



2026

**ENROLMENT INFORMATION
FOR ADULT DANCERS**

P.O. Box 589, Roseville NSW 2069

Tel: 1300 855 455

www.dance1.com.au



Our Adult Program is designed to be uplifting, inclusive, confidence boosting, and full of feel-good movement. Classes are tailored for ALL levels - from absolute beginners to dancers who grew up at the barre.

You can expect:

- A friendly & supportive class environment
- Fun, motivating teachers
- Classes that improve fitness, flexibility, strength & technique
- Music you know and love
- Adults who embody the DANCE1 spirit and help new dancers feel confident
- Opportunities to perform (optional of course!)

Welcome to DANCE1!

Miss Kirsty, Miss Lu and the DANCE1 Team

DATES FOR 2026

TERM TWO	Monday 20th April – Friday 26th June 2026	(10 weeks)
TERM THREE	Monday 20th July – Friday 25th September 2026	(10 weeks)
TERM FOUR	Monday 12th October – Friday 27th November 2026	(7 weeks)

In Term 2, Adult Hip Hop will commence in Week 4 on Wednesday 13th May

2026 ENROLMENT

CLASSES ON OFFER

JAZZ - TUESDAY EVENINGS & FRIDAY MORNINGS

An energetic, up beat & bouncy dance style - Jazz is HEAPS of fun! Classes are structured to incorporate limbering, strength work, choreography & skill building.

This class moves at a comfortable pace for all dancers and all moves can be modified to challenge those more experienced dancers or simplified for those starting from scratch.

TAP - WEDNESDAY EVENINGS & FRIDAY MORNINGS

A lively & rhythmic class where dancers move more than just their bodies, but transform their feet into musical instruments. Adults learn the foundational steps, explore footwork patterns and develop precision & timing. Dancers explore a variety of Tap dance genres including, Broadway, Classical & Funk to keep us up to date.

URBAN/HIP HOP - WEDNESDAY EVENINGS

Hip Hop is all about energy, attitude and pure fun – the perfect class if you want something a little funkier and more grounded than Jazz. Expect feel-good beats, strong grooves and lots of choreography! This class focuses on musicality, confidence and Hip Hop foundations, with plenty of space to add your own style.

LYRICAL - TUESDAY EVENINGS

A freeing, expressive and soul-nourishing class that blends the elegance of Ballet with the flow of Contemporary. In this class, you'll explore breathy movement, flowing lines and soft dynamics, building confidence through sequences that feel grounded & intentional. Lyrical focuses on expression over precision, allowing you to melt into the choreography and dance in a way that feels personal and uplifting.

OPTIONAL: CONCERT PARTICIPATION

While not the main focus of our Adult classes, who doesn't LOVE performing on stage?! The lights, atmosphere & sequins are certainly a goal for us to achieve together.

At DANCE1 there is always an opportunity for Adults to perform in our End of Year shows. For those who shy away from the limelight, regular classes will NOT be affected by concert participation & you will still be able to leap & shuffle each week. Participation in the DANCE1 End of Year shows is considered an 'optional extra' and therefore costume costs and the Adult Concert Participation fees are not included in the DANCE1 Adult Term fees.

The DANCE1 concerts take place in Week 2 of Term 4 (week of Monday 19th October - Saturday 24th October).

More information will be available through the DANCE1 Office in Term 2.

STUDIO LOCATIONS & PARKING

LUC LOCATION (LINDFIELD UNITING CHURCH)

454 Pacific Highway, Lindfield, 2070

Tuesdays, Wednesdays & Fridays in 2025

- **LUC STUDIO** is located back from the Pacific Highway with the entrance obvious from Provincial Road (within the Hangeul Library building).
- **LUC HALL** is located within the main church complex.

Toilets and Change Rooms are also located within this building & may be locked for security reasons. Please ask the D1 staff member on duty for the key if required.

The Studio and the Hall are connected by an undercover walkway and waiting areas.

