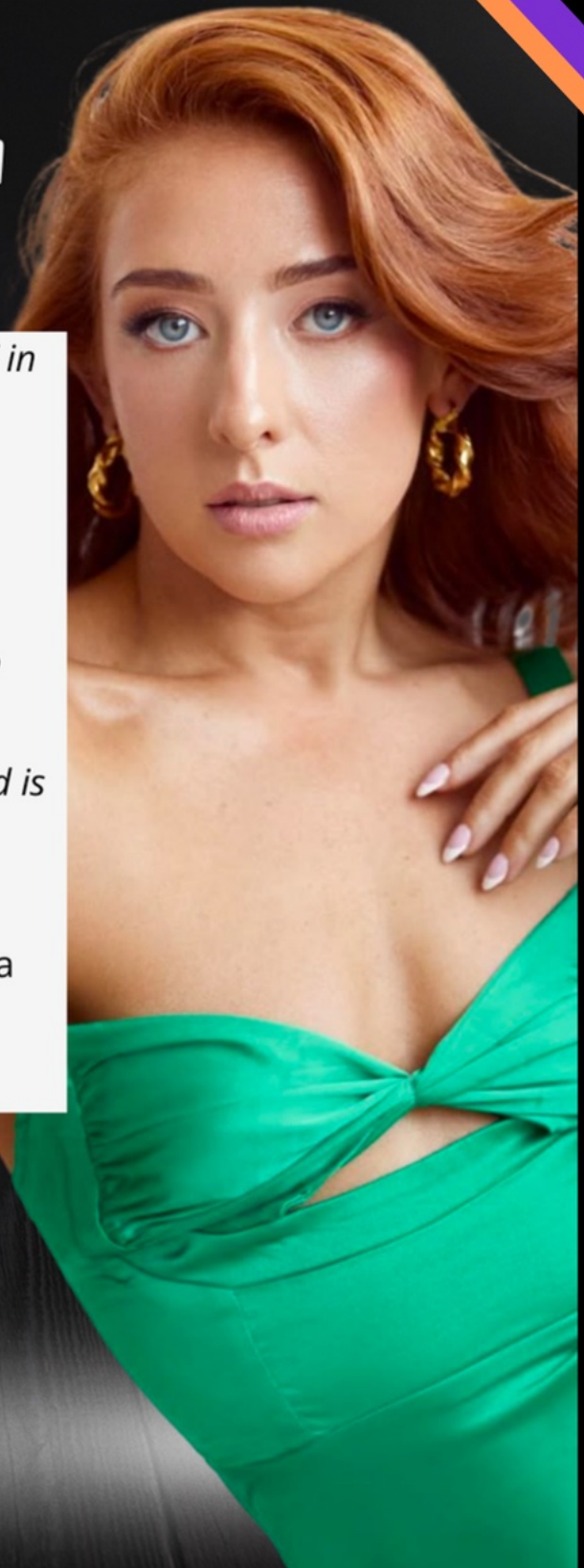
Asha is an internationally recognised performer and finalist on **America's Got Talent**, her credits include **School of Rock: The Musical**, multiple productions with **Bonnie Lithgow**, **Guy Sebastian's** "Love on Display" music video, the **NBA Finals** in Abu Dhabi, and **The Morning Show**. Asha trained at **AP Performers** and **Brent Street**, graduating as Brent Street Academy's **first Honour Roll student** and receiving the **Overall Most Outstanding Dancer award**. She holds a **Certificate IV in Dance Teaching and Management**.



JESSICA SMITHSON

DANCE TEACHER

*Jessica completed her **Certificate IV** in **Dance** at **Brent Street** and trained under some of Australia's top choreographers. A graduate of the **Dream Dance Company's** Show Business Course mentored by Marko Panzic, she made her professional debut in **Billy Elliot the Musical** and is represented by **Jeep Management**. Her Performance Credits include Ricki Lee, Guy Sebastian, Samantha Jade, Young Talent Time, X Factor, Australia's Got Talent.*



