



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 THREE Monday 20th July - Friday 25th September 2026 (10 weeks)

TERM FOUR Monday 12th October - Friday 27th November 2026 (7 weeks)

PLEASE NOTE:

- There will be NO CLASSES on Tuesday 25th August due to Costume Fittings (9 weeks for Tuesday Adult Jazz & Tuesday Adult Lyrical)
- There will be NO Adult Tap class on Wednesday 26th August due to Costume Fittings (9 weeks for Wednesday Adult Tap). On this date, Adult Hip Hop will still run class.
- There will be NO Adult Hip Hop class on Wednesday 16th September (9 weeks for Wednesday Adult Hip Hop). On this date, Adult Tap will still run class.
- Friday classes will not be impacted by Costume Fittings (10 weeks in Term 3)

STUDIO LOCATIONS & PARKING

LUC LOCATION (LINDFIELD UNITING CHURCH)

454 Pacific Highway, Lindfield, 2070

Tuesdays, Wednesdays & Fridays in 2026

- **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 above 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 2026

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

Toilets and Change Rooms are also located in the foyer area upstairs & can be accessed just before class.

DANCE1 also runs student classes in the

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

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.



Access to HF Studio



Click above to get directions to our HF location

CLASS GUIDE & STYLES

ADULT CLASSES

No experience necessary - all abilities welcome

Our Adult classes are open to everyone, whether you're stepping into a dance studio for the very first time or returning to it after years away. Classes are structured with warm-ups, technique work and choreography, so you'll build skills and fitness progressively each week rather than being expected to know it all from day one.

No prior dance background is required - just comfortable clothing and a willingness to give it a go. Class sizes, structure and teaching pace are all designed to support first-timers and experienced dancers alike, so you can go at a level that suits you.

JAZZ (Tuesday Evenings & Friday Mornings)

1 hour

Jazz is bold, bouncy and bursting with energy - think sharp choreography and strong beats. We build strength, progress & perfect technique and layer on skill week by week, all at a pace that works for you. Brand new to dance? Every move can be simplified and been dancing for years? We'll challenge your dancing heart's desire.

TAP (Wednesday Evenings & Friday Mornings)

1 hour

Tap is rhythm, sound and style all rolled into one seriously satisfying class. From classic time-steps to funky syncopation, you'll explore Broadway, Classical and upbeat tap styles while building precision, timing and that unmistakable tap-dancer confidence. It's ridiculously fun, and once you've put on your Tap shoes there will be no shufflin' back!

URBAN/HIP HOP (Wednesday Evenings))

1 hour

Bring the attitude! Hip Hop is all groove, energy and pure self-expression. Expect feel-good beats, loose choreography and the freedom to add your own flavour to every move. Whether you're chasing a killer workout or just want to dance like nobody's watching, this class is your funky, fierce and fabulous outlet.

LYRICAL (Tuesday Evenings)

1 hour

Lyrical blends the grace of Ballet with the freedom of Contemporary for a class that's as soulful as it is beautiful. Explore flowing lines & choreography, feel grounded and build on sequences that let you dance from the heart. Minimal floorwork, and all levels of fitness can be accommodated and moves modified.

TRIAL CLASSES

We offer Adult Trial Classes because we believe finding the right class and the right fit should come before a full term commitment. A trial class gives you the opportunity to experience our teaching style and get a feel for the class environment before enrolling by term or casually.

Trial classes are offered at a discounted rate of \$25 per class. To secure your place, simply use the link below to select your preferred class, complete your booking, and pay online.

PLEASE NOTE: Payment must be made via credit or debit card through our secure online payment system. Credit card payments incur a 1.8% service fee applied at checkout. Your booking will only be confirmed once payment has been successfully processed.

[Book a Trial Class - CLICK HERE](#)

TERMS & CONDITIONS

PRICING & PAYMENT

- Adult Trial Classes are charged at a flat rate of \$25.00 per class.
- Payment is required at the time of booking in order to confirm your place in class.
- Payment must be made via credit or debit card through our secure online payment system. Credit card payments incur a 1.8% service fee applied at checkout.
- Direct deposit is not available for Adult Trial Class bookings. Direct deposit is available for By Term enrolments only.
- Trial bookings will only be confirmed once payment has been successfully processed.
- Participants with outstanding or unpaid bookings will not be permitted to join the class.

