

01. Esteem  
Handbook  
2024



# Welcome to our family!

## OUR PHILOSOPHY

At Esteem we want to provide an environment that focuses on children's enjoyment and positive emotional development. Our classrooms are a supportive and collaborative environment that fosters healthy self-concept amongst the children. As a mother first and foremost, I wanted to provide an environment and philosophies based on a mother's perspective., What would be the best possible outcomes for my children's health, development and wellbeing?

We understand that children develop at different rates and so we ensure that our lessons are inclusive to all our students, extending and modifying lessons to suit the child's individual needs. All our teachers are not only highly qualified with extensive years of dance experience but also have educations in nutrition, sport science, high school education, early child hood education, special needs education, sport sciences, diplomas of sport and recreation. With all these influences involved we ensure that all our classes reflect values from all these areas of higher learning, not just dance!

Other schools use words to describe themselves as Elite, multi award winning, National champions. We describe ourselves as a home away from home, a family a community. Students and families describe us as inviting, friendly, nurturing and compassionate. We are not striving to win accolades, we are striving to create happy healthy children and build their self Esteem through the love of Dance!



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# 03. The face behind Esteem

## CARRIE-ANNE FORSYTH

### DIRECTOR & FOUNDER OF ESTEEM

Carrie-Anne started dancing at the age of 3 where she did ballroom, ballet, tap and disco dancing.

When Carrie-Anne immigrated to Australia she reconnected her dance journey at Gail Meade school of dance where she completed her CSTD, RAD and tap medal examinations.

On completion of her TEE Carrie-Anne went back to the UK where she did work experience with PANTONE Productions for Alladin & Cinderella as an ensemble dancer.

Other credits to her professional dancing career was dancing for the prodigy and Boy George on his DJ set tour.

Carrie-Anne was the choreographer for the LULU'S children show and went on to become an actor in the show.

Carrie-Anne worked for many years through the Australian sport and recreation department as an active after school dance teacher and was nominated 2 years in a row of the best AACCS program.

This is the 15th year of Esteem Dance Company & Carrie-Anne could not be more proud of her incredible students, community & the incredible culture she has created.

# The other face behind Esteem

04.

## BRITTANY SEARS

### CO OWNER OF ESTEEM

Brittany is the force of energy that alongside her mum, Carrie-Anne, breathes life into the studio. Brittany's love, passion and dedication for dance and movement started from the early age of 2.

Dance has been at the centre of Brittany's world throughout her life, with a big dream to own and run her own dance school where she could ignite confidence in young dancers.

A testament to Brittany's hard work is seeing this dream realised in 2020.

In addition to ticking this goal off her list, she also has completed her diploma in Sport and Recreation, with a Cert 4 in Business Development and Cert IV in Dance and Dance Teaching.

Brittany is also a qualified XTEND BARRE, TRX and Pilates instructor.

Choreography and creative movement are Brittany's fortes; she has choreographed award-winning routines throughout multiple competitions and has developed a strong and dynamic style of dance throughout her contemporary and lyrical genres.

At just 25 years of age, Brittany is an inspiration to the studio at large.

## What classes do you offer at Esteem?

We offer a wide range of classes at Esteem that cater for all. Starting from 18 Months Toddler Dance, Kindy Combo (Jazz & Tap), Jazz, Tap, Acrobatics, Classical Ballet, Contemporary, Lyrical, Hip Hop, Musical Theatre & Pilates

## How do I know what class to enrol my child or children in?

We offer the **FIRST WEEK FREE** to trial as many classes that your child or children would be interested in. If you have any questions or queries please chat to us!



# Our prices 2024

Our annual enrolment fee covers Public liability, music licenses and administration.

