

TAKE YOUR JOURNEY TO A NEW LEVEL



The
Academy

Julie Ryan
D.A.N.C.E.R.S.

2025 INFORMATION

ABOUT THE PROGRAM

Julie Ryan Dancers is well known for our popular recreational classes for students aged 5-18 years old.

We specialise in these classes now known as THE ACADEMY aimed at school aged students from 5- 18 years. These classes provide the next step in your dancers journey. Classes in a variety of styles mean there is sure to be a class to suit all tastes and abilities! Focusing on fun, fitness and building confidence in a non competitive and nurturing way. Best suited for the recreational student.

Classes on offer include Classical Ballet, Jazz, Tap, Hip Hop, Contemporary, Musical Theatre and Acrobatics.

THE ACADEMY program has something to suit everyone- from the traditional art of classical ballet to the more current styles of Hip Hop and Contemporary. There is sure to be a class for every child to shine!

Parents love and appreciate our experienced teachers, well organised classes and professional studios.

Students in this program are always learning new skills and developing their love of dance, music and movement all whilst receiving good quality training with no pressure.

One of the most important elements of our ACADEMY classes is our team of specialist teaching staff. All are highly trained and experienced professionals, hand picked to ensure each and every JRD ACADEMY student is inspired and nurtured along their dance journey.

Our highly qualified and experienced teaching staff confidently guide our students to pick up choreography, follow instructions, and learn the advanced fundamentals of dance.

Our recreational students love learning in a professional studio where they can be inspired by our Performance Team students and assistant teachers who become their role models to look up to.

BENEFITS

Fun- Our classes in THE ACADEMY are conducted in a non competitive environment. This is perfect for the students who just love to dance!! Our classes provide the opportunity for students to express themselves freely and personal improvement is the main focus! Each students unique skills and strengths are celebrated.

Musicality-With a vast variety of music used, students learn to find a beat and dance to the rhythm of music. They learn about how music makes them feel and understand how we move our body to different tempos.

Fitness- Students in our ACADEMY classes have the opportunity to develop their gross motor skills of jumping, skipping, balancing and running through learning complex dance movements. These skills specifically focus on the development of a strong core and strong posture.

Discipline-Classes are structured to assist students in developing skills to assist in the demands of formal learning environments. Children will learn vital skills of following directions, taking turns, appropriate emotional resilience and independence.

Confidence- Children in our ACADEMY program have many opportunities to develop confidence. Students are encouraged to try their best at all times and to persist, even when things get hard. Staff work hard to break down steps and present content multiple times to allow students to gain confidence in developing skills. These skills transfer into schooling, working environments and adulthood.

Friendships-Most importantly, Our ACADEMY classes are a safe place for our students to meet new friends and for their parents to meet like minded people too. Class interaction allows students the space to develop their communication skills and independence. They have the opportunity to practice positive social interactions with their peers and adults in a supportive environment.

CLASSES

Julie Ryan Dancers has many classes in THE ACADEMY program for you to choose from throughout the week!! Students also have the opportunity to be involved in our end of year concert!

We offer a one class Trial for new students Free of charge.

JUNIOR CLASSES- AGES 5-7

INTERMEDIATE CLASSES- AGES 7-11

TEEN CLASSES- AGES 11 +

Please note- Students will run based on ability in this program not just age. This is a guide only.

All our ACADEMY classes are independent classes- which means parents do not attend class with their child. Classes are open to parent viewing at the end of each term.

All fees are invoiced per term and payments can be made by cash, cheque or direct deposit. Class costs are dependant on the length of the class being attended.

Discounts packages do apply to students attending more than three classes per week providing fees are paid by the due date. Payment plans are available- these must be arranged before the due date of invoice and balance finalised by the end of each term. For more information on our discounts please speak to our friendly administration staff.

Fees are NOT to be paid to teachers—only office staff! Fees must be paid regardless of reason for absence.

All payments must be finalised by the due date, otherwise places will not be held for students with outstanding balances.

*Rates are subject to change at the beginning of each year.

BALLET

Students will begin to be introduced to the basic foundations of ballet technique and build upon the fundamentals of dance movement. At Julie Ryan Dancers we believe ballet is the foundation of all dance and encourage our students study this style. This style is graceful and gentle in its essence!