RESCHEDULING & CANCELLATIONS

- Participants may reschedule their trial class on one (1) occasion, provided a minimum of 24 hours' notice is given prior to the scheduled class time.
- Cancelling within 24 hours' notice will be considered as a 'no-show' and the terms & conditions below apply.
- Rescheduling requests must be submitted via email (info@dancel.com.au) and are subject to availability.
- Once a trial class has been rescheduled, no further changes or transfers will be permitted. If a participant is unable to attend their rescheduled class for any reason, the trial class fee will be forfeited in full.

NO-SHOWS

- Failure to attend a scheduled trial class without prior notice will be treated as a no-show.
- No-shows will result in full forfeiture of the trial class fee. No refund, credit, or transfer will be offered. A no-show on a rescheduled class will also result in full forfeiture of the trial class fee.
- With limited trial class spots available, no-shows impact class spots for all casual students & waitlists.

ENROLMENT OPTIONS

- DANCE1 offers enrolment & payment options to suit everyone's needs.
- For every option, a completed Enrolment Form noting your chosen class(es) must be submitted to guarantee your spot.
- A \$30 Membership Fee is payable on enrolment, for both By Term and Casual students.

BY TERM ENROLMENT (\$25 per class)

Our 'By Term' option is how most dancers prefer to enrol. This means classes are paid for upfront and your place is secured for the entire Term. Choose this option when enrolling and indicate this on your 2026 Enrolment Form. An invoice will be sent upon receipt of your form.

New invoices are issued automatically at the end of each Term, based on your initial Enrolment Form. If you do not wish to continue for the following Term, or want to change your payment option, please contact the office at the end of your last class.

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

By Term fees are a set payment based on the number of classes in that Term and the 2026 fee schedule can be found below. Fees are pro-rated for dancers who commence partway through a Term, but cannot be pro-rated for regular/occasional absences. Please consider your expected weekly attendance and choose your payment option accordingly.

TERM 3

- 9 weeks on Tuesdays & Wednesdays **\$ 225**
- 10 weeks on Fridays **\$ 250**

TERM 4

- 6 weeks **\$ 150**

MAKE-UP CLASS POLICY

- *By-Term dancers who miss a scheduled class may arrange a make-up class through the DANCE1 Office, subject to availability in another class. Make-up classes can be utilised in any style offered.*
- *A make-up class will only be offered where DANCE1 has been notified in advance that a dancer will not be attending their scheduled class. Make-up classes will not be offered for unnotified absences.*
- *Make-up classes must be arranged within 2 weeks of the missed class, and must be completed before the end of the current Term. Make-up classes cannot be carried over into the following Term.*
- *Make-up classes are offered as a courtesy and are not guaranteed; placement depends on a class space being available in scheduled class.*

ENROLMENT OPTIONS

CASUAL ENROLMENT (\$35 per class)

Our casual class option is suitable for those looking for a more flexible, week-to-week class schedule. Each class is charged at the flat rate of \$35 per class. A \$30 Membership Fee is payable on enrolment and a standard Enrolment Form must be completed to secure a casual place in your chosen class.

Classes must be booked no less than 24 hours before the scheduled class start time to ensure a place is available. We ask that you book via the DANCE1 Office (info@dance1.com.au) so that our teachers know in advance.

Any class booked and subsequently missed for any reason will still incur the \$35 charge. Failure to attend a booked class without prior notice or formal cancellation is considered as a 'no-show' and will result in full forfeiture of the class fee. With limited casual class spots available, no-shows impact class spots for all casual students & waitlists.

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 time and extra paper work! 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.

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 (does not incur additional fees)**
 - 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.

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

BAND APP



DANCE1 offers our Adult dancers the option to subscribe to BAND, an easy-to-use online platform and app that shares choreography videos, music and learning resources 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, allowing dancers to practise and perfect the moves learnt in class that week. Step-by-step videos from our D1 teachers make it simple to review, repeat and master each movement at your 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:

Filming or photographing classes and choreography is against DANCE1 policy for Adults. 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, drawing on any class footage the teacher uploads.

OPTIONAL: CONCERT PARTICIPATION

Who doesn't love the idea of a little time in the spotlight? While it's not the main focus of our Adult classes, every DANCE1 Adult has the opportunity to perform in our End of Year Spectacular - the lights, the costumes, the sequins, all of it!

Unlike our student Term fees, concert participation for Adults is entirely optional and sits outside the regular weekly class tuition. If you'd rather skip the stage and just enjoy your weekly class, that's completely fine too. Rest assured, your regular classes are not affected either way, so you'll keep leaping and shuffling each week regardless of whether you choose to perform.