PARKING

On street parking for DANCE1 Adults and students is available on Provincial Road.

Parking is also permitted in the church car park with access from the Pacific Highway (travelling towards Killara). Turn left into the third driveway BEFORE the corner – parking on the grass and in front of the cottage IS permitted as this is all church property.

Please be respectful of other cars when using this parking.



[Click here to get directions to our LUC location](#)



LUC Studio



LUC Hall

STUDIO LOCATIONS & PARKING

HF LOCATION (HOLY FAMILY CATHOLIC SCHOOL)

2-4 Highfield Rd, Lindfield, 2070

Wednesdays in 2025

- **HF HALL** located within the school grounds of Holy Family Catholic School.

Toilet facilities are available inside the Hall before class.

- **HF STUDIO** located above the Holy Family Catholic Church accessed on corner of Highfield Rd and Pacific Highway.

ACCESS & PARKING

The easiest entrance is via the Balfour Lane driveway, which leads directly up to the Hall. There is limited parking available in the Parish Car Park or in Coles directly opposite.

There is also access to the Hall via Highfield Rd, with plenty of street parking as an alternative option.



[Click here to get directions to our HF location](#)



HF Hall

PAYMENT OPTIONS

At DANCE1 we offer payment & class options to cater to everyone's needs. For every option, a standard Enrolment Form noting your chosen class(es) must be submitted to guarantee you a spot. A \$30 Membership Fee is payable on enrolment for both By Term & Casual payers.

BY TERM ENROLMENT

(\$25 per class)

Our 'By Term' option is how most of our dancers prefer to enrol. This means classes are paid for upfront & your place is secured for the ENTIRE Term!

If choosing the 'By Term' option for your enrolment, please indicate this on your 2026 Enrolment Form & an invoice will be sent upon receipt of your form. At the end of each Term, new invoices will be issued based on your Enrolment Form. If you do not wish to continue your Enrolment for the following Term or would like to make changes to your payment choice, please contact the office at the end of your last class.

If formal notification is not given, class charges will still accumulate for as long as the class spot is held.

By Term' fees are based on the number of classes per term, meaning that each Term, Adult classes will be charged separately at:

* TERM 2 (10 weeks)	\$250	
(7 weeks for Wednesday Hip Hop)	\$175	
* TERM 3 (9 weeks on Tuesdays & Wednesdays)	\$225	(Tuesdays & Wednesdays)
(10 weeks on Fridays)	\$250	(Fridays)
* TERM 4 (7 weeks)	\$175	

PLEASE NOTE: By Term fees are a set payment. Fees will be pro-rated for dancers who commence during the Term, however pro-rated fees cannot be applied for regular class absences. Please consider your weekly attendance for each Term and adjust your payment option to reflect this.

CASUAL ENROLMENT

(\$35 per class)

Our casual class option is suitable for those looking for a more week-to-week class schedule, at \$35 per class. Classes must be pre-booked using the Booking Form sent to you upon enrolling. Please keep this link in a safe place to book in for each class you wish to attend. Classes must be booked no less than 24 hours before the scheduled class start time to ensure a place is available. Any class booked and subsequently missed will still incur the \$35 charge.

HOW TO ENROL?

To enrol for DANCE1 Adult classes, refer to the 2026 Timetable attached below. Select the classes that interest you and complete the Enrolment Form attached here:

[DANCE1 2026 Timetable \(Adults\)](#)

[DANCE1 2026 Enrolment Form \(Adults\)](#)

Our online enrolment means that families have the convenience of completing their Enrolment Form from any device, saving you time and the extra paper work involved! You will still receive a copy of your Enrolment Form for your records once your Enrolment has been submitted. Simply download the attached PDF upon completion. If you wish to fill in a soft copy form, please email the DANCE1 Office.

WHAT HAPPENS ONCE I ENROL?

