

OPEN DIVISION INFORMATION PACK



Hi,

Thank you for your interest in Simply Ballet. We are honoured that you would consider letting us help you take your first, or next steps on your ballet journey. We will help you move to beautiful music, challenge yourself, and find the fulfillment you always dreamed of.

Did you know - Simply Ballet was originally created for adults who wanted to learn ballet? Simple.

Founded in 2011, Simply Ballet came about when a group of friends struggled to find a ballet class where they felt at home. Adult classes seemed to be an afterthought for dance schools and were not taken seriously by most. What they wanted were classes where they could steadily improve their technique, learn with purpose, and feel like they were achieving.

Simply Ballet was created to fill this void. Since then, Simply Ballet has grown to offer a variety of levels and courses to suit all kinds of learners, though – we still have a special spot for adult ballet. So, I look forward to dancing with you!

Sincerely,

Helen Cooper Director Simply Ballet

PS. You're never too old, too unfit, or too uncoordinated to do ballet. I promise. xx



What is "Open Division"?

Open Division is the name we use to cover the classes that we offer to adult students. Our range of adult classes are designed to suit wherever you are at on your ballet journey - from just beginning, to the experienced dancer.

Open Division classes are designed specifically for adults and their needs, including the ability to be flexible – this is what makes Simply Ballet different:

- Our Open Division classes are designed for adult brains and bodies
- Lessons are structured to carefully build technique and understanding over time
- Feedback is given to help all dancers learn
- Payment options are tailored to suit an adult lifestyle
- Classes run all year not just during school terms
- You can learn among people just like yourself



In fact, in every way Simply Ballet tries to be there for you as an adult learner.

Having a goal and a sense of achievement as your ballet journey progresses is a big part of our philosophy and as such, Examinations and Class Awards can be undertaken through the Royal Academy of Dance. Through this experience, many adult students have found a sense of accomplishment and self-satisfaction in their studies of Classical Ballet.



Open Division students are also welcome to take part in our End of Year concert. That said — if you break into a sweat at the thought of a pop-quiz or being onstage then don't worry!

Performances and Assessments are not compulsory and will not affect you being able to participate in classes.

Basically, we understand people have different wants and goals, and that sometimes life happens.

We are here to help and guide you along your own ballet journey – whatever road you choose to take.

Ballet Classes

We aim to accommodate you at the correct level for the training you have previously done (or not done!). We currently offer the following levels;

Introduction to Ballet

- Introduction to Ballet is designed to teach you the absolute basics of ballet from scratch.
- Specifically created so you feel confident from the first time you step into the studio.

Level 1

- For those who have mastered our Introduction to Ballet classes, or those with around 6-18 months previous ballet experience.
- This level covers basic ballet positions and vocabulary, and establishes the concepts required to progress further such as spotting and linking steps.



Level 2

- Building on the skills learned in
 Level 1, this level extends your
 technique and challenges your growing skills.
- This level introduces concepts such as pirouettes and more complex allegro.
- It is also a great level to return at if you have 2+ years experience dancing as a child.

When?	Introduction to Ballet	Wednesday Saturday	7:30-8:45pm 4:00-5:15pm
	Level 1	Tuesday Thursday	7:45-9:00pm 8:00-9:15pm
	Level 2 Level 2/3	Monday Thursday	8:00-9:15pm 6:15-7:30pm (Level 2/3)

Cost? From \$22.90 per class*

^{*}Based on a month-to-month booking for 75min class. Don't worry, we have lots of payment options – just keep reading!

Ballet Classes contd...

Level 3

- Suited to those who have been learning for 3+ years and have been dancing regularly.
- Level 3 further develops more complex skills, musicality, and artistry.



Level 4

- For experienced dancers who have been dancing at a high level regularly in recent
- Students at this level may also like to try Discovering Repertoire Level 4



Pointe

- Basic pointework technique class for those already on pointe.
- Can be taken by any student on demi-pointe as part of prepointe training
- Level 3 and 4 classes may also be taken en pointe if the required strength and technique can be demonstrated

Please note; Levels 3, 4, and Pointe are only open to approved students. If you think you may wish to participate in these levels, please contact us to arrange a technique assessment.