CHLOE HARGREAVES

DANCE TEACHER

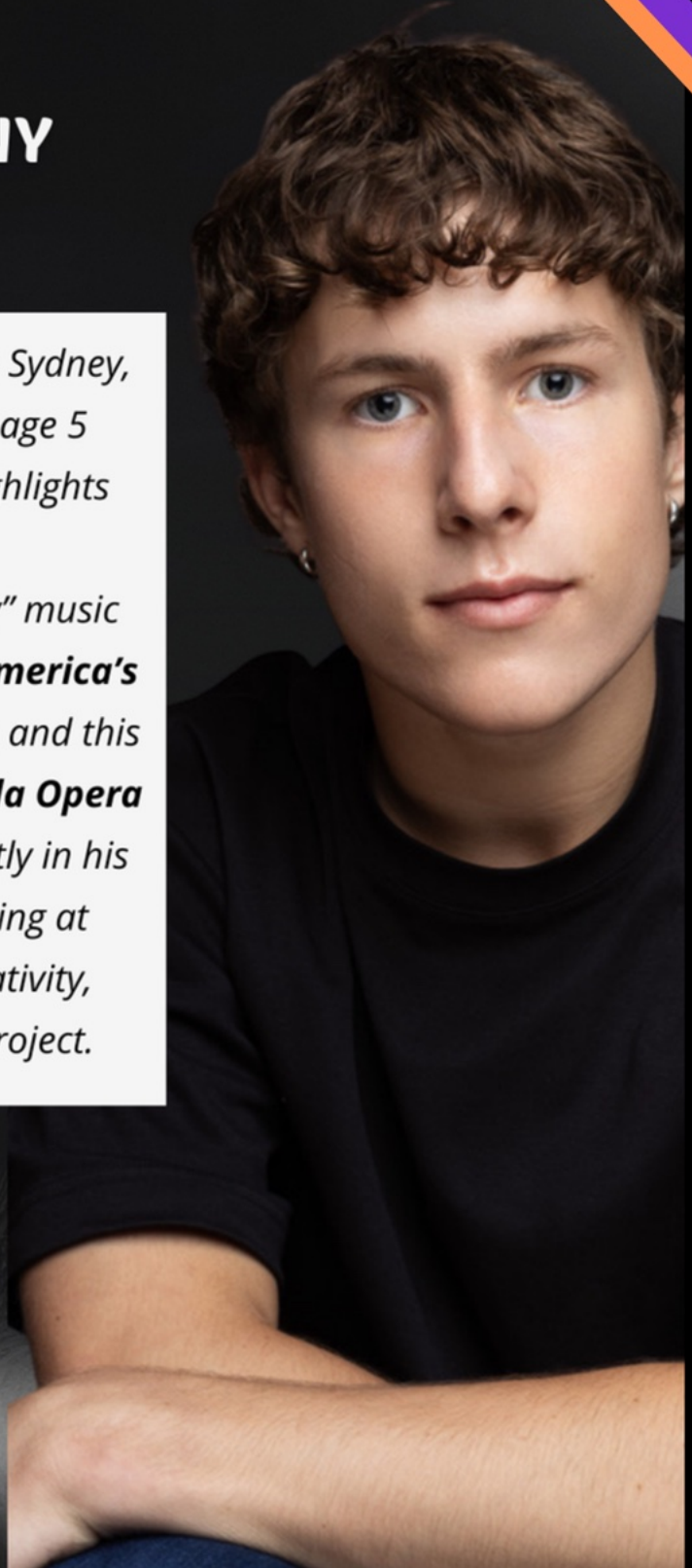
*Dancing since she was 4 in Port Macquarie, Chloe relocated to Sydney and graduated from **Ettingshausens PRO** with her **Certificate IV in Dance** after being mentored by Australia's best choreographers. She has performed for **New Ground Collective** and has since began her training with the **Royal Academy of Dance** in the UK to soon receive her **Certificate in Dance Teaching (Ballet)**.*