AGE/LEVEL

- 5-18 years (Classes available from Junior to Teen levels)

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Students have the opportunity of performing a short routine for our annual end of year concert.

ATOD BALLET EXAMINATIONS

- Classes are offered from Test 1 to Teachers Certificates in Australian Teachers of Dancing (A.T.O.D) Ballet syllabus. The syllabus progresses systematically in order to build strength and artistry. It is designed to technically develop students to individually reach their full potential, whether on a recreational, professional or teaching level. Students are examined annually (optional) and receive a certificate and medal on completion. Please see www.atod.net.au for further information. Australian Teachers of Dancing Examinations in Ballet, Tap and Musical Theatre will be held at Traralgon studio during Term 1 and 3. Students will be selected by their teacher and notified but participation is completely optional. We would encourage recreational students who attend Ballet and/or Tap examination classes from Silver Medal upwards, with the intention to complete their examinations, to attend relevant Ballet or Tap Technique class to supplement their exam work.

BALLET TECHNIQUE

- Classes are offered from intermediate to teen level and place emphasis on strong ballet technique. This style is the essential form of technique, providing grace, discipline and strength for any dancer. Ballet skills are an excellent foundation for many forms of dance. We encourage new students to begin with syllabus work offered in Ballet Examination classes before progressing to this class.

CONDITIONING

- Conditioning classes are offered from intermediate level onwards to help students with their strength and flexibility, incorporating the use of various resistance techniques and Pilates. Students may undertake work from the Progressing Ballet Techniques program which focuses on training muscle memory to allow students to achieve their personal best in ballet training. Please refer to our website for a full list of equipment requirements.

PRE POINTE

- This class is by invite only as students must have achieved a high level of ballet training in order to progress onto pointe. This class is primarily done in bare feet and focuses on the foundation skills of basic pointe work, such as core strength, turnout and foot and ankle strengthening. Students must complete a minimum of 12 month (at teacher discession) of pre pointe before progressing onto pointe.

POINTE

- This class is by invite only as students must have achieved a high level of classical ballet training AND completed, on average, a minimum of 12 months of pre pointe in order to progress onto pointe. This class builds on work already done in Classical ballet and pre pointe classes.

BALLET UNIFORM

Julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate) BLACK (Teen)
Melody skirt CL01 AL01 LILAC (Junior) PURPLE (Intermediate) BLACK (Teen)
Classic Dance Tights CT27 SALMON PINK (Ballet)
Dance Socks CBS05 SALMON PINK (Ballet)
Ballet Shoe Canvas Spilt Sole BSC04 PINK
Pointe Shoes (Style Dependent on professional fitting for approved students)



BOYS

Joshua Tee CC21 AC21 WHITE
Vance Dance Shorts CAS25 AAS25 BLACK
Conrad Leotard ML02 WHITE (Advanced students only)
Jax Legging IMAT113LU2 BLACK (Advanced students only)
Ballet Shoe Canvas Spilt Sole BSC10 BLACK
Dance Socks CBS05 WHITE



JAZZ/HIP HOP

Jazz encourages flexibility and instils a sense of strength in participants. This style involves kicks, turns, jumps and travelling work. It aims to build stamina, strength and flexibility. This style is great for those students who love today's music!

AGE/LEVEL

- 5-18 years (Classes available from Junior to Teen levels)

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Students have the opportunity of performing a short jazz routine for our annual end of year concert.

JAZZ

- Jazz classes are offered from junior to teen levels. Classes place focus on fun, fitness and flexibility as well as building strength, energy and attack. Jazz classes incorporate, but are not limited to, a comprehensive warm-up, stretch, floor and corner work, turns, kicks and jumps, combinations, progressions and dances. We cover a range of jazz styles from Broadway/Musical Theatre to more current styles including Hip Hop and Funk.

HIP HOP

- Hip Hop classes are offered from junior to teen level and are structured around the Australian Teachers of Dancing syllabus. Hip Hop dancing is an urban ethnic dance form that expresses one's creativeness and is gaining huge popularity. It features self impressions and body movements that go with the beat and rhythm of hip hop music. There is breaking, popping, locking, and free styling in hip hop dances. The jumps, breakages, and rotations in the movements are combined in such a way that the dance style becomes an informal and explosive one. Examinations are not held in this style.

