



NANANGO, KINGAROY & TOOWOOMBA

2023 Enrolment Information

NANANGO & KINGAROY STUDIOS



WWW.LCDA.NET.AU

about us

BEC STONE & ASHLEIGH MANGAN
0456 034 021

BEC@LCDA.NET.AU | ASHLEIGH@LCDA.NET.AU
NANANGO STUDIO: 14 KIMLIN STREET, NANANGO QLD
KINGAROY STUDIO: SHED 1 & 2/18 STOLZENBERG ST KINGAROY, QLD
PO BOX 597, NANANGO, QLD 4615

La Crème Dance Academy (LCDA) is located in the communities of Nanango, Kingaroy & Toowoomba, specialising in dance education and training.

We offer a safe, supportive and inviting environment to seek premium quality dance tuition. Our staff are dedicated to instilling their knowledge and passion to students, whether they are dancing at a recreational level or a competitive level, while promoting creativity and enjoyment. We will assist students to become technically proficient and to reach their own personal potential. Students will build self-esteem, cultural awareness, work ethics and self-discipline that will not only be associated with dance, but with general life skills in order to attain individual goals. Each student will be encouraged to work towards attainable goals, such as preparation for examination, eisteddfods, concerts, competitions and performance opportunities.

**BE PART OF A DANCE STUDIO
YOU WILL LOVE**

The future of La Crème Dance Academy is an exciting opportunity to support cultural awareness and educational opportunities within the region.

VISION

La Crème Dance Academy's vision is to build a safe and friendly environment where families can discover innovative training and education in dance in order to reach their full potential, with unique advantages.

MISSION

Our mission is to uphold an exceptional reputation for inspiring people to be the best dancers they can be. We are highly devoted to providing premium quality dance tuition and instilling our knowledge and passion to students, whether they are dancing at a recreational level or a competitive level. LCDA will provide students with opportunities for self-expression, performance, creativity and fun in relation to dance. We believe nurturing the talent of each individual student as they explore movement and music, and know a teacher's influence on the future of a student extends far beyond what goes on in the dance studio.

DIRECTORS

Comdance Teachers Certificate Modern Jazz)
Acrobatic Arts Certified Teacher
Aerial Arts (Lyra/Hoop))
Alix Flexibility Certified Teacher
Glenn Wood Tap Teacher

Rebecca began attending dance classes in Nanango at the age of six. She has since completed 12 RAD (Royal Academy of Dance) examinations and two Comdance Modern Jazz examinations, as well as competing in many eisteddfods. Bec began assistant teaching in 2008 and commenced teaching classes in 2010, where she has since choreographed many routines for concert performances, eisteddfod competitions and more. In 2015, Bec completed her Certificate in Ballet Teaching Studies (CBTS) through the RAD (London). Eager to extend her skills, she then attained her Modern Jazz Teachers Certificate in 2016 through Comdance and also became a certified teacher in Acrobatic Arts. Bec attended professional development courses in Aerial Arts during 2018 and another in 2021 specifically focussing in Lyra (Hoop). Bec also became an Alix Flexibility qualified teacher, expanding her knowledge of safe flexibility methods to be able to facilitate further progressions in her students. Bec has been an active member of the Nanango community, passionate to teach and nurture children through the art of dance.



COMDANCE

GWT

Bec Stone

&

Ashleigh Mangan

Diploma of Art (Dance Performance),
Acrobatic Arts Certified Teacher.
Aerial Arts (Lyra/Hoop)
Alix Flexibility Certified Teacher
Glenn Wood Tap Teacher

Born in Nanango, Queensland, Ashleigh Mangan became director of La Crème Dance Academy in August 2013. She studied dance and completed RAD examinations in Nanango from 2001 – 2006. Ashleigh then went on to study full-time dance at Australian Dance Performance Institute, Brisbane, where she successfully completed her Diploma of Art (Dance Performance) majoring in Classical and Contemporary Dance and minoring in Jazz. Upon graduation, Ashleigh pursued her passion for teaching at the Australian Dance Performance Institute, under the direction of RAD Examiner, Barbara Eversen. In 2008, she attained her Certificate in Ballet Teaching Studies (CBTS) with the Royal Academy of Dance, London, as well as becoming an Acrobatic Arts Certified Teacher in 2016. Ashleigh attended a professional development courses in Aerial Arts in 2021, specifically focussing on Lyra (Hoop). Ashleigh also became an Alix Flexibility qualified teacher in 2021, expanding her knowledge of safe flexibility methods to be able to facilitate further progressions in her students. Ashleigh has been teaching and choreographing since 2002 and will continue to share her love for dance with her students for years to come.



