



# MF DANCE STUDIO

## 2024 DANCE INFORMATION PACKAGE

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mf\_dancestudio

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MF Dance Studio

# INTRODUCTION

MF Dance Studio was created in 2018 by owner Madison Foster. It started as an online fitness & dance training business that has now expanded to both online & in person training opportunities for fitness goers & dance lovers.

After growing too big for the home studio MF Fitness & Dance expanded & opened a full functioning dance studio in January 2021. We have now expanded & commencing in 2024 we will have 4 beautiful studios & over 250 students enrolled in the MFSQUAD.



## **Our Values & Aim** **"MF Dance Studio"**

At MF Dance Studio our aim is to provide an environment allows all students to feel safe & supported allowing them to become the best dancer they aspire to be.

We believe that every student is unique therefore their experience at MF Dance should also be special & unique. We are passionate about nurturing all students; boys & girls through our dance classes also & allowing them to reach their full potential without judgement.

Here at MF Dance Studio we are encourage the students to let their creativity flow while building strong technique & foundations, sharing friendships & excelling in performance elements all while having fun!

*"CREATE, TRAIN & MOTIVATE"*

# MF DANCE STUDIO MADISON FOSTER

## DETAILS:

Owner: Madison Foster

Location: Shops 1-4 25-27 Station St Engadine NSW 2233

Phone/Mobile: 0413 174 755

Email: [mf.fitnessdance@gmail.com](mailto:mf.fitnessdance@gmail.com)

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[MF Fitness&Dance](#)

"CREATE, TRAIN & MOTIVATE"