JAZZ UNIFORM

julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate)
Classic Dance Tights CT27 SALMON PINK or TAN (Junior and Intermediate)
Dance Socks CBS05 SALMON PINK or BEIGE (Junior and Intermediate)
Jazz Boot Slip on Split Sole JSC04 TAN (Junior/Intermediate) BLACK (Teen)
Any style Tshirt and leggings any colour (Teen level only)



BOYS

Joshua Tee CC21 AL21 WHITE (Junior and Intermediate)
Vance Dance Shorts CAS25 AAS25 BLACK (Junior and Intermediate)
Jazz Boot Slip on Split Sole JSC04 BLACK
Dance Socks CBS05 WHITE
Any Style tshirt and Shorts (Teen level only)



TAP

Tap is a percussive style that uses shoes with metal plates to create sound, students develop coordination, precision, rhythmic skills, and musicality.

AGE/LEVEL

- 5-18 years (Classes available from Junior to Teen levels)

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Dependent on interest- Students have the opportunity of performing a short tap routine for our annual end of year concert.

TAP TECHNIQUE

- Tap classes are offered from junior level upwards. Classes encompass a diverse range of tapping styles including traditional tapping steps as well as more modern approaches. Tap classes incorporate barre, centre, corner work, combinations and routines. We encourage new students to begin with syllabus work offered in examination classes before progressing to this class.

ATOD TAP EXAMINATIONS

- Classes are offered from junior levels to Teachers Certificates in Australian Teachers of Dancing (A.T.O.D) Tap syllabus. The syllabus progresses systematically in order to build strength and artistry. It is designed to technically develop students to individually reach their full potential, whether on a recreational, professional or teaching level. Students are examined annually (optional) and receive a certificate and medal on completion.

TAP UNIFORM

Julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate) BLACK (Teen)
Classic Dance Tights CT27 SALMON PINK or TAN (Junior and Intermediate)
Dance Socks CBS05 SALMON PINK or BEIGE (Junior and Intermediate)
Debut Tap Shoe low heel TSC06 TAN (Junior/Intermediate) BLACK (Teen)
Any style Tshirt and leggings any colour (Teen level only)



BOYS

Joshua Tee CC21 AL21 WHITE (Junior and Intermediate)
Vance Dance Shorts CAS25 AAS25 BLACK (Junior and Intermediate)
Tap Shoe lace up TSC05 BLACK
Dance Socks CBS05 WHITE
Any Style tshirt and Shorts (Teen level only)



CONTEMPORARY

Contemporary/ lyrical dance is a style that is influenced by both ballet and jazz. It is an expressive dance form which includes abstract formations and focuses on centering, alignment, contraction, release and suspension.

AGE/LEVEL

- 7-18 years (classes available from intermediate to teen levels)

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Dependent on interest- Students have the opportunity of performing a short contemporary routine for our annual end of year concert.

CONTEMPORARY

- Contemporary classes are offered from intermediate level to advanced. Contemporary dance, is dance that has been freed of the structures of classical styles. It is a very interpretive style of dance that focuses on unconventional movements. There is often a theme or underlying story to a Contemporary dance piece, but a dance can also be purely abstract or about the music itself. Contemporary dance is usually performed in bare feet and ground work is usually incorporated.

CONTEMPORARY UNIFORM

julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate)
Classic Dance Tights CT27 SALMON PINK or TAN (Junior and Intermediate)
Dance Socks CBS05 SALMON PINK or BEIGE (Junior and Intermediate)
Ballet Shoe Canvas Spilt Sole BSC04 PINK
Pivot 360 BSP01 PINK
Dance Paws DPAW LIGHT TAN
Bare Feet
Any style Tshirt and leggings any colour (Teen level only)
Dance Knee Pads KP03 BLACK



BOYS

Joshua Tee CC21 AL21 WHITE (Junior and Intermediate)
Vance Dance Shorts CAS25 AAS25 BLACK (Junior and Intermediate)
Ballet Shoe Canvas Spilt Sole BSC10 BLACK
Pivot 360 BSP01 PINK
Dance Paws DPAW LIGHT TAN
Bare Feet
Dance Socks CBS05 WHITE
Any Style tshirt and Shorts (Teen level only)
Dance Knee Pads KP03 BLACK



ACROBATICS

Following the Acrobatic Arts Syllabus, the main focus of this class is to develop basic skills of strength, flexibility, tumbling and limbering commonly used in Acrobatic dance.

