



2026 ENROLMENT HANDBOOK FOR ADULT DANCERS

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www.dance1.com.au

DANCE1 CONTACT DETAILS

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Mailing Address

📮 P.O. Box 589, Roseville, NSW, 2069

Studio Locations

📍 **HF Location:** Holy Family Catholic School
2-4 Highfield Rd, Lindfield

📍 **LUC Location:** Lindfield Uniting Church
454 Pacific Highway, Lindfield

Website

🌐 www.dance1.com.au

Social Media

📘 Facebook.com/dance1au
📷 Instagram: @dance1au



LOCATIONS

LUC STUDIO & HALL

Address: 454 Pacific Highway, Lindfield, 2070

Facilities: **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.

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

Toilets & Change Rooms: are also located within the main church complex & may be locked for security reasons. Please ask the D1 staff member on duty for the key if required.

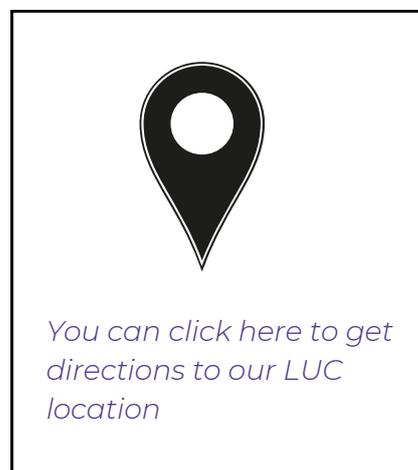
In 2026, our Adult Jazz, Tap & Lyrical classes will take place at the LUC Location. Please check the 2026 Timetable for exact rooms.

PARKING

On street parking for DANCE1 parents and students is available on Provincial Road. Parking on the Pacific Highway is allowed before 3pm and after 7pm.

Parking is also permitted in the church car park with access from the Pacific Highway (when travelling towards Killara).

Turn left into the third driveway BEFORE Provincial Rd. Parking IS permitted on the grass and in front of the cottage (church property). Please be respectful of other cars within the carpark and keep the footpaths and driveway entrance clear.



LOCATIONS

HF HALL



Address: 2 – 4 Highfield Rd, Lindfield, 2070

Facilities: Classes are held in the **HF Hall** - located within school grounds, to the left of the Holy Family School driveway as you walk/drive up from the 'new' Balfour Lane.

Toilets: are located within the hall/studio space and can be accessed by DANCE1 students just before their class commences.

In 2026, our Adult Hip Hop class will take place at our HF location in the HF Hall.



You can click here to get directions to our HF location

PARKING

There is limited parking for DANCE1 parents and students available in the Church parish carpark. There is ample parking along Highfield Rd, within the Lindfield Coles carpark and along the Pacific Highway (southbound in the afternoons).

We recommend allowing a few extra minutes for parking during peak class times.

NOTE: Road rules along the Holy Family driveway at drop-off and pick-up **MUST** be respected. A reminder that:

- * There is **NO STANDING OR PARKING** in the Holy Family school driveway.
- * There is no driveway thoroughfare using Balfour Lane to Highfield Rd.

ABOUT US

We dance with joy, teach with heart, and create good humans every day.

Welcome to DANCE1!

We're so excited to have you as a part of our dance family. This Enrolment Handbook has been created for our Adult dancers and gives you the who, what, where & when of DANCE1.

If you still have questions, please get in touch with us in the DANCE1 Office. We're always happy to help and make your experience the sparkliest we can!

Our Story

Founded in the early '90s as Gordon Ballet & Dance, DANCE1 began with just 50 students in Sydney's North Shore. In 2000, DANCE1 was created: a studio dedicated to providing every student equal opportunities to shine.

Now over 29 years later, DANCE1 continues to thrive under the guidance of Director Miss Kirsty, who took over the studio from her own teacher and mentor. Together with our Manager Miss Lu and the amazing D1 team, we add the smiles & sparkles to everything we do. We're not just creating great dancers, but more importantly we are *'creating good humans'*.



See you on the dance floor,

Miss Kirsty, Miss Lu
& the D1 Team xxx

PAYMENT OPTIONS

At DANCE1, we offer flexible payment and class options to suit every lifestyle.

For all payment types, a completed Enrolment Form is required to secure your place in your chosen class.

OPTION 1: BY TERM ENROLMENT (our most popular!)

Our By Term option is the preferred choice for most Adult dancers. It offers the best value and guarantees your place in class for the entire term.

