

**WE ARE AN OFFICIAL  
LOCATION FOR**



**IT'S TIME TO GET  
MOVING**



**INFORMATION  
PACK**

**2024**



# WELCOME



## **Welcome to Dance Factor by Jessica Walker!**

Here at DFJW we are proud to provide you with fun and energetic dance classes where your child can develop their dance technique, improve their confidence and stay healthy and active. We pride ourselves on creating an encouraging environment where everyone feels comfortable to explore their creative side and learn new skills.

We are so excited to have you as a part of our dance family!

### **Studio Location:**

Dance Factor by Jessica Walker operates classes from a purposefully built dance studio in Berkeley. Our current address is:

11 Warehouse Place, Berkeley, NSW 2506

Our location is the first right hand turn off Industrial Road, Unanderra.

Our studio features 3 purpose-built dance studios with sprung flooring. All our studios are equipped with mirrors and all the appropriate equipment required for classes. Our studios are air conditioned for the comfort of our dancers. A comfortable waiting room is provided at the entrance of the studio facilities. We have CCTV cameras playing on the TV screen in the waiting room so that parents and carers can watch the class as it occurs. A back room with change rooms are available for the dancers. The kitchen facilities are also available for everyone's use.

A large carpark is available for your use. Please ensure you are keeping this a safe zone for dropping off and picking up dancers.





# OUR PROGRAM & TIMETABLE



READY SET MOVE is a creative movement and music class for toddlers from walking to 3 years of age, and their grown up. The class consists of 3 sections - ENGAGE, EXPLORE AND EXPRESS.

The **ENGAGE** section is a playful exploration of music, nursery rhymes, lap play and parachute fun.

The **EXPLORE** section is set up as a circuit around the room with obstacles like stepping stones, tunnels and sensory activities designed to encourage investigation and build coordination skills.

The **EXPRESS** section of the class involves free dance movement which develops creativity with instruments, feathers and bubbles.

Participating in READY SET MOVE with the support of a grown up can make a significant contribution to play, development and learning. So come and bounce like a bunny, be slow like a sloth and create memories with your special little mover.

**ENGAGE,  
EXPLORE  
AND  
EXPRESS.**

MONDAY	
9:30am	READY SET MOVE
FRIDAY	
9:30am	READY SET MOVE

### CLASS DATES:

Classes for our preschoolers are held all year round!

Starting Date: Monday 29th January 2024

Finishing Date: Saturday 14th December 2024

\*Please note that classes are NOT held on public holidays.



DANCE FACTOR BY JESSICA WALKER  
4/11 WAREHOUSE PLACE, BERKELEY  
0411 808 343







# READY SET MOVE FAQ'S



## **WHO CAN PARTICIPATE IN THE CLASSES?**

Ready Set Move is an inclusive program that welcomes all grown ups. Mums, dads, grandparents and special friends can all join in the fun. Grown ups need to be physically able to sit on the ground, get up and down off the floor and lead toddlers through the exercises.

## **WHAT AGE GROUP DOES THIS CLASS CATER FOR?**

This program is designed for toddlers/preschoolers from walking age to 3 years who are more comfortable attending class with a grown up.

## **WHAT HAPPENS IN THE CLASS?**

The beginning of the class is the most structured part of the lesson. This circle time includes knee bounce nursery rhymes, the stretchy band, parachute fun and even some toddler aerobics. The next part of the class is a time for toddlers to be creative and use their imaginations playing instruments and our favourite animal dice game. In the third part toddlers love to crawl through tunnels, balance on beams and explore a variety of different activities around the room.

## **WHAT WILL MY TODDLER LEARN?**

The class has been created by experienced dance professionals, professional songwriters and early learning experts. There are benefits in every song! Our original mirror song is designed to teach toddlers the 16 hand gestures they should be developing by 16 months.

“Playful exploration of music and dance with the support of a familiar caregiver can make a significant contribution to play, development and learning”  
- Dr Cathie Harrison, Early Childhood and Gifted Education Consultant.

## **ARE THE TEACHERS QUALIFIED?**

All teachers have their Working with Children Check and follow the program that is endorsed by early learning experts. READY SET MOVE teachers are required to gain their accreditation from READY SET DANCE head office before delivering the program.





# READY SET MOVE FAQ'S



## **WHAT DOES MY TODDLER NEED TO WEAR?**

We have the official Ready Set Move T-shirt available at the studio for purchase. Black leggings or light tracksuit pants are also an option for toddlers.

## **DOES MY TODDLER NEED SPECIAL SHOES?**

No. There are no dance shoes required for this class. Comfortable sneakers work perfectly.

## **WHAT SHOULD THE PARTICIPATING GROWN UP WEAR?**

Grown ups should wear any clothes and sneakers that you feel comfortable being active in.

## **IF WE MISS A CLASS CAN IT BE MADE UP ON ANOTHER DAY OF THE WEEK?**

You may swap days if you miss a class (as long as the make up class is not full). We do recommend that you avoid alternating days too much as preschoolers need the comfort of knowing that the same teacher and their friends will be there when they go to class.

## **HOW LONG SHOULD MY TODDLER PARTICIPATE IN THIS CLASS?**

The program is designed to be enjoyed for the full year. The content is adapted each term to create new and exciting experiences including seasonal celebrations. As toddlers build confidence and resilience, they can be transferred to the Ready Set Dance program which is an independent style class done without a grown up.

## **IS THERE ANYTHING ELSE I NEED TO KNOW BEFORE THE FIRST LESSON?**

Grown ups enjoy this class just as much toddlers! It's a great way to meet other families in your local area and learn new ways to engage with your toddler at home.

## **HOW DO I PAY MY FEES?**

Your dance lessons will be automatically direct debited from your nominated bank account or credit card fortnightly. This will occur on Monday's on the odd weeks of our dance terms. Alternatively, you can pay for your dance fees up front quarterly.

# ENGAGE

with  
music and  
movement



# EXPLORE

activities  
and play  
with friends



# EXPRESS

creativity  
and use  
imagination





# FEES & UNIFORM



## PRICES

READY SET MOVE:	\$15.00
ENROLMENT FEE:	\$45.00

## UNIFORM

READY SET MOVE students will be required to wear the official READY SET MOVE Shirt. This is available to purchase from our friendly reception staff.

T-Shirt Price: \$25