AGE

- 5-18 years

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Dependent on interest- Students have the opportunity of performing a short acrobatics routine for our annual end of year concert.

ACROBATICS

- Classes are offered from junior to teen levels. Students will learn fundamental shapes required for many acrobatics tricks and develop the beginnings of handstands, cartwheels, bridges, forwards and backwards rolls and more whilst gaining confidence, musicality and coordination. These classes help foster safe, appropriate basic acrobatics technique for tiny bodies whilst still encouraging a fun, engaging atmosphere.

ACROBATICS UNIFORM

julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate) BLACK (Teen)
Classic Dance Tights CT27 SALMON PINK or TAN (Junior and Intermediate)
Dance Socks CBS05 SALMON PINK or BEIGE (Junior and Intermediate)
Ballet Shoe Canvas Spilt Sole BSC04 PINK
Pivot 360 BSP01 PINK
Dance Paws DPAW LIGHT TAN
Bare Feet
Any style Tshirt and leggings any colour (Teen level only)



BOYS

Joshua Tee CC21 AL21 WHITE (Junior and Intermediate)
Vance Dance Shorts CAS25 AAS25 BLACK (Junior and Intermediate)
Ballet Shoe Canvas Spilt Sole BSC10 BLACK
Pivot 360 BSP01 PINK
Dance Paws DPAW LIGHT TAN
Bare Feet
Dance Socks CBS05 WHITE
Any Style tshirt and Shorts (Teen level only)



MUSICAL THEATRE

Musical theatre is the perfect class for our triple threats! This class allows students to gain experience in dancing, singing and acting. Learning excerpts from many famous musicals and singing techniques as well as learning scripts and short dance sequences!! This one has it all!

AGE/LEVEL

- 5-18 years (classes available from junior to teen levels)

CLASS DURATION

- 30-45 Minutes (dependent on level)

COST

- \$13-15 per week (billed per term)

CLASS PERFORMANCE

- Dependent on interest- Students have the opportunity of performing a short musical theatre/jazz routine for our annual end of year concert.

ATOD MUSICAL THEATRE EXAMINATIONS

- Classes are offered from Level 1-Level 4 in Australian Teachers of Dancing (A.T.O.D) Musical Theatre syllabus and Adult level. The syllabus progresses systematically in order to build skills in Singing, Acting and basic Dance. It is designed to technically develop students to individually reach their full potential, whether on a recreational or professional level. Students are examined annually (optional) and receive a certificate and medal on completion. Please see www.atod.net.au for further information.

MUSICAL THEATRE UNIFORM

Julie Ryan Dancers have uniform requirements for all students who are enrolled with us. Our uniform is available at **Sugar Babies Traralgon** or through **Energetiks**.

GIRLS

Annabelle Leotard CL11 AL11 LILAC (Junior) PURPLE (Intermediate)
Classic Dance Tights CT27 SALMON PINK or TAN (Junior and Intermediate)
Dance Socks CBS05 SALMON PINK or BEIGE (Junior and Intermediate)
Jazz Boot Slip on Split Sole JSC04 TAN (Junior/Intermediate) BLACK (Teen)
Any style Tshirt and leggings any colour (Teen level only)



BOYS

Joshua Tee CC21 AL21 WHITE (Junior and Intermediate)
Vance Dance Shorts CAS25 AAS25 BLACK (Junior and Intermediate)
Jazz Boot Slip on Split Sole JSC04 BLACK
Dance Socks CBS05 WHITE
Any Style tshirt and Shorts (Teen level only)



WANT TO ENROL?

To enrol into any class in our ACADEMY PROGRAM students must be at least 5 years of age.

We cap our ACADEMY classes to ensure each student receives the teachers full attention so get in quick and secure your place before classes fill up.

Classes are billed per term- no discounts will be given for illness or missed classes (unless cancelled by JRD)

For further information on our general policies, procedures, code of conduct, child safety policy or COVID-19 policy please visit our website.

To organise your enrolment or your students trial class please either

EMAIL: julrieryandancers@outlook.com

CALL: Miss Mel 0414 981 566 Miss Melissa 0409 174 985

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Julie Ryan Dancers