If you do choose to take part, costume costs and the Adult Concert Participation fee are not included in your Adult Term fees, and are charged separately. More information on how to register participation is available at the end of Term 2, with Adults having a final deadline of Friday 25th July.

Adults are involved in:

STAGE/DRESS

REHEARSAL

held either on the Wednesday or Thursday before the shows
(location confirmed closer to the event)

SHOW

TWO performances on Saturday 24th October (Week 2, Term 4)
- a matinee and evening performance (roughly 1pm and 6pm)

Due to rehearsals & performances, regular Adult classes will not be held in Week 2 of Term 4, and performers' lessons in Week 2 will form part of their 'Performer's Package'.



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 strongly discouraged for safety reasons.

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.

LYRICAL: Pink Ballet shoes are the first recommendation for lyrical, or any soft shoe (e.g. Jazz shoe) will also be suitable.
We encourage dancers to wear a form of footwear for this class (over bare feet), however footwear is more flexible based on the student's preference for comfort.

HIP HOP: Sneakers are the preferred choice for Hip Hop. Supportive runners are suitable and for those looking to invest, dance sneakers with a flexible sole can also be worn.

All dance shoes can be purchased at any BLOCH store (OR via DANCE1 Shoe Fitting Sessions which take place at the start of Term 1 in February).



TAP Shoes: lace-up



TAP Shoes: buckle



JAZZ Shoes



BALLET Shoes

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 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, DANCE1 may choose 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 pages 7 & 8 for more information about payment and enrolment 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. One optional extra we highly recommend is our BAND annual subscription for all enrolled DANCE1 Adults. 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!

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.

PAYMENT TERMS

7. DANCE1 accepts payment via card (including credit cards, debit cards or prepaid) and direct deposit. Cash and cheques are no longer accepted.
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 organised within two weeks of the missed class and completed during the relevant Term. Make-up lessons will not be carried over into the following Term.

Casual Adult classes must be booked in advance of the class. Any missed classes (without prior notice or cancellation) 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.

TRIAL CLASSES

11. Trial classes are charged at the discounted rate of \$25 and are payable by credit card at the time of booking. Participants with outstanding or unpaid bookings will not be permitted to join the class.
Participants may reschedule their trial class on one (1) occasion, provided a minimum of 24 hours' notice is given prior to the scheduled class time. If a participant is unable to attend their rescheduled class for any reason, the trial class fee will be forfeited in full. No-shows will result in full forfeiture of the trial class fee. No refund, credit, or transfer will be offered. A no-show on a rescheduled class will also result in full forfeiture of the trial class fee.

Please refer to page 6 for more information on Trial Classes.

END OF YEAR CONCERTS (OPTIONAL)

12. 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. 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.

DANCE1 TERMS & CONDITIONS

COMMUNICATION VIA EMAIL

13. DANCE1 shares important updates, event details, and announcements via email. 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.

COMMUNICATION VIA TEXT MESSAGE

14. DANCE1 relies on text messaging for quick, reliable contact. By providing your mobile number and ticking the SMS consent box during enrolment, you opt in to receive updates only relevant to your classes, events, timetable changes, and attendance. You can withdraw this consent at any time by replying STOP to any text message.

To ensure student safety and smooth operations, DANCE1 reserves the right to contact dancers via text regarding critical transactional matters such as fee invoices, emergency scheduling changes, student health, or immediate safety alerts. These essential notifications are not considered commercial under Australian law and will be sent regardless of your marketing opt-out status

PHOTO & MEDIA CONSENT

- 15 Capturing the joy and magic of DANCE1 is something we love to do and often we share these special moments with our audience - through our website, social media or studio promotions. As Adults we understand that not every participant may want their image shared, and that's why we give you the choice to indicate your preference on your Enrolment Form. Where consent is given, images or videos taken during class may potentially be used across our website, social media channels and print materials.

INJURIES, MEDICAL & HEALTH

16. By enrolling with DANCE1, you understand the risk associated with undertaking dance as a physical activity and acknowledge that on the rare occasion, accidents may occur through no fault of DANCE1 or its instructors. In this instance, you agree to release DANCE1 and its instructors of any and all injuries & damage incurred by my dancer. Dancers should be dressed appropriately for class and we ask them to advise promptly of any pain or discomfort experienced during class.
17. Participants should disclose any relevant medical conditions, allergies, injuries or additional needs at the time of enrolment and notify the DANCE1 Office if circumstances change. This information helps us provide the most appropriate care and support during classes.



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