GWT



Ready,
Set...
Dance!

GIVE YOUR CHILD THE ULTIMATE INTRODUCTION TO DANCE!

READY SET DANCE & READY SET BALLET
OFFICIAL LOCATION

PROMOTING CONFIDENCE, CREATIVITY
& COORDINATION!

BEGINNER PROGRAM

La Creme Minis *Turning 2 & 3 years in 2023*

Does your little one like to groove? La Creme Mini's is a uniquely designed program to perfectly suit the needs of girls and boys during their first years of dance. Following the internationally renowned syllabus, READY SET DANCE (level 1) & READY SET BALLET, children will learn to move and groove with fun props and engaging music with the comfort of their 'big person' in class with them. (1 adult per child). Students will learn Jazz, Ballet, Tap, Acro, Aerial, Singing, Hip Hop during classes and develop their co-ordination, creativity & confidence. La Creme Mini's gives students the ultimate introduction to dance!

Nanango Studio

Monday 3.15pm - 3.45pm
Tuesday 9.15am - 9.45am

Kingaroy Studio

Wednesday 9.15am - 9.45am
Wednesday 3.15pm - 3.45pm



La Creme Kids *Turning 3 & 4 years in 2023*

La Creme Kids is a fun, exciting (and adorable!!) combination class of ballet, jazz, hip hop, singing tap, aerial and acro, because at this age, how can you choose 1? Focussing on inspiring creativity, teaching coordination, musicality, & fundamental movement skills, this class will give your little one a head-start in more than just dance. Following the internationally renowned syllabus, READY SET DANCE (level 2) & READY SET BALLET, children will learn to move and groove with fun props and engaging music. Designed for little dancers, this class is the ultimate introduction to the world of dance!

Nanango Studio

Monday 3.45pm - 4.15pm

Kingaroy Studio

Wednesday 3.45pm - 4.15pm



Beginner Classes *Turning 5 & 6 years in 2023*

Aerial

Learning and progressing through skills on the aerial hoop and silks, students are taught the fundamentals to dancing in the air, following the international syllabus, Aerial Arts.

Ready Set Ballet

Following the Ready Set Ballet Syllabus, children will ignite their inner ballerina/ballerino with fun and engaging exercises.

Acro

Students will learn tricks, tumblers, limbers and basic contortion in a safe environment, following the Acrobatic Arts syllabus.

Ready Set Dance (COMBO CLASS)

Following the Ready Dance Syllabus, Students will love this combo class! From jumping jazz, to groovin hip hop, to exploring noises with tap and singing. A class of pure fun!

Beginner Dancers at La Creme have the opportunity to take classes in Aerial, Acro, Ballet & Combo class of Jazz/Hip Hop/Tap/Singing!!

Nanango Studio

Monday 3.45pm - 5.45pm

Kingaroy Studio

Wednesday 3.45pm - 5.45pm

*please see studio timetable for specific class times

Let's Dance!



BE PART OF A STUDIO YOU WILL LOVE WITH ALL WE HAVE TO OFFER IN 2023

**** 6 STUDIOS, OVER 3 LOCATIONS ****
NANANGO, KINGAROOY & TOOWOOMBA

****CAPPED CLASSES****

JUNIOR - INTERMEDIATE - SENIOR - ADVANCED - ADULT

aerial - silk & lyra

Discover the wonderful world of aerial acrobatics! Our aerial classes cover both silks and lyra (hoop) techniques. Students will learn methods to climb the silks and mount the lyra, apply various locks, create incredible poses in the air, perform spinning tricks and once advanced enough can even learn to perform drops. Discover the art of flying in a safe atmosphere with educated instructors.

jazz & hip hop

An energetic class to on trend music, with a fun and upbeat atmosphere. The classes include age-appropriate strengthening warm-ups, as well as stretching techniques to encourage young muscles, travelling movements, centre combinations, leaps, turns and routines.

cabaret/heels

A fun genre for advanced level students, learning to dance in heels. This class helps improve strength, posture, poise, presentation and confidence, whilst drawing on elements across a range of traditional showgirl moves and poses, and incorporating genres of pop, jazz and hip hop.