- Once a completed 2026 Enrolment Form has been received by the DANCE1 Office, this will be processed, confirmed and an Invoice will be emailed to the nominated address on your Enrolment Form.
- Adults enrolling for 2026 have the option to pay:
 - **direct deposit into the DANCE1 account**
 - *The DANCE1 bank account details will appear on your 2026 invoice*
 - OR
 - **using a bank card via Stripe**
 - *When choosing this option, please be aware that*

All payments made by card, including credit cards, debit cards or prepaid incur an additional 1.8% fee. This will appear on your invoice as a 'Service Fee' from our provider, Stripe.

Direct Deposit into the DANCE1 Bank Account is still an option which does not incur additional fees.

- The 2026 'DANCE1 Information Handbook' which contains all the relevant information for the dance year ahead will then be emailed to all enrolled Adults.

PLEASE NOTE: For safety reasons, a completed Enrolment Form or Trial Class Form **MUST** be submitted **before** your first class.

BAND APP



DANCE1 offers our Adult dancers the option to subscribe to BAND, an easy-to-use online platform and app that allows choreography videos, music and learning resources to be shared directly with our dancers.

Our Adults thoroughly enjoy having access to their lessons at home, and can refer to these videos immediately for clarification. Choreography videos are extremely detailed and allow dancers to practice and perfect the moves learnt in class that week. The step-by-step videos from our D1 teachers makes it simple for dancers to review, repeat and master each movement at their own pace.

BAND helps dancers to:

- *build strong muscle memory,*
- *improve and refine technique, and*
- *grow genuine confidence in their abilities.*

This is extremely useful for dancers wishing to participate in the 2026 concerts (optional, of course!) as well as dancers enrolled on a casual basis who may need a refresher in between classes.

BAND involves a small annual fee of \$30 per family & covers the whole family, regardless of the number of dancers you have and the number of classes they do. If you would like to have access to this beneficial platform for the 2026 dance year, then make sure to check this option on the 2026 Enrolment Form linked in this booklet.

PLEASE NOTE:

The filming of classes and choreography by Adults is strictly prohibited. This protects individuals and teachers who may not consent to having their image recorded, as well as the intellectual property of the teacher.

We ask that all Adults respect this request and use BAND as a form of practice where the teacher uploads any class footage appropriate.

SHOES & ATTIRE

For our Adults we recommend wearing comfortable athletic attire – think leggings & a form fitted top (nothing that is going to be too restrictive when moving around a lot!).

SHOES

JAZZ: Dancers are encouraged to wear comfortable shoes (such as supportive runners) or Jazz shoes (black in colour). Most of our regulars choose to start classes in sneaker style shoes & may purchase Jazz shoes if suitable for themselves. Please be aware that bare feet or socks are NOT to be worn in classes.

TAP: Tap shoes (black) are highly recommended to get the most out of each class. Sneakers or runners are also suitable to begin with. Dancers may choose to wear buckle-up shoes OR lace-up.

Shoes can be purchased at any BLOCH store (OR via DANCE1 Shoe Fitting Sessions which take place in February).



PICTURE: Jazz Shoes



PICTURE: Tap Shoes.

(L): Lace-up

(R): Buckle

DANCE1 TERMS & CONDITIONS

ENROLMENT TERMS

1. Class placements can only be secured with **payment AND a completed 2026 Enrolment Form**. You will then receive confirmation of your Enrolment and your Term 1 Invoice to the email address provided on the Enrolment Form. 'By Term' payments must be paid for in full to secure class places. Those wishing to attend casually will still be required to pay 2026 Membership Fee to reserve a casual place in their desired class.
2. Enrolment will automatically rollover each term unless otherwise notified. You can amend your enrolment at any time by written notice to the DANCE1 Office. If withdrawing from your class, TWO WEEKS notice must be given. Without written notice, class places will still incur the charge as long as the spot is held.
3. To ensure the best experience for our dancers, Adult classes require a minimum of 6 'By Term' enrolments to go ahead. If a class has fewer than 6 confirmed participants, we may need to cancel or adjust the class for that term. Should this happen, we'll always reach out with plenty of notice and offer an alternative class option that suits the style.