When? Thursday 6:15-7:30pm Level 2/3 Level 3/4 Pointe Level 3+

Monday 6:15-7:30pm Monday 7:30-8:00pm

Cost? From \$22.90 per class*

^{*}Based on a month-to-month booking for 75min class. Don't worry, we have lots of payment options – just keep reading!

Silver Swans

For Ages 55+ (or there abouts....)



Release your inner Swan! You are never too old for the joy and grace that is Classical Ballet.

Our Silver Swans ballet classes are ballet-based lessons designed for older learners. Dance your way to health and happiness with others just like you in a creative environment.

Licenced and experienced teachers mean you're in safe hands and classes are an opportunity to have fun and enjoy the sense of wellbeing that dance brings in a social setting.

Although targeted at those aged over 55, there is no upper or lower age limit to be a *Silver Swan*.

Classes are carefully considered and constructed to help you improve and maintain mobility and balance, flexibility, posture, co-ordination, and to stay active. Exercises can be adapted to suit your own level of fitness and confidence. Accompanied by beautiful music, they stimulate the mind and body.

What better way to get out, be social, and develop new skills with movement and music to keep you active.



When? Tuesday 10:15-11:30am

Saturday 4:00-5:15pm (Combined with Intro to Ballet class)

Cost? From \$22.50 per class*

^{*}Based on a month-to-month booking for 75min class. Don't worry, we have lots of payment options – just keep reading!

Ballet Classes Summary

Level	Previous Training	Description	Class Times	
Intro To Ballet	None	Learn the basics step by step from the start	Wednesday	7:30-8:45pm
			Saturday	4:00-5:15pm
Silver Swans	None	Mature learners looking for a gentler class	Tuesday	10:15-11:30am
			Saturday	4:00-5:15pm (Combined with Intro to Ballet)
Level 1	6+ months	For those who have mastered Intro to Ballet, or are	Tuesday	7:45-9:00pm
		returning after a long break	Thursday	8:00-9:15pm
Level 2	2 years + (Intermediate	Great for progressing your technique or for those who	Monday	8:00-9:15pm
	level)	danced at a high level as a child	Thursday	6:15-7:30pm (Combined 2/3)
Level 3	3-4 years and dancing recently	More complicated classes for those who have achieved	Monday	6:15-7:30pm (Combined 3/4)
	(Advanced Foundation Level)	Level 2 standard and been dancing recently.	Thursdays	6:15-7:30pm (Combined 2/3)
Level 4	Advanced or Vocational Training	Our most advanced level for those who trained at an Advanced level as a child and have been dancing recently.	Monday	6:15-7:30pm
Pointe	Minimum 2 years training, complete prepointe training and taking Level 2 classes regularly	Please enquire directly about this class	Monday	7:30-8:00pm
Body Conditioning	None	Great add on to your regular ballet classes.	Tuesdays Thursdays Saturdays	7:15-7:45pm 7:30-8:00pm 3:30-4:00pm

Discovering Repertoire

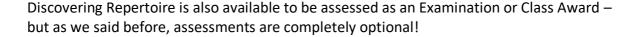
Reaching back over 200 years, walk in the footsteps of the greatest dancers of all time – Discovering Repertoire is your opportunity to learn the steps and dances fundamental to 19th Century Classical Ballet.

Showcasing variations from iconic ballets such as Swan Lake, Sleeping Beauty, Coppelia,

Paquita, and Giselle, students can challenge themselves with the virtuosity usually reserved for professional dancers.

Variations are available for both male and female dancers and are adaptable to suit a student's technical ability. The program aims to;

- provide an opportunity of experiencing dance accompanied by music from classical ballets
- encourage personal selfconfidence and growth through dance
- provide a means of measuring the acquisition of technical, musical and performance skills in ballet
- motivate students by providing a series of clearly defined goals which have been structured to reflect the principles of safe dance practice
- aid the development of an appreciation of music associated with the classical ballet repertoire



You can see more about Discovering Repertoire here

When? **Enquire for current times** Cost? From \$22.90 per class*



^{*}Based on a month-to-month booking for 75min class. Don't worry, we have lots of payment options – just keep reading!

Body Conditioning

Every body needs a little bit of TLC from time to time, but there's no need to pay for extra gym memberships or expensive personal training.

