

# Acro WITH Amy 2024

## INFORMATION PACK

In this information pack, you will find everything you need to know for Acro With Amy Classes.

We are sure your dancer will love these classes as much as we love teaching them!

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# Acro WITH Amy **2024**

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### term 1 timetable

#### Mondays

Time	Level	Class Description	Age	Studio 6
3:45pm - 4:30pm	Acro Dance & Choreography	<b>Beginner Dancers (ADC)</b>	6+ Years	
4:30pm - 5:15pm	Flex & Strength	<b>Flexibility &amp; Strengthening</b>	6+ Years	

#### Wednesdays

Time	Level	Class Description	Age	Studio 1
3:45pm - 4:30pm	Acro Level 2	<b>Beginner Acro</b>	7+ Years	
4:30pm - 5:15pm	Acro Level 3	<b>Advanced Beginner Acro</b>	7+ Years	
5:15pm - 6:00pm	Dance Tricks	<b>Open Acro &amp; Dance Tricks</b>	Open Age + Adults	

#### Saturdays

Time	Level	Class Description	Age	Studio 6
11:30am - 12:15pm	Acro Level 1	<b>Beginner Acro</b>	5 - 6 Years	
12:15pm - 12:45pm	Tiny Tumblers	<b>Pre School Acro &amp; Dance</b>	2.5 - 4 Years	

  

Time	Level	Class Description	Age	Studio 1
10:30am - 11:15am	Acro Level 3	<b>Advanced Beginner Acro</b>	7+ Years	
11:15am - 12:00pm	Acro Level 4	<b>Intermediate Acro</b>	Open Age	
12:00pm - 12:45pm	Acro Level 2	<b>Beginner Acro</b>	7+ Years	
12:45pm - 1:30pm	Acro Level 5	<b>Advanced Acro</b>	Open Age	

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**AMY POTTS**

**Owner & Primary Teacher**

Amy holds a Premiere Master ADTA Certification, Alixa Flexibility Certification and a Bachelor of Music Theatre

She's an experienced dancer, singer and actor, having performed in 50+ productions since the age of 6. She has trained in RAD Ballet, NZAMD Jazz and Contemporary, Irish, Tap and Musical Theatre. An experienced choreographer, she frequently choreographs for musicals and dance productions.

Her international performance and teaching credits include Disneyland, Los Angeles and American Summer Camp where she taught acro, dance and singing to American and International campers.

She is incredibly grateful to her wonderful team of teachers and assistants and finds huge reward in teaching AwA students each week.

### meet the teachers



**MOLLY BROWN**

Molly is very excited to be assisting Amy with her 'Acro with Amy' classes. She is a competitive dancer at Levings Dance Company. She started Acro at a very young age and is excited to pass her knowledge on to the next generation of dancers.

Highlights in her dance career include:

- Own Tv Segment on What Now 'Move It With Molly'
- NZ Top Dancer as a Junior and Intermediate
- Runner-up Dancer of the Year Showcase National Championships 2019
- Featured presenter in the 'NZ Dance Challenge' programme for New Zealand Schools
- Children's Ensemble 'Cinderella' the pantomime 2020
- New Zealand School of Dance Senior Contemporary Associate 2019-2022
- PACANZ Modern Semi-Finalist 2022
- NZAMD Jazz Finalist 2022
- Overall Highest Solo Score DanceNZMade Nationals 2022

## teaching assistants

*Read more about our assistant teachers on the home page of our website*



**BELLE SWITALLA**

**BRIAR CLARK**

**EVA FLECK**

**LAUREN POPHAM**

**LEXI GANEV**



**EVA LOOSE**

**MYA ROBINSON**

**SAM FOSTER**

**ZARA JOHNSON**

# Acro WITH Amy 2024 INFORMATION PACK

## term fees

### ONE CLASS

**\$130.00**

*per term*

### TWO CLASSES

**\$230.00**

*per term*

### THREE CLASSES

**\$300.00**

*per term*

### CASUAL

**\$20.00**

*per lesson*

### TINY TUMBLERS CLASS

**\$85.00**

*per term*

#### **FAMILY DISCOUNT:**

First sibling full price - whichever sibling participates in the most classes, if applicable.

Second sibling 5% off term fee.

Third sibling 10% off term fee.

#### **TERMS AND CONDITIONS:**

- Term fees are based on an 8-week term and invoices will be sent within 2 weeks of term commencement.
- Fees are payable within 7 days and any late payment without prior communication will incur an additional 10% charge. Continued non-payment without communication will result in your child needing to sit out of class and may result in your outstanding fees being referred to a debt collection agency.
- *Refunds are not available* if your child pulls out halfway through the term or if they miss any lessons.