Advanced & Adult dancers in 2023

classical ballet & pointe

Students will gain a practical dance education in ballet, progressively developing technical, musical and performance skills. Dancing en pointe is the most advanced form of classical ballet and therefore, can only be taught to and performed by selected students. It is the directors' decision to inform students when they are eligible for pointe.

contemporary/lyrical

Students will learn to use the body's natural lines and energy to create new movements, which have a greater range and fluidity. Our contemporary/lyrical class is well structured and incorporates relaxation, suspension, falling, floor work, jumps and travelling sequences.

Turning 9 years & over in 2023

acro

This genre combines dance techniques with acrobatics using unique choreography which seamlessly blends artistic dance movement and tricks together. Students will learn tricks, tumbles, limbers and basic contortion in a safe environment. Modern partnering techniques are also incorporated into acro classes.

tap

Following the Glenn Wood Tap syllabus, dancers practice a series of tap steps, adding more difficult combinations as they become more proficient. Tap dancing is a fun way to develop musicality, timing and balance.

strength & flexibility

Students learn safe techniques to increase their flexibility and enhance their overall strength following the world renowned Alixa Flexibility method. Focussing on proper alignment, our strength & flexibility classes will encourage progression to complement all dance styles.

Turning 9 years & over in 2023

leaps & turns

A technique class designed to improve the overall ability of the student in all dance forms and focused specially on learning new jumps, leaps and turns.

Turning 9 years & over in 2023

performance & exam opportunities

Examinations are offered under the Comdance Modern Jazz and Ballet, Glenn Wood Tap, Aerial Arts and the Acrobatic Arts syllabus. Exams are designed to encourage, motivate and reward students, with their progressive structure. It is the directors' decision if a student is ready to sit for an examination - participation is by invitation only. Invitations are sent via email to join our Company/Eisteddfod team. Participation in our End Of Year Concert is not compulsory but is highly encouraged.

La Creme
Minis

Turning 2 & 3
in 2023

La Creme
Kids

Turning 3 & 4
in 2023

Beginner

Turning 5 & 6
in 2023

Junior

Turning 7 & 8
in 2023

Intermediate

Turning 9-11
in 2023

Senior

Turning 12-14
in 2023

Advanced

Turning 15+ in
2023

**discretion of
directors*

Adult

Turning 18+



2023 Timetable Nanango



MONDAY			
Studio 1		Studio 2	
		3.15pm – 3.45pm	La Crème Mini's A (turning 2 & 3) (AM)
3.45pm – 4.15pm	Beginner/Junior Aerial (RS/KF)	3.45pm – 4.15pm	La Crème Kids (AM) (turning 3 & 4)
4.15pm – 4.45pm	Junior Acro (AM)	4.15pm – 4.45pm	Beginner Acro (KF/RS)
4.45pm – 5.15pm	Junior Jazz/Hip Hop (RS/KF)	4.45pm – 5.15pm	Beginner Ready Set Dance (Jazz/Hip Hop/ Tap/Singing) (AM)
5.15pm – 5.45pm	Junior Ballet (KF/RS)	5.15pm – 5.45pm	Beginner Ready Set Ballet (AM)
5.45pm – 6.15pm	Junior Tap (AM)	5.45pm – 6.15pm	Pre -Intermediate Ballet Exam (HS)** (Level 2)
6.15pm – 6.45pm	Senior Ballet Exam (AM)** (Level 5)	6.15pm – 6.45pm	Intermediate Ballet Exam (HS)** (Level 3)
6.45pm – 8.15pm	Vocational Ballet Exam** (AM) (Adv 1)	6.45pm – 7.15pm	Modern Jazz Level 4** (HS)
		7.15pm – 7.45pm	Pre-Advanced Ballet Exam (HS)** (Level 6)