Simply Ballet's body conditioning programs are designed to complement your ballet training and provide an opportunity for fitness and strengthening outside of traditional gym classes or lifting weights.

Progressing Ballet Technique (PBT)

This ballet specific program uses fitballs and resistance bands to train "muscle memory" for ballet technique.



The program targets the key areas of technique required for ballet – core, turnout, foot and arm strength, and jumping.

Most exercises are done in a nonweight bearing state and can be adapted to your own fitness level. Exercises are set to music to help develop musicality and artistry.

When? Progressing Ballet Technique

Thursday 7:30-8:00pm Tuesdays 7:15-7:45pm Saturday 3:30-4:00pm

Cost? From \$12.10 per class*



Contemporary and Jazz

We don't just offer ballet!

Other dance styles are great to compliment ballet training and are also a fun enjoyable option.

Contemporary

Contemporary dance is based on classical ballet technique, but with a more free-flowing and dynamic movement style. You'll learn to move, twist, and turn to express emotion and mood through movement. Floor work and partner work is also involved.





Jazz

Jazz is a fun form of dance which teaches coordination, turning and jumping all set to current music. This energetic class teaches basic dance skills without any ballet technique required. From Broadway Jazz to more commercial styles, it's an opportunity to experience a range of Jazz techniques.

When? Jazz Wednesday 5:30-6:30pm

Contemporary Wednesday 6:30-7:30pm

Cost? From \$19.30 per 1 x 60min class*

^{*}Based on a month-to-month booking for 30min class. Don't worry, we have lots of payment options – just keep reading!

End of Year Concert

Our End of Year Concert is the most exciting time of the year at Simply Ballet!

This is everyone's chance to shine and show off their hard work – and doing it in a beautiful costume in front of family and friends just adds to the joy.

We encourage all our students and families, no matter how young or old to consider being a part of this exciting and rewarding event in some way – as a performer or just coming to watch the show.

Participation is optional and is covered by a separate concert fee which includes everything required to be a part of the show.



Students perform in a theatre with stage lights, music, and a live audience - there's even an online stream of the show for those family members who can't be there on the day.

Our End of Year Concert is a chance to cement friendships and discover the thrill of performing.





Royal Academy of Dance Examinations and Assessments



Having a goal and a sense of achievement as your ballet journey progresses is a big part of our philosophy and as such, Examinations and Class Awards can be undertaken through the Royal Academy of Dance. Through this experience, many adult students have found a sense of accomplishment and self-satisfaction in their studies of Classical Ballet.

Assessments should not be stressful, anxiety inducing, or onerous. Rather, they should be exciting, satisfying and rewarding for all students. Our aim is to help students reach goals and enjoy the process of getting there. Assessments also help build self-confidence, motivation, and offer internationally recognised qualifications in dance.

Assessments are completely optional and do not change your ability to participate in classes.



There are two options available.

Class Award

Candidates, assisted by their teacher, present a selection of class exercises and a dance to an examiner.

Class Awards are an excellent way for students to gain an insight into their progress, and receiving a report, certificate, and medal, bringing a well-earned sense of achievement to their studies.

Examination

Candidates undertaking an Examination are assessed by a RAD Examiner against a set of pre-determined criteria across the areas of technique, music, and performance. Students receive a mark out of 100, certificate, and medal as well as an internationally recognised qualification, but more importantly – a sense of achievement and accomplishment.

There are separate charges from the RAD for all assessments undertaken. Students wishing to sit for an Examination must attend a minimum of two classes per week on a regular basis. Examination students may also need to participate in weekend workshops for exam preparation. Costings and details of these are available in April/May.

Booking Options

We get that adults need flexibility. At Simply Ballet, you have the freedom to attend how and when you want (subject to class numbers and availability).

To give you the most amount of flexibility, we offer two different options;

Class Packs

Any day, any class, any time

Book and attend when you want, but get a saving by purchasing in bulk.

You can use your class packs on any class, any day of the week so you have complete flexibility on when you want to attend. Cards are valid for 6 months from date of issue.

Month-to-Month bookings

The ultimate saving and best value by far. Your spot in class is reserved just for you, and there's no need to rebook each month.

You can cancel or change your classes each month, and if you miss class for any reason – you can just make it up anytime within 12 weeks. Going on holidays? No dramas, just put your booking on hold and restart when you get back.