All Adult classes are **1 hour** and \$25 per class when enrolled by the term. Fees are paid upfront at the start of each term

2026 TERM FEE STRUCTURE (BY TERM PAYMENTS)

TERM 1	\$225	(9 weeks)
TERM 2	\$250	(10 weeks)
TERM 3	\$250	(10 weeks)
TERM 4	\$175	(7 weeks)

PLEASE NOTE: *By Term fees are a set rate and cannot be pro-rated. We recommend choosing the payment option that best reflects your expected attendance for the Term.*

To select this option, simply indicate “By Term” on your 2026 Enrolment Form. An invoice will be issued once your form is received.

At the end of each term, a new invoice will be issued based on your current enrolment. If you wish to discontinue or change your payment option for the following term, you must notify the DANCE1 Office before the end of your final class for that term.

If notice is not received, fees will continue to be charged while your class place is held.

OPTION 2: CASUAL CLASSES)

Our Casual option is perfect for dancers who prefer a flexible, week-to-week schedule. Casual classes are \$35 per class and must be pre-booked using the Adult Booking Form linked below. Bookings must be made at least 24 hours prior to class time.

Any booked class that is not attended will still incur the \$35 charge.

Please keep your booking link in a safe place, as it will be used for all casual class reservations.

[Adult Casual Class Bookings](#)

TERM DATES FOR 2026

DANCE1 follows the schedule of the Private School Term Dates. Classes are ALWAYS held on a Public Holiday Monday. DANCE1 runs for a total of 36 weeks in 2026.

TERM ONE	Friday 30th January - Thursday 2nd April 2026	(9 weeks)
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)

Due to Good Friday, the first Friday class will be held on Friday 30th January so we can squeeze in 9 weeks of dancing in Term 1. Student classes begin on Monday 2nd February 2026.

ENROLMENT

If you have yet to enrol in for 2026, you can refer to the 2026 Adult Enrolment Information below and choose the class or classes that spark your interest. Then complete the DANCE1 Adult Enrolment Form to secure your place.

Once your form is submitted, you will automatically receive a PDF copy for your records, so you can download and save it for future reference.

[2026 DANCE1 Adult Enrolment Information](#)

PHOTOGRAPHY & SOCIAL MEDIA

Throughout the year, we love celebrating our Adult dancers and their progress. From time to time, we may capture a class photo or a short video of a combination learned in class, which we enjoy sharing on our DANCE1 social media pages. These moments help show our community that it's never too late to dance and inspire others to take that first step.

Your privacy and safety are extremely important to us. DANCE1 will never publish any personal or identifying information alongside a photo or video.

If you prefer that your image not be used for marketing or social media purposes, simply select the **“DO NOT”** option on your Photography Clause in your Enrolment Form. Our teachers are always respectful of these preferences and will always check before taking any photos.

PLEASE NOTE: This opt-out does not apply to end-of-year concert videography. Participation in the concert grants permission for performance footage to be recorded and used as part of the event documentation.

ABSENCES

If you will be absent from class for ANY reason, it is great to let us know in advance. Please email the DANCE1 Office or contact DANCE1 via Miss Luisa (0439 443 080) or leave a message on the DANCE1 messaging service (1300 855 455).

MY TEACHER HAS NOT ARRIVED

In the unlikely event that your teacher doesn't show up to class, please know DANCE1 will be springing into action! Your teacher or another DANCE1 representative will be on the way to supervise and open the Studio.

In this event, please wait with your child and contact

- DANCE1 Office (1300 855 455)
- Miss Kirsty (0412 002 144) OR
- Miss Luisa (0439 443 080) for further instruction.

Chances are your teacher is stuck in traffic and is on the way!

CANCELLED CLASSES & WITHDRAWALS

If a class is cancelled by DANCE1 for any reason, dancers will be offered the opportunity to attend a make-up class at an alternative day or time. This may involve joining another class of the same style.

Attendance at the make-up class is optional and it is the dancer's responsibility to attend the session offered.

To ensure your enrolment remains accurate, written notice is required at least two (2) weeks prior to the start of Terms 2, 3 and 4 if you will not be continuing into the following term.

At the end of each term, invoices for the next term are generated based on the information held on your Enrolment Form. We therefore ask that any changes to your enrolment or payment option be communicated to the DANCE1 Office before the end of your final class for that term.

If notice is not received, fees will continue to be charged while your class place is held.

LATE PAYMENTS

All fees must be paid prior to attending your first class in the first week of each term. Any unpaid fees will incur a \$25 administration fee, which will be added to the reminder invoice and all subsequent invoices until payment is received.