#### **CASUAL CLASSES**

\$20.00 Per Lesson for 45 minute classes

\$10.00 Per Lesson for 30 minute classes

#### Terms and Conditions:

- Casual payment is an option for *only* those students who can attend 5 or fewer lessons in a term.
- Casual payment is not available for those who will only miss one to three lessons due to other commitments or illness. They will still pay the full fee to reserve their space in the class.
- Late-term enrolment is available if the class has space. If a student joins after the 3rd week of the term then they will be charged the casual rate for all remaining weeks of term.
- Sibling Discounts do not apply to casual rates

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## 2024 term dates

Our classes run on an 8-week term. This means that in terms that are longer than 8 weeks, we will start or finish earlier or later than the school term.

Classes run on an 8-week term so that private lessons may be offered to students on their regular class day in either the first or final week of the school term. Lessons are not frequently available during the term due to Amy's limited availability. More details on this can be found on page 8.

Please take note of these dates as they may vary from other dance studios and schools.

**Term 1: Saturday 17th February - Saturday 13th April** - 8 lessons per class

NO CLASSES ON SATURDAY 30TH MARCH - EASTER WEEKEND

**Term 2: Saturday 4th May - Saturday 29th June** - 8 lessons per class

NO CLASSES KING'S BIRTHDAY WEEKEND

**Term 3: Monday 22nd July - Saturday 14th September** - 8 lessons per class

**Term 4: Monday 14th October - Saturday 7th December** - 8 lessons per class

*Specific dates can be found on the next page*

### IMPORTANT NOTES:

Note that in Terms 1 and 2, Saturday classes start *before* Wednesday classes as there are public holiday weekends in which Saturday classes will not run. Saturday classes will start the week before Monday/Wednesday to even out the number of lessons you receive. Parents will be emailed before term commencement with date reminders.

### GYM TRAINING DAYS:

Students in Acro Classes from Level 3 up have the option of attending additional training days once per term. These sessions will be held at a local gymnastics club to use their floors, mats and equipment to assist in the development of tumbling skills. More details to come on this exciting new class option....

Term 1 Gym Day: Sunday 14th April, 1:30pm - 3:00pm

Term 2 Gym Day: Sunday 30th June, 1:30pm - 3:00pm

Term 3 Gym Day: TBC

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specific term dates for your calendar

Term 1				Term 2			
	Saturday Classes	Monday Classes	Wednesday Classes		Saturday Classes	Monday Classes	Wednesday Classes
<b>Week 1</b>	17th February	19th February	21st February	<b>Week 1</b>	4th May	6th May	8th May
<b>Week 2</b>	24th February	26th February	28th February	<b>Week 2</b>	11th May	13th May	15th May
<b>Week 3</b>	2nd March	4th March	6th March	<b>Week 3</b>	18th May	20th May	22nd May
<b>Week 4</b>	9th March	11th March	13th March	<b>Week 4</b>	25th May	27th May	29th May
<b>Week 5</b>	16th March	18th March	20th March	<b>Week 5</b>	8th June	3rd June	5th June
<b>Week 6</b>	23rd March	25th March	27th March	<b>Week 6</b>	15th June	10th June	12th June
<b>Week 7</b>	6th April	1st April	3rd April	<b>Week 7</b>	22nd June	17th June	19th June
<b>Week 8</b>	13th April	8th April	10th April	<b>Week 8</b>	29th June	24th June	26th June
<b>Gym Day</b>	Sunday 14th April	N/A	Sunday 14th April	<b>Gym Day</b>	Sunday 30th June	N/A	Sunday 30th June
<b>Notes</b> Easter Weekend - No Class Saturday 30th March				<b>Notes</b> Kings Birthday Weekend - No Class Saturday 1st June			
Term 3				Term 4			
	Monday Classes	Wednesday Classes	Saturday Classes		Monday Classes	Wednesday Classes	Saturday Classes
<b>Week 1</b>	22nd July	24th July	27th July	<b>Week 1</b>	14th October	16th October	19th October
<b>Week 2</b>	29th July	31st July	3rd August	<b>Week 2</b>	21st October	23rd October	26th October
<b>Week 3</b>	5th August	7th August	10th August	<b>Week 3</b>	28th October	30th October	2nd November
<b>Week 4</b>	12th August	14th August	17th August	<b>Week 4</b>	4th November	6th November	9th November
<b>Week 5</b>	19th August	21st August	24th August	<b>Week 5</b>	11th November	13rd November	16th November
<b>Week 6</b>	26th August	28th August	31st August	<b>Week 6</b>	18th November	20th November	23rd November
<b>Week 7</b>	2nd September	4th September	7th September	<b>Week 7</b>	25th November	27th November	30th November
<b>Week 8</b>	9th September	11th September	14th September	<b>Week 8</b>	2nd December	4th December	7th December
<b>Gym Day</b>	N/A	TBC		<b>Gym Day</b>	N/A	TBC	
				<b>Notes</b> End of Year Party/Awards Ceremony - 23rd or 30th November TBC			

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### change of classes

To ensure your child is in the most appropriate class for their ability level, they may be shuffled around (providing alternative class times fit with their other commitments). Every dancer is working at their own level and there is absolutely no comparison so dancers must be in the class best for them and their current abilities to keep them safe. This decision is the teachers alone as they solely know what is required of students in each class.