This is not a contract or a monthly membership so you can alter your classes each month – just let us know!*

*Terms & Conditions apply, changes to classes require 2 weeks' written notice before your next billing period.



Fee Schedule

Total class time per week	Month-to- Month booking
Hours	\$ Per Week
0.5	\$ 12.10
0.75	\$ 15.70
1	\$ 19.30
1.25	\$ 22.90
1.5	\$ 26.50
1.75	\$ 30.10
2	\$ 33.60
2.25	\$ 37.00
2.5	\$ 40.50
2.75	\$ 44.00
3	\$ 47.40

Class Packs
Any class, Any day, Any time

(Valid for 6 months)

3 classes	\$96
5 classes	\$143
10 classes	\$252

Over 3 hours See full fee schedule

How does this work?

OR

Classes are billed based on total hours per week (not number of classes)

For example:

2 x 30min classes = 1 hour per week = \$19.30 p/week

Or

2 x 75min classes = 2.5 hours per week = \$40.50 p/week

Or

 1×30 min class + 2×75 min class = 3 hours p/week = \$47.10

Book a Trial Class

We would love you to come and take a trial class at Simply Ballet so you can have the full dance experience. There's no obligation so what do you have to lose?

If you're still unsure what level you should try, give us a call on 0493 030 052 or email studio@simplyballet.com.au

Book a trial class online here

There is no obligation, and it's as easy as 1-2-3i

- 1) Schedule your trial class at the appropriate level, and we'll send you details of how to find the studio, what you should bring, and what you should wear. The day before, we'll send you a reminder!
- 2) At your trial class, the teacher will introduce themselves and give you some basic information about the class. It's ok if you feel a bit nervous, we understand!
- 3) After class, your teacher can answer any quick questions you may have, but we will follow-up in the next few days to find out how everything went and discuss everything in detail

We are always available before or after your trial class on the phone or email to help. Don't be afraid to get in touch if you have a question.

Jump online and book your trial class now!

We look forward to meeting you soon.

Kind regards, The Simply Ballet Team



About Simply Ballet

Our Vision

To Educate and Inspire

Our Mission

To provide excellence in training and service to students of all ages with a genuine interest in the study of Classical Ballet while celebrating personal achievement, providing opportunity to develop, and cultivate a culture of respect.

Our Values

1) Excellence in Everything

Simply Ballet will provide excellence in training for students, teachers, and staff, in culture and atmosphere, and the client experience.

2) Celebrate Achievement

Simply Ballet will celebrate that students can achieve their own individual goals. Achievement will be valued over results and marks, acknowledging the value of the learning process.

3) Provide Opportunity

Dance training should be at the choice of the student and appropriate to the amount of commitment. Simply Ballet will provide adaptable opportunities for clients to participate in proportion to their amount of commitment, and training solutions may be flexible to suit personal circumstances and preferences.

4) Love of Ballet

Simply Ballet will encourage a love for the art of classical ballet in all students, staff, teachers, and parents involved in the studio. This includes respect for the art of classical ballet, for self, and for other students, staff, teachers, and parents across the board.

ⁱ Please note that our standard Enrolment Terms and Conditions apply to trial class bookings. By attending class, you accept these Terms and Conditions available at https://simplyballet.com.au/policies/

TERMS AND CONDITIONS OF ENROLMENT

These terms and conditions cover your enrolment at Simply Ballet (we, the school). By signing this agreement, attending a class in person, or allowing a minor in your care to attend a class in person you indicate your understanding and agreement to the following terms and conditions;

