ROAR CALISTHENICS ACADEMY

Welcome to 2022 - our biggest year yet. We are lovers of all things dance, music and performing.

DANCE WITH PRIDE

ROAR CALISTHENICS ACADEMY

At Roar Calisthenics, we are lovers of all things dance, music and performing. Calisthenics is a truly unique dance sport that combines the best parts of Jazz, Ballet, Musical Theatre, Singing and Gymnastics. Our classes are a safe, fun and encouraging space to support our dancers to learn new skills, express their creative side and grow into beautiful performers.

Each year, our teams work on 4 – 7 routines which are performed on stage at our annual showcase.

WE BELIEVE THAT CALISTHENICS CREATES STRONG, CONFIDENT PERFORMERS, AND THE SKILLS THEY LEARN CAN BE TRANSFERRED FROM THE STAGE TO EVERYDAY LIFE.

2022 CLASSES

AGE GROUPS

*Ages are taken as at 31 December 2022.

Cubs
Aged 2-4 years (born 2018 - 2020)

Tinies
Aged 5-7 years (born 2015 - 2017)

Sub Juniors
Aged 8-10 years (born 2012 - 2014)

Juniors
Aged 11-14 years (born 2009 - 2011)

Masters
Aged 26 and after (born after 1996)

FEES

Fees are based on the annual cost to partake in Calisthenics, divided by four terms. Fees include all hall hire, lesson fees, showcase costs, and club admin. Please note, uniforms and costume levies are not included in fees. The costume levy is a one-off fee

Cubs - $120 per term + $40 costume levy
Tinies - $140 per term + $80 costume levy
Sub Juniors - $150 per term + $90 costume levy
Juniors - $165 per term + $100 costume levy
Masters - $150 per term + $120 costume levy
Solo - $300 per item + $90-$150 costume levy

CLASS TIMETABLE

Classes take place at the Leicester Hall in Ellerslie. Corner Findlay Street and Ramsgate Streets.

Please note, a minimum number of pupils are required for each class to go ahead.

MONDAY

CUBS: ages 2 - 4 yrs
10:00AM - 10:30AM

TINIES: ages 5-7 yrs
3:15PM - 4:30PM

WEDNESDAY

SUB JUNIORS: ages 8-10yrs
3:15PM - 4:45PM

MASTERS: ages 26 & over
7:30PM - 9:00PM

THURSDAY

SOLOS: all ages available
3:15PM - 4:45PM
30 minute slot per soloist

SATURDAY

CUBS: ages 2-4 yrs
8:30AM - 9:00AM

TINIES: ages 5-7yrs
9:15AM - 10:30AM

SUB JUNIORS: ages 8-10yrs
10:30AM-12:00PM

JUNIORS: ages 11-14yrs
12:00PM - 2:00pm

TERM DATES

No Classes take place during the school holidays.
Once enrolled, a my specific timetable for your class will be provided.

TERM 1 DATES

MONDAY 31 JANUARY 2022 – THURSDAY 14 APRIL 2022

TERM 2 DATES

MONDAY 2 MAY 2022 – FRIDAY 8 JULY 2022

TERM 3 DATES

MONDAY 25 JULY 2022 – FRIDAY 30 SEPTEMBER 2022

TERM 4 DATES

MONDAY 17 OCTOBER 2022 – SATURDAY 3 DECEMBER 2022

2022 COMPETITION SQUAD

GC Cali Dance Eisteddfod

We are have been invited to compete in the 2022 GC Cali Dance Eisteddfod on the Gold Coast. This is an exciting opportunity for our Roar girls to create history and be the first International Calisthenics Team to compete in Australia.

Expressions of interest are required by Sunday 9 January 2022. A full break down of the event, training requirements and costs will be provided to those who complete an Expression of Interest.

COMPETITION DATES: Monday 19 September to Friday 23rd September 2022.
COMPETITION SCHEDULE: To be announced in March 2022.

WEAR IT WITH PRIDE

Once dancers are enrolled at Roar Calisthenics, they are required to wear a uniform to class. Uniform is compulsory for all dancers. Dancers will be required to wear a black leotard, black 'Dance with Pride Tee' with black or pink bike shorts or black leggings. No baggy or loose clothing permitted and hair should be pulled back off the face.

DANCE WITH PRIDE TEE

$30 for kids

$40 for adults

Compulsory for all dancers. Long Sleeve option available.

DANCE WITH PRIDE JUMPER

$40 for kids

$50 for adults

Optional for all dancers.

BLACK LEOTARD

$40 for kids

Compulsory for all dancers.

You are welcome to source your own leotard – please ensure it is black. Cheaper leotards can be purchased from Kmart and Farmers etc.

PINK DANCE SHORTS

$25 for kids

Compulsory for all dancers.

BLACK LEGGINGS

$15 for kids

Compulsory for all dancers.

You are welcome to source your own black leggings – please ensure they are full black. Cheaper leggings can be purchased from Kmart and Farmers.

CLASS EQUIPMENT

Below are the training items your child will need for class each week. These items will be yours to keep.

PRACTICE SKIRT

$60 – $80*

*Depending on the length

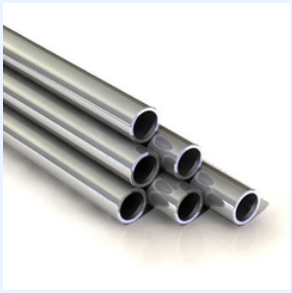
Optional for Cubs.