TUESDAY			
Studio 1		Studio 2	
9.15am – 9.45am	La Crème Mini's B (turning 2 & 3) (AM/BS)		
3.30pm – 4.00pm	Strength & Flexibility (AM)	3.30pm – 4.00pm	Modern Jazz 8** (BS)
4.00pm – 4.30pm	Advanced Ballet & Pointe (BS)	4.00pm – 4.30pm	Advanced/Senior Ballet & Pointe (AM) *must be approved to go en pointe*
4.30pm - 5.00pm	Advanced Contemporary (AM)	4.30pm - 5.00pm	Senior Contemporary (BS)
5.00pm – 5.30pm	Advanced/Senior Acro (BS)	5.00pm – 5.30pm	Senior Acro (AM)
5.30pm – 6.00pm	Advanced Jazz (BS)	5.30pm – 6.00pm	Senior Jazz (AM)
6.00pm – 6.30pm	Advanced Hip Hop (BS)	6.00pm – 6.30pm	Senior Hip Hop (AM)
6.30pm – 7.00pm	Advanced Tap (AM)	6.30pm – 7.00pm	Advanced/Senior Tap (BS)
7.00pm – 7.30pm	Senior Aerial (BS)	7.00pm – 7.30pm	Advanced Cabaret/Heels (AM)
7.30pm – 8.00pm	Advanced Aerial (BS)		
8.00pm – 8.30pm	Advanced/Senior Leaps & Turns (BS)		

WEDNESDAY	
Studio 1	
3.30pm – 4.00pm	Intermediate Tap (CB)
4.00pm – 4.30pm	Intermediate Ballet (CB)
4.30pm – 5.00pm	Intermediate Contemporary (CB)
5.00pm – 5.30pm	Intermediate Jazz (CB)
5.30pm – 6.00pm	Intermediate Hip Hop (CB)
6.00pm – 6.30pm	Intermediate Acro (CB)
6.30pm – 7.00pm	Intermediate Aerial (CB)
7.00pm – 7.30pm	Adult Heels (CB)
7.30pm – 8.00pm	Adult Aerial (CB)

Term Dates:

Term 1: Monday 30th January – Friday 31st March

Term 2: Monday 17th April – Friday 23rd June

No Classes Monday 19th June

Term 3: Monday 10th July – Friday 15th September

Term 4: Monday 2nd October – EOY Concert date

Please Note

Classes are held as normal on Pupil Free Days & Public Holidays

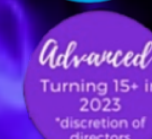
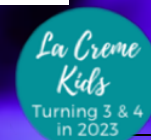
Timetable is subject to change

** Entry into this class is by invitation only

AM = Miss Ashleigh BS = Miss Bec CB = Miss Chelsea

HS = Miss Hayley RS = Miss Rhiannon KF = Miss Cassidy

0456 034 021



Directors: Ashleigh Mangan & Bec Stone

Studio Address: Kimlin St., Nanango, QLD 4615

ashleigh@lcda.net.au | bec@lcda.net.au

www.lcda.net.au

Postal Address: PO Box 597, Nanango, QLD, 4615



2023 Timetable

Kingaroy



WEDNESDAY			
Studio 1		Studio 2	
		9.15am – 9.45am	La Crème Mini's A (AM/BS) (turning 2 & 3)
3.15pm – 3.45pm	Beginner/Junior Aerial A (AM)		
3.45pm – 4.15pm	Beginner/Junior Aerial B (RS/KF)	3.45pm – 4.15pm	La Crème Kids (AM) (turning 3 & 4)
4.15pm – 4.45pm	Beginner Acro (KF/RS)	4.15pm – 4.45pm	Junior Acro (AM)
4.45pm – 5.15pm	Beginner Ready Set Dance (Jazz/Hip Hop/ Tap/Singing) (AM)	4.45pm – 5.15pm	Junior Jazz/Hip Hop (RS/KF)
5.15pm – 5.45pm	Beginner Ready Set Ballet (AM)	5.15pm – 5.45pm	Junior Ballet (KF/RS)
5.45pm – 6.15pm	Pre-Intermediate Ballet Exam (HS)** (Level 2)	5.45pm – 6.15pm	Junior Tap (AM)
6.15pm – 6.45pm	Modern Jazz 5** (HS)	6.15pm – 6.45pm	Intermediate Ballet Exam (AM)** (Level 3)
6.45pm – 7.15pm	Adult Heels (HS)	6.45pm – 7.15pm	Senior/Advanced Ballet Exam (AM)** (Level 5)
7.15pm – 7.45pm	Adult Aerial (HS)		