Invoices for the upcoming term are issued to the nominated email address during the final week of the current term, allowing time to review and update enrolments before the new term begins.

WHAT TO WEAR...

UNIFORM

There is NO set DANCE1 Uniform for our Adults. We recommend comfortable athletic attire - think leggings and a form fitted top (nothing that is going to be too restrictive when moving around a lot!).

SHOES

Shoes can be purchased from BLOCH, however DANCE1 does run a Shoe Fitting session at the start of every dance year, in partnership with Ballet Emporium. You can refer to our Uniform & Shoe Fitting Information here.

2026 DANCE1 Shoe Fittings

Adult Jazz

- Jazz Shoes (Black in colour) OR
- Comfortable shoes (lightweight sneaker)

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 for safety reasons.

PICTURE: Jazz Shoes



Adult Tap

- Tap Shoes (Black in colour)
 - Lace-up style OR Buckle Style

Tap shoes are highly recommended to get the most out of these classes. Sneakers or runners are also suitable to begin with.



PICTURE: Tap Shoes.
(L): Lace-up
(R): Buckle

Adult Hip Hop

- Comfortable shoes (lightweight and a flexible sole)

Sneakers or dance sneakers with flat, non-marking soles are ideal. They allow you to pivot, turn and glide without sticking to the floor, plus help absorb impact from stomps and jumps.

Adult Lyrical

- Jazz Shoes
- Ballet shoes
- Barefoot, or foot things

Most Adults will have a suitable pair of shoes for Lyrical. Barefoot works on most floors, but it can be helpful to have a cover for your foot so you can turn and glide across the floor. When first starting out, socks are the perfect footwear to decide on your preference when moving.

NEWSLETTERS, NOTES & COMMUNICATION

At DANCE1, clear, friendly and consistent communication is a big part of creating a positive dance experience. We keep our Adult dancers informed through weekly newsletters, email updates and our DANCE1 social media channels. Digital communication is primarily done through the DANCE1 email account OR through our email platform 'MailerLite'.

We will always prioritise the email address listed on your 2026 Enrolment Form. If you would like to update this or add an additional email address, simply contact the DANCE1 Office and we will be happy to assist.

Each week, DANCE1 sends out a "Monday Mail" - our studio-wide newsletter containing important updates, key dates, reminders and upcoming events. We strongly encourage all Adult dancers to stay up to date with the Monday Mail, even when information may not be specific to Adult classes. There are often studio events, performances and opportunities you may wish to share with friends and family.

To make sure that you are receiving all of the DANCE1 communication, please ensure you remain subscribed to our MailerLite emails, that you remove any spam settings on your email address for DANCE1 and 'Favourite' / add DANCE1 to 'Contacts'.

BAND APP



Practice your routines anytime, anywhere with BAND!

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:

For the privacy and protection of all dancers and teachers, filming or recording during Adult classes is not permitted.

This policy ensures:

- *The privacy and consent of everyone in the room*
- *The protection of teacher choreography and intellectual property*
- *A safe, respectful and focused learning environment*

To support your practice, DANCE1 uses BAND as our official platform. Teachers will upload any class footage, choreography or practice material that is appropriate for dancers to review and use at home.

END OF YEAR CONCERTS

OPTIONAL: CONCERT PARTICIPATION

While not the main focus of our Adult & Grad classes, who doesn't LOVE performing on stage?! The lights, atmosphere & sequins are certainly a goal for us to achieve together. Each Adult enrolls in a dance class for with a different goal in mind. **When considering concert participation, we ask that all Adults & Grads respect the participation choice of all - whether their goal in class is to master a 'Shirley Temple' OR build their confidence to perform on stage with their class.**

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.

CONCERT DATES

Monday 19th October – Saturday 24th October 2026

A usual DANCE1 'Concert Week' format which will consist of a combination of:

STAGE REHEARSAL: Classes rehearse together (either at the venue OR the DANCE1 Studio) to finalise formations, entries & exits which will take place the week of the show

DRESS REHEARSAL: Rehearsal in costume to be held during Concert Week (either in class or at the venue).

SHOWS: two shows on Saturday 24th October (1pm and 6pm roughly)

Participation information and exact performance times & days will be announced later in Terms 2 & 3.

Our Concert Handbook with more detailed information is ALWAYS released in Term 3 well in advance of the performances. While the commitment of Adults/Grads to concert participation is flexible, we do ask you to consider your schedule and availability before committing.

Now is the PERFECT time though to mark those dates if you're excited to make your stage debut (or return)!



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

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