CLUBS

$60 for kids

$70 for adults

Not required for Cubs & Tinies



RODS

$10

Required for all dancers – optional for Cubs

BAG

$15

Optional

HOW TO MEASURE

UNIFORM AND CLASS EQUIPMENT CAN BE ORDERED ONLINE

ROD MEASUREMENT

Measure from the centre of the neck to middle finger.

SKIRT MEASUREMENT

Measure from the outside of the waist down to the ankle bone.

CLUBS MEASUREMENT

Measure from the palm of the hand to halfway up the upper arm.

OTHER IMPORTANT INFORMATION

CLUB UPDATES & COMMUNICATION

All club updates and communications will be sent via email and a private Facebook group. Please ensure you request to join the 'Roar Cali Community' Group and that lines of communication via email are clear.

MEDICAL POLICY

In the event that your child has an accident or other medical emergency at class and if the coach cannot contact either parent/guardian or emergency contact named, you authorise your child to receive medical attention deemed suitable.

FEE POLICY

All fees must be paid on time each term. Your child's position in the class is not guaranteed until fees have been paid. Uniforms and class equipment will not be handed out until all invoices are paid. No refunds are given for missed classes due to overseas trips, family holidays or birthdays etc. Refunds may be granted due to illness, injury or bereavement only. Medical certificates may be requested.

ATTENDANCE POLICY

Please ensure you notify the Jess as soon as possible if your child is unable to attend any of the scheduled trainings, dress rehearsals or performances. Failure to turn up to a scheduled class will not entitle you/your child to a refund of any hall hire or lesson fees.

PARENT ATTENDANCE AT CLASS

It is asked that parents drop their children off at the commencement of class. With growing pupils, the environment becomes to loud with too many parents and siblings at the back of the hall. If your child is nervous or anxious about you leaving, please contact me to discuss. Parents are welcome to stay when a child is attending their trial class.

OTHER IMPORTANT INFORMATION

CLASSES AND WAITLISTS

All classes have a maximum number of students. If this number is reached, a waiting list will begin for new enrolments into the class. If you are added to a waiting list you will be contacted when a space becomes available for you. There will be no fees charged for being on a waiting list.

UNIFORM POLICY

It is compulsory for all classes and must be worn by the third class students attend.

SHOWCASE POLICY

Taking part in the end of year showcase is not compulsory although is highly recommended as it is the highlight of the year. The costume fee will be included in your term 4 fees. This fee is a contribution towards sewing, purchasing, laundering, storage and handling of costumes. You do not get to keep your show costume. Attendance at showcase dress rehearsals is compulsory if performing in the showcase. If classes are missed this could jeopardise your place in your showcase routines.

TERM COMMENCEMENT

There are limited spaces in each class. Positions in class will automatically roll over at the end of each term. If you no longer require your held position, notice must be received before the commencement of the next term, otherwise all fees for that term will be payable.

IMPORTANT DATES & EVENTS

DRESS REHEARSAL – AUGUST

It is expected that all pupils attend our Dress Rehearsal class as this is an important step for all pupils to be stage ready. It allows us to work on costume amendments and any choreography changes that may be needed due to costuming. One parent is required to stay to help with getting the girls changed between costumes.

PHOTO DAY & MINI PERFORMANCE – OCTOBER

This year, we will be having a dedicated photo day. The girls will be required to get hair and make up done, get photos taken in their costumes and also do a mini performance for families in order to assist them become stage ready.

ANNUAL SHOWCASE – NOVEMBER

Our concert for 2022 will be held at the Raye Freedman Arts Centre in Epsom. Date is to be confirmed, but usually falls on the last weekend of November. It is a ticketed event so we encourage you to get as many friends and family together to support our girls. The showcase is a great day, it also requires volunteers to help it run smoothly.

END OF YEAR PARTY

Each year, we like to celebrate the girls and their amazing efforts with a party. Details will be provided closer to the time and usually falls the first weekend of December.

COVID TRAFFIC LIGHT SYSTEM

The new Covid Protection Framework for 2022 enables us to proceed with some certainty (yay)! It's a good feeling to know that we can keep dance classes on track throughout all of the traffic light systems and any future localised lockdowns that may occur in 2022. As we hire our training venue from the Auckland Council, we are required to comply with their Covid Requirements. Only people with a My Vaccine Pass are allowed to be there. Children under the age of 12 years and 3 months do not need to provide a My Vaccine Pass to enter places with a vaccination requirement.

GREEN

- Classes will continue as normal with normal hygiene measures in place.
- Vaccination certificates required for applicable age groups.

ORANGE

- Classes run in our usual training venue with 1m social distancing in place.
- Limited observers in the hall
- Masks or face coverings are encouraged but not essential
- Vaccination certificates are required for applicable age groups.

RED

- Classes run in our usual training venue with restrictions.
- 35 people only in the venue
- Limited observers in the hall
- Masks or face coverings are encouraged but not essential
- Special entries and exit pathways are followed to keep social distancing.
- Vaccination certificates are required for applicable age groups.

LOCKDOWN

- All classes will immediately move to online. Timetable and fees will remain the same.