THURSDAY			
Studio 1		Studio 2	
3.30pm – 4.00pm	Senior Ballet (CB)	3.30pm – 4.00pm	Advanced Ballet & Pointe (BS)
4.00pm – 4.30pm	Senior Contemporary (CB)	4.00pm – 4.30pm	Advanced Contemporary (BS)
4.30pm – 5.00pm	Senior Acro (CB)	4.30pm – 5.00pm	Advanced Acro (BS)
5.00pm – 5.30pm	Senior Jazz (CB)	5.00pm – 5.30pm	Advanced Jazz (BS)
5.30pm – 6.00pm	Senior Hip Hop (CB)	5.30pm – 6.00pm	Advanced Hip Hop BS)
		6.00pm – 6.30pm	Strength & Flexibility (BS)
6.30pm – 7.00pm	Senior Tap (CB)	6.30pm – 7.00pm	Advanced Tap (BS)
7.00pm – 7.30pm	Senior Aerial (CB)	7.00pm – 7.30pm	Advanced Cabaret/Heels (BS)
7.30pm – 8.00pm	Advanced Aerial (BS)		
8.00pm – 8.30pm	Senior/Advanced Leaps & Turns (BS)		

FRIDAY	
Studio 1	
3.30pm – 4.00pm	Intermediate Tap (BS/AM)
4.00pm – 4.30pm	Intermediate Ballet (BS/AM)
4.30pm – 5.00pm	Intermediate Contemporary (BS/AM)
5.00pm – 5.30pm	Intermediate Jazz (BS/AM)
5.30pm – 6.00pm	Intermediate Hip Hop (BS/AM)
6.00pm – 6.30pm	Intermediate Acro (BS/AM)
6.30pm – 7.00pm	Intermediate Aerial (BS/AM)

Term Dates:

Term 1: Monday 30th January – Friday 31st March
 Term 2: Monday 17th April – Friday 23rd June
 Term 3: Monday 10th July – Friday 15th September
 Term 4: Monday 2nd October – EOY Concert date

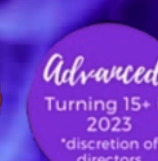
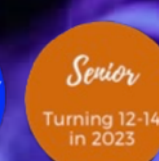
Please Note

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Timetable is subject to change

** Entry into this class is by invitation only

AM = Miss Ashleigh BS = Miss Bec
 HS = Miss Hayley CB = Miss Chelsea
 RS = Miss Rhiannon KF = Miss Kassidy



Directors: Ashleigh Mangan & Bec Stone

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Uniform

LCDA uniforms are stocked in house and can be purchased through our online store (parent portal) or during reception hours at the studio. Uniform items can also be tried on for sizing prior to purchase. We have so many styles for students to choose from. Students participating in ballet classes are required to wear a leotard.

We encourage dancers to look their best for dance - 'look like a dancer, feel like a dancer!' Students are required to be in uniform for classes at LCDA and have hair tied back neat and off the face.

Students in La Creme Mini's, and La Creme Kids classes are required to wear the Ready Set Dance uniform.

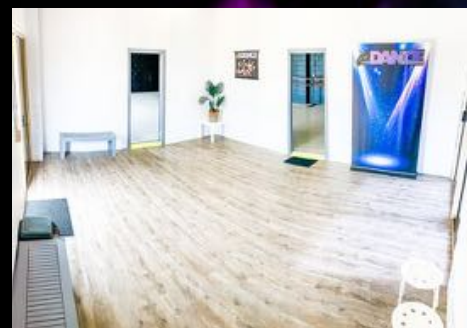
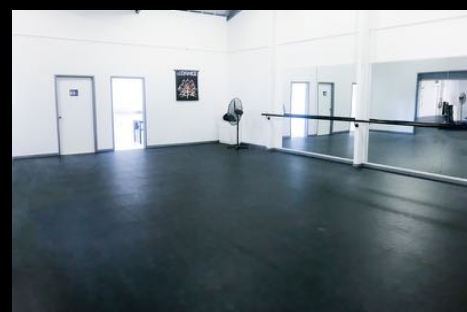
- Crop tops
- Leotards
- Polo shirts
- Long leggings
- Shorts
- 3/4 leggings
- Ruffle Skirt
- Stockings/socks
- Bags
- Hair bows
- Waterbottles
- Jackets
- Ready Set Dance uniforms
- DANCE PACKS AVAILABLE

Be sure to check out our huge range of uniform items!