**Enrolment fee (Single child) \$37**

**Toddler Enrolment \$22**

**Family Enrolment \$60**

## **2024 PRICES**

Toddler Dance \$12 (inc GST)

45 Minute Class \$14 (inc GST)

1 Hour Class \$15 (inc GST)

2 classes a week for 1 child \$27 (inc GST)

3 classes a week for 1 child \$38 (inc GST)

4 classes a week for 1 child \$45 (inc GST)

5+ Unlimited classes a week for 1 child \$55 (inc GST)

Unlimited classes family reward program \$105 per week (inc GST)

# Uniforms & What to wear



## WE DON'T HAVE A "YOU MUST WEAR" UNIFORM POLICY AT ESTEEM

At Esteem we encourage our students to wear comfortable & appropriate dance attire such as Hot pants, leggings, singlet tops, leotards or T-Shirts.

STRICTLY NO dresses/skirts or denim, this prevents the children from dancing properly

Our uniforms such as Crop tops, hot pants, leggings, T-Shirts, Jackets, Jumpers & Track pants can be ordered at reception but are NOT compulsory

Hair is to be tied back and off the face to prevent distraction and accidents.

Jazz class requires Tan Jazz shoes  
Tap class requires Tan Tap shoes  
Acro class requires Tan Acrobatic shoes  
Ballet class requires Pink ballet shoes  
Hip hop is any form of trainers



# What is toddler dance?

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TODDLER DANCE (18 MONTHS-3 YEARS)



TODDLER DANCE IS A COMBINATION OF NON GENDER SPECIFIC DANCES FOR HALF AN HOUR FOLLOWED BY A 15 MINUTE CIRCUIT WHICH ENCOURAGES A CHILD'S DEVELOPMENT OF FINE AND GROSS MOTOR LEARNING SKILLS.

EACH WEEK HAS A DIFFERENT CORE FOCUS AND SOME OF THE EARLY CHILDHOOD AREAS WE COVER ARE;

SELF CONCEPT, FAMILY & FRIENDS, HOLIDAYS & CELEBRATIONS, SHAPES AND SIZES, LINES, COLOUR, TEXTURE, LISTENING SPEAKING, POSITIONAL CONCEPTS, NUMBER AWARENESS AND RECOGNITION, COUNTING, BASIC GEOMETRY, TEMPO, VOLUME, PITCH, BODY AND SIMPLE SCIENCE.

THIS CLASS IS A GREAT WAY TO INTRODUCE YOUR TODDLER TO A FUN SOCIAL SETTING.







# What are the Genres at Esteem?



**TAP:** Tap is a great dance form to learn. It combines a love of dance, music and performance. Tap dancing is a discipline that teaches the dancer about choreography, improvisation and syncopation.

**JAZZ:** Jazz and Ballet are two different styles of dance; ballet is a classical and more formal style, while jazz is more relaxed and informal. However, jazz is influenced by a lot of ballet technique as well as other styles of dance like hip-hop and modern.

**BALLET:** Ballet has many genres: Classical, lyrical, neo, demi-character.

**ACROBATICS:** Acrobatics is a mix of strength/flexibility, contortion and balance work.

The classes are a lot of fun, and perfect for developing acrobats, or students who just love to safely perform tricks for recreation and fun.

**TUMBLING:** Tumbling is a form of gymnastics performed without props or equipment. Also referred to as floor gymnastics, common moves performed in tumbling include flips, somersaults, tucks, handstands and handsprings

**MUSICAL THEATRE:** Musical theatre is a form of dramatic production combining acting, singing, and dancing to tell a story.

**HIP HOP:** Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, popping, vogueing and whacking.

**LYRICAL:** Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions the choreographer feels from the lyrics of the song.

**CONTEMPORARY:** Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet

**POINTE:** We offer pointe classes at Esteem but you must be enrolled into the classical ballet class.

To do pointe you must be assessed by a professional Physiotherapist to ensure your ankles and feet are at the required strength.

# Contact us today

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We would love to have you apart of our incredible community here at Esteem! So what are you waiting for? Get in touch now!

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