FEE STRUCTURE

4. Adult classes are considered 'tuition only' and can be paid upfront (BY TERM) or casually (on a week to week basis). Please refer to page 5 for more information about payment options.
5. There is a one-off additional \$30 Membership Fee payment that will appear on your Enrolment Form. This non-refundable fee covers you for additional services such as music licensing, insurance and all the extra sparkle that DANCE1 delivers.
6. The filming of classes by students (Adult or otherwise) is NOT permitted. Dancers are welcome to film themselves after class using the space OR may ask the teacher to film for them. Please be aware of the strict filming guidelines.

As an alternative to individuals filming, DANCE offers Adult dancers the optional BAND annual subscription. While not compulsory, this app comes tried and tested by our existing Adult dancers & is sure to make at home practising much more fun! The \$30 fee covers each DANCE1 family for an entire year's subscription to BAND (regardless of the number of dancers or classes). Make sure to TICK this option on your 2026 Enrolment Form if you wish to have access to all class content!

PAYMENT TERMS

7. DANCE1 accepts payment via card (including credit cards, debit cards or prepaid) and direct deposit.
8. All card payments will incur an additional 1.8% fee. This will appear on your invoice as a 'Service Fee' from our provider, Stripe. Direct Deposit into the DANCE1 Bank Account is still an option which does not incur additional fees.

DANCE1 TERMS & CONDITIONS

9. In the event of a forced shut down, DANCE1 will be unable to provide refunds or credits for classes missed or enrolments cancelled as a result. We offer a fabulous, detailed and comprehensive online product which embodies our studio values.
10. To ensure fairness for all, DANCE1 does not reduce, refund or credit fees for classes missed for reasons including but not limited to, sickness, holidays, religious events and family occasions.

BY TERM payers are offered make-up classes for any missed sessions. This policy provides flexibility and ensures that students do not miss out on their learning opportunities. In this instance, make-up classes must be completed during the relevant Term and will not be carried over into the following Term.

Casual Adult classes must be paid in advance of the class. Any missed classes will still incur the \$35 class fee. Casual classes are not eligible for make-up lessons.

Please note that all fees and payments are non-refundable, including (but not limited to) class tuition, costume fees, workshops or optional extras.

Refunds or credits will not be issued for change of mind, missed classes, scheduling conflicts, illness, injury, withdrawal, or any other personal circumstance. Where possible, we will offer a class swap, make-up class, or a class credit transfer option in line with our DANCE1 values at the discretion of the Director.

END OF YEAR CONCERTS

11. Our end of year concerts are an exciting and enjoyable experience for all students, celebrating a year of hard work, but are not compulsory. The DANCE1 Office will outline the requirements of concert participation in 2026, and Adult dancers interested will need to confirm their participation in Week 3, Term 3. Adults wishing to participate in weekly classes will still have the opportunity to learn and master the routine (just without the added pressure of performing on stage).

Concert costumes and associated participation fees are a separate payment to Adult class Term tuition.

12. Due to the overseas ordering of costumes, Adults will only have until Week 3, Term 3 to confirm their participation. After this time, new enrolments will not be able to be a part of our concerts BUT welcome to come along and see all the sparkle from the audience perspective.

COMMUNICATION

13. DANCE1 communicates all important updates, event details, and announcements exclusively through electronic means (email, text messages, or social media channels). We are committed to providing timely and accurate information to keep you fully informed about studio news and events. While not all news will be relevant to our Adults, our weekly communication does outline important information such as Term dates or class changes.

We strongly recommend monitoring the weekly communication for any details relevant to your Adult class.



DANCE1
I can & I am

DANCE1

TWO LOCATIONS IN LINDFIELD

Holy Family Catholic School
2-4 Highfield Rd
Lindfield NSW 2070

Lindfield Uniting Church
454 Pacific Highway
Lindfield NSW 2070

1300 855 455

www.dance1.com.au