1.	Fees and Payments
1.1.	Term Based Class Fees (Preschool and Graded Divisions)
1.1.1.	Term Fees cover ten (10) weeks of classes in a specified term.
1.1.2.	Where a term is made longer or shorter than 10 weeks by Simply Ballet, fees will
	be calculated at 10% of current fee schedule times the number of weeks in that
	Term.
1.1.3.	Term Fees for lessons are charged in advance by the term according to the
	current fee schedule.
1.1.4.	Term fees are invoiced at least 14 days prior to the first day of each term and are
	due before the commencement of that Term. If you are unable to pay fees within
	the above period, please contact us to arrange a payment plan.
1.1.5.	Changes to enrolment for a future Term such as increase or decrease in hours,
	change of levels or days, or withdrawal must be requested in writing 2 weeks
	before the start of that Term. If notification is not received an invoice will be
	instigated for current enrolment/s.
1.1.6.	Withdrawal from classes without 2 weeks' notice will result in a minimum of 2
	weeks of your current enrolments being invoiced and payable.
1.1.7.	Enrolment in a class is not confirmed until fees have been paid in full
1.1.8.	Partial Term enrolments are at the discretion of Simply Ballet and current
	students may be charged a surcharge per class for a part Term enrolment.
1.1.9. 1.2.	Please see our Refund Policy for information on refunds of Term fees
1.2.1.	Monthly Booking Fees (Open Division)
1.2.1.	Monthly booking fees cover one (1) calendar month of classes in a specified calendar month as per the selected classes.
1.2.2.	Monthly booking fees are charged on an ongoing basis on the unless Simply
1.2.2.	Ballet is notified in writing.
1.2.3.	Monthly fees are invoiced at least 14 days prior to the first day of each month and
	are due before the commencement of the next month. If you are unable to pay
	fees within the above period, please contact us to arrange a payment plan.
1.2.4.	Monthly bookings may be suspended or cancelled at any time with 2 weeks'
	notice in writing prior to your next billing period without penalty.
1.2.5.	Changes to enrolment for a future month such as increase or decrease in hours,
	change of levels or days or withdrawal must be requested in writing 2 weeks
	before your next billing cycle. If notification is not received an invoice will be
	instigated for current enrolment/s.
1.2.6.	Withdrawal from classes without 2 weeks' notice will result in a minimum of 2
	weeks of your current enrolments being invoiced and payable.
1.2.7.	Please see our Refund Policy for information on refunds of Monthly fees
1.3.	Class Pack Fees
1.3.1.	Class Pack fees cover the number of classes as specified in the package details
1.3.2.	Class Pack fees are charged as per Simply Ballet's standard packages and
	include classes as per each standard package (see specific packages for
1.3.3.	details).
1.3.3.	Class Packs must be pre-paid before the commencement of the first class to be used in the package.
1.3.4.	Class Packs expire 180 days from purchase date. No refund or classes will be
1.3.4.	honoured after this time.
1.3.5.	Please see our Refund Policy for information on refunds of Class Card fees
1.4.	Unpaid Fees, Late Fees, and Administration Charges.
1.4.1.	Customers who are not able to pay their invoice by the due date must contact
	Simply Ballet to discuss an alternative arrangement.
1.4.2.	If payment is not received 7 days after the due date and no contact has been
	made, a late fee of 5% will be added to your invoice.
1.4.3.	A further 5% of the original invoice total may be added each 7 days until the
	invoice is paid, or a late fee of 20% has been reached.
1.4.4.	Simply Ballet retains the right to refuse access to classes, examinations, concert
	participation, or withhold stock/costumes for students with outstanding fees.
1.4.5.	Simply Ballet's preferred method of payment is by Direct Debit Authority.
	Customers who do not have an active Direct Debit Authority on their account
	may be charged an administration fee per invoice.

2. Make-Up Classes

- 2.1. A 'make-up class' is where a student may attend a similar class to their regularly enrolled class as compensation for not being able to attend their regular enrolled
- Students on a Monthly or Term booking are eligible for a make-up class if a regularly enrolled class is missed.
- 2.3. Make-up classes may be taken at an alternate time or day at the student's current level, or an appropriate level as determined by Simply Ballet staff.
- 2.4. Make-up classes cannot be used in lieu of a class a student is already enrolled in.
- 2.5. A make-up class can be used on a single class of equal or lesser length than the missed class. An exception made be made at Simply Ballet's discretion.
- 2.6. Make-up classes are subject to availability and must be made use of within 90 days of the missed class.
- 2.7. If a make-up class is booked through the customer portal and the student subsequently does not attend, a replacement make-up class will not automatically be issued. Students may apply in writing to office@simplyballet.com.au to have that make-up class reinstated.
- 2.8. No refund or discounts will be given where a make-up class is not made use of. For full details, please see our full Make-up Class Policy.