Facilities

We are proud to offer an amazing range of equipment in our dance studios. From sprung dance flooring with tarkett, all the way to certified aerial equipment.

- 2 fully equipped studios side-by-side in Nanango & Kingaroy
 - Waiting rooms
 - Kitchen & Bathroom facilities
 - Dance Store
 - Vending Machines *New in 2023*
 - Certified aerial equipment including freestanding rigs, multiple sized lyra hoops, silks, moon hoop.
 - Tarkett flooring
 - Multiple acro mats
 - Air tracks
 - Hand Balance Canes
 - Ballet Barres
- and more...



Additional Information



PARENTS & GUARDIANS

To ensure that students gain the most from their classes, parents/guardians are not permitted to sit in during classes. Parents and guardians are able to watch their child's progress during the last week of term; otherwise there is a waiting room available for those parents who would

like to wait. Please keep in mind when waiting, that a quiet environment makes it easier to learn. For younger children who are just starting, parents are encouraged to bring their child into the room to meet and greet the teacher and other students.

Parents are to be aware that this industry does require that their child/children be touched during the class by the teacher, assistant or another child. Corrections by the teacher or assistant require the hands on approach.

Students who have a break in classes will not be supervised by LCDA staff. The waiting area is available, however students will not be supervised.

HAIR & UNIFORM

Hair must be well groomed for all classes regardless of genre. A bun must be worn for any ballet class for girls (secured with a hair net). A pony tail is acceptable for all other classes, however must be pulled back neatly off the face with no wispy bits. Students are to wear the LCDA uniform to all classes.

END OF YEAR CONCERT

All students are invited to participate in the End of Year Concert (ex. adult classes). The concert is a fantastic opportunity to perform in front of an audience and be part of a professional production.

A CONCERT INFORMATION PACK WILL BE AVAILABLE MID YEAR WITH MORE DETAILED INFORMATION.



**"LCDA GAVE ME THE
CONFIDENCE TO PUSH MYSELF
AND CHASE MY DREAMS"**

- Kristy Nicholson

FEES

1/2 hr class	\$10.00	1/2 hr Private class	\$25.00
3/4 hr class	\$12.00	1 hr Private class	\$50.00
1 hr class	\$14.00		Includes GST

Free Trial

As a gift from us, **new** students to the academy receive a one week unlimited class pass. Come and trial classes at your suitable level for the first week FREE!

POLICIES & PROCEDURES

- Fees are calculated on a yearly basis and invoices will be issued for quarterly instalments. Invoices are to be paid within 14 days of receipt, before incurring a 10% late fee.
- Fees can be paid by Credit/Debit card through the LCDA Portal.
- A discount off term fees is offered to families,
 - 10% - participating in 3 or more classes per week
 - 15% - participating in 10 or more classes per week
- Refund Policy: No refunds will be given once the term has commenced or if students are unable to attend class.
- While not participating in dance classes, children remain the responsibility of parents/caregivers at all times.
- La Crème Dance Academy is a paperless business. All communications and invoicing will be via email or via the LCDA Portal.
- It is the directors' decision if a student is ready to sit for an examination, be chosen for a performance team, etc
- Examinations, Eisteddfod & Assistant Teaching invitations will be offered to students at the discretion of the directors.

TERM DATES FOR 2023

Term 1: Monday 30th January – Friday 31st March

Term 2: Monday 17th April – Friday 23rd June

****No classes Monday 19th June****

Term 3: Monday 10th July – Friday 15th September

Term 4: Monday 2nd October – EOY Concert date

This booklet has been compiled to address what La Crème Dance Academy has to offer and what is required of its students. However, if you require any further information, please do not hesitate to contact us.

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Join
us in
2023

LCDA

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ENROL NOW

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information, follow us on:



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