### uniform and hair requirements

Uniform rules must be strictly adhered to in order to keep dancers and spotters safe.

*Uniform:* Leotard and shorts or crop top/tight-fitting top and shorts. Shorts/tights **MUST** be worn.

*Hair:* Must be in a bun or tied up. If your dancer has long hair please avoid ponytails as these will flick spotters in the face during tricks.

### accident traffic light system

Although every precaution will be taken to minimise the chances of occurrence, acro comes with increased risks. The below accident traffic light procedure will be followed in case of injury.

*Green:* Small injuries such as scrapes/grazes/headache etc. If the child is not upset and okay to continue with class then they will do so. First aid is provided if need be. The parent will not be contacted.

*Orange:* Ankle roll/hurt wrist/upset child etc. The parent will be contacted to check-in. First aid provided.

*Red:* Suspected fractured bone/serious injury etc. The parent will be called immediately, first aid provided, and an ambulance called if necessary.

### waiver and video release form

Must be signed prior to joining classes. Please click the link below or copy and paste into your browser to quickly and easily sign these forms

<https://form.jotform.com/acrowithamy/acro-with-amy-class-waiver>

 click here to sign waiver

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### private lessons

Amy has a very limited number of hours available for private lessons each week, however in 2024 as classes will be based on an 8-week term, there will be more opportunities for one on one assistance and training.

In either the first or last week of longer school terms when regular classes do not run, private lesson slots will be available for any student to book into. These will be held on usual class days - Mondays, Wednesdays and Saturdays - so that your child may receive one on one assistance without the struggle of trying to find time in everyone's busy weekly schedules!

Booking links will be sent out prior to each term so you may book in for one of these sessions.

### one on one lessons

#### PRICE RANGE

30 minutes - \$40.00

45 minutes - \$60.00

60 minutes - \$80.00

### semi private lessons

#### PRICE RANGE

30 minutes - \$25.00 per person

45 minutes - \$35.00 per person

60 minutes - \$45.00 per person

### studio

All Classes are held at Evolve Studios, 98 Carlyle Street. For classes in Studio 1, use the Buchan Street entrance. For classes in Studio 6 use the Carlyle Street entrance and go up the stairs

***Acro with Amy classes have no affiliation to any one dance studio and are open to dancers from ALL dance schools.***

WAITING AREA



EVOLVE STUDIOS FROM THE STREET



THE ACRO STUDIO





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### continuing in 2024... the student teacher training programme

#### WHAT IS IT?

This is a programme run throughout the year for Senior AWA students who have an interest in further acro and dance teacher training. Participants will be taught how to teach, spot and correct acro skills, with multiple dedicated teacher training days throughout the year, accumulating in an ADTA teaching certification after a year of participation. All Student Teachers will be on a rotating roster in which 2-3 student teachers will assist teachers with weekly classes, giving participants an opportunity to put their training to work with other students.

There will be 2 intakes - Summer and Winter. Participants should be able to commit to at least 5 weeks of in-class lessons per half year, however, exact dates are flexible around student teachers' other dance, school and family commitments. Winter intake will be in time for Term 3.

#### WHAT WILL TEACHERS RECEIVE?

As a part of the STTP you will receive:

- Associate Teacher Certification through ADTA.
- In-class teaching experience with various ages and levels.
- Training on how to teach, spot and correct a wide variety of skills from cartwheels and walkovers to aerials and back tucks.
- Training on teaching techniques and styles.
- Opportunities for paid teaching roles.
- Opportunities for assisting or demonstrating in AWA workshops.
- A written reference at the end of the year which can be used for future job applications/school roles/scholarship applications etc.

#### APPLICANT REQUIREMENTS

- Must be age 12 + as of February 17th 2024.
- Must be attending their own weekly acro class.

#### COMMITMENT

- 2-week in-class rotation (with flexibility around other commitments). Wednesdays 3:45pm - 6:00pm or Saturdays 10:30am - 12:45pm.
- 6-month commitment if assisting regularly, with opportunities to stay on for the following half-year.
- Attend a dedicated teaching training session to learn how to spot/teach skills.
- Attend any ongoing training sessions.

*to apply:*

GO TO [WWW.ACROWITHAMY/STUDENTTEACHERTRAINING.COM](http://WWW.ACROWITHAMY/STUDENTTEACHERTRAINING.COM)  
Email or Message Amy with any queries