3. Cancelled Classes

- 3.1. In the event of a forced closure of the studio (Government directed closure, natural disaster, loss of access to premises etc.) online classes will be offered as a replacement for in studio classes. Your enrolment will automatically be transferred to online learning unless you notify us in writing.
- 3.2. If a scheduled class length is shortened for online learning, fees will be adjusted to reflect the new length of the online class on a weekly basis.

3.3. If a class is cancelled by Simply Ballet and Simply Ballet cannot provide an online alternative or a make-up class at a later date, a credit for that class will be issued to your account.

4. Refund Policy

- 4.1. Simply Ballets services are covered under the Australian Competition and Consumer Commissions 'Consumer Guarantees' https://www.accc.gov.au/consumers/consumer-rights-guarantees/consumer-guarantees
- A refund for change of mind on goods or services will be at Simply Ballet's discretion.
- 4.3. A request for a refund must be made in writing providing the date of payment, amount of payment, and reason/s for the refund request.
- 4.4. Simply Ballet retains the right to deduct from any refund monies owing for classes, stock, or services already undertaken or products in the persons possession.
- 4.5. Customers who are unable to provide proof of payment may be refused a refund.4.6. An administration fee of \$10 may be charged to issue a refund.

5. Physical Contact

5.1.

- Appropriate physical contact between teachers and students, and between students and students is a necessary part of dance training. You authorise Simply Ballet staff, approved volunteer persons, and other students in a class to undertake appropriate physical contact with you or your enrolled student.
- 5.2. Physical contact may be deemed necessary in situations such as classes, exams, performances, workshops, or other training to assist teaching, performing exercises, make corrections to technique, to assist with hair, make up, fitting of dance wear, or to administer first aid.
- Appropriate physical contact between minors and adults will be performed by teachers, staff, or volunteers in accordance with Simply Ballet's Child Safety Policy.
- 5.4. Any student or person may refuse to be physically contacted at any time. Should a student not wished to be physically contacted for any reason they must inform the person at that time, or in an ongoing situation they or their guardian must inform the school in writing.

6. Duty of Care

- 6.1. Simply Ballet is responsible for a minor (under 18 years old) student's safety and wellbeing for the duration of activities covered under these Terms and Conditions. Outside of the duration of activities covered by these Terms and Conditions, or for students over the age of 18, Simply Ballet is not responsible for student's safety or wellbeing.
- 6.2. It is a parent/guardian's responsibility to inform Simply Ballet of any changes to address, telephone, or email details as listed in the Emergency Contact section on the student's enrolment form.
- 6.3. Calls may be made to a parent/guardian for students left for excessive amounts of time. If a parent or guardian cannot be contacted within 30 minutes of class time conclusion, you authorise Simply Ballet to act in an appropriate manner to ensure the safety of the student.
- 6.4. Should a student be the subject of a Court Order or similar arrangement which seeks to limit the use of a student's name or image, or limit contact with specified person/s, you must inform the school immediately in writing. If possible, a copy of the order or its contents is appreciated to enable the school to fulfil the requirements of the order.

7. Risk of Injury

- 7.1. Students participate in classes at their own discretion understanding that dance is a physical activity which may involve risk of injury.
- 7.2. Students accept that there is a risk of injury from participating in activities at Simply Ballet and agree that Simply Ballet is not liable for an injury sustained during participation.
- 7.3. Students must inform Simply Ballet staff of any injuries or relevant medical conditions prior to their participation in class or activities.

8. Privacy Policy

- 8.1. The protection of your personal and financial information is important to us.
- 8.2. Your personal information will not be sold or given to another organisation without your permission
- 8.3. Personal information or Financial Information will only be accessed to conduct business and transactions with Simply Ballet and will be stored securely at other times.
- 8.4. Medical Information will be kept confidential unless the sharing of information is required between staff or students to ensure a safe learning environment.
- 8.5. Simply Ballet is not responsible for the security of personal or financial information held by third parties.

9. Photographic and Media consent

- 9.1. I give my permission for photographs and video footage to be taken of my child or
- 9.2. These images may be used publicly in ways such as (but not limited to) on the school's website, newsletter, professional displays, developmental materials, advertising, television, print commercials or Social Media channels.
- 9.3. Withdrawal of Photography/Video consent given to Simply Ballet must be made in writing. Should you become aware of any unauthorised use of your child's photograph/video you must contact the school immediately in writing.