ZAC DE GERSIGNY

DANCE TEACHER

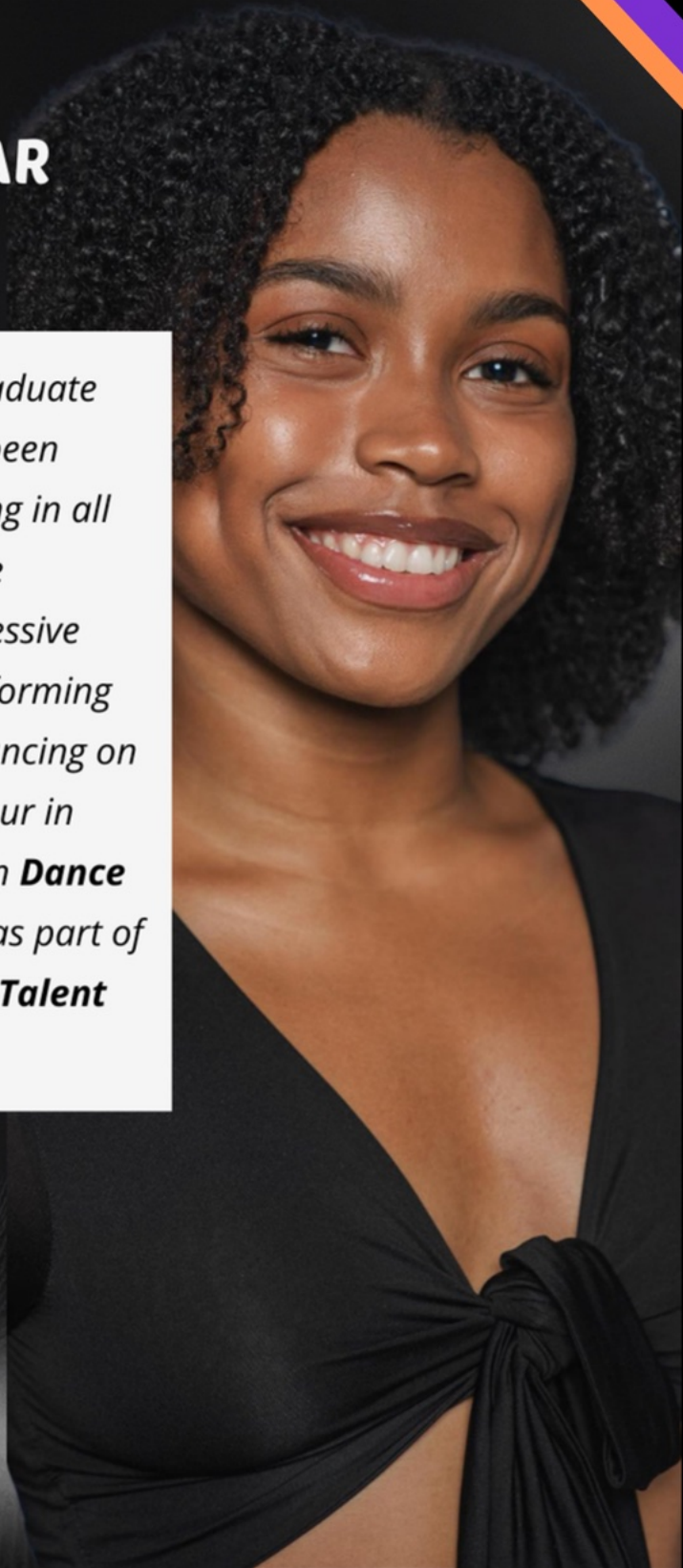
*A passionate performer from Sydney, **Zac** fell in love with dance at age 5 and hasn't stopped since. Highlights include performing in **Guy Sebastian's** "Love on Display" music video, the **Grand Finale** of **America's Got Talent** with Brent Street, and this year's '**Guys and Dolls: Handa Opera** on **Sydney Harbour**.' Currently in his second year of full-time training at **Brent Street**, Zac brings creativity, curiosity, and play to every project.*



JAMILA ESCOBAR

DANCE TEACHER

*Jamila Escobar is a recent graduate from **Brent Street** who has been **dancing for 18 years**, training in all styles, having her own unique **commercial style**. Her impressive career highlights include performing for **Sampa the Great** and dancing on the **Justin Bieber Purpose Tour** in 2017. Jamila also appeared in **Dance Academy: The Movie** and was part of Brent Street's **America's Got Talent Top 10 Finalist** team.*



GUEST TEACHERS

We are thrilled to announce that guest teachers for 2025 are currently being booked!

Get ready to learn from some of Australia's leading dancers and choreographers next year!

Past Guest Teachers Have Included:

- Stephen Tannos
- Dean Webster
- Paris Cavanagh
- Mitch Wynter
- Julie Thompson
- Marko Panzic
- Neale Whitaker
- Alex Miedzinski
- Zac De Gersigny

Stay tuned for more exciting announcements about who will be joining us in 2025!





SO, WHAT ARE YOU WAITING FOR?

We're always happy to chat!

- Alecia: 0412 227 427
- Isobelle: 0478 014 386

We hope to see you all in 2025! We have some exciting new ideas and plans in the mix, and we can't wait to share them with you.

Join us today! Not only are you joining a dance school, but you're also taking one step closer to having a second family and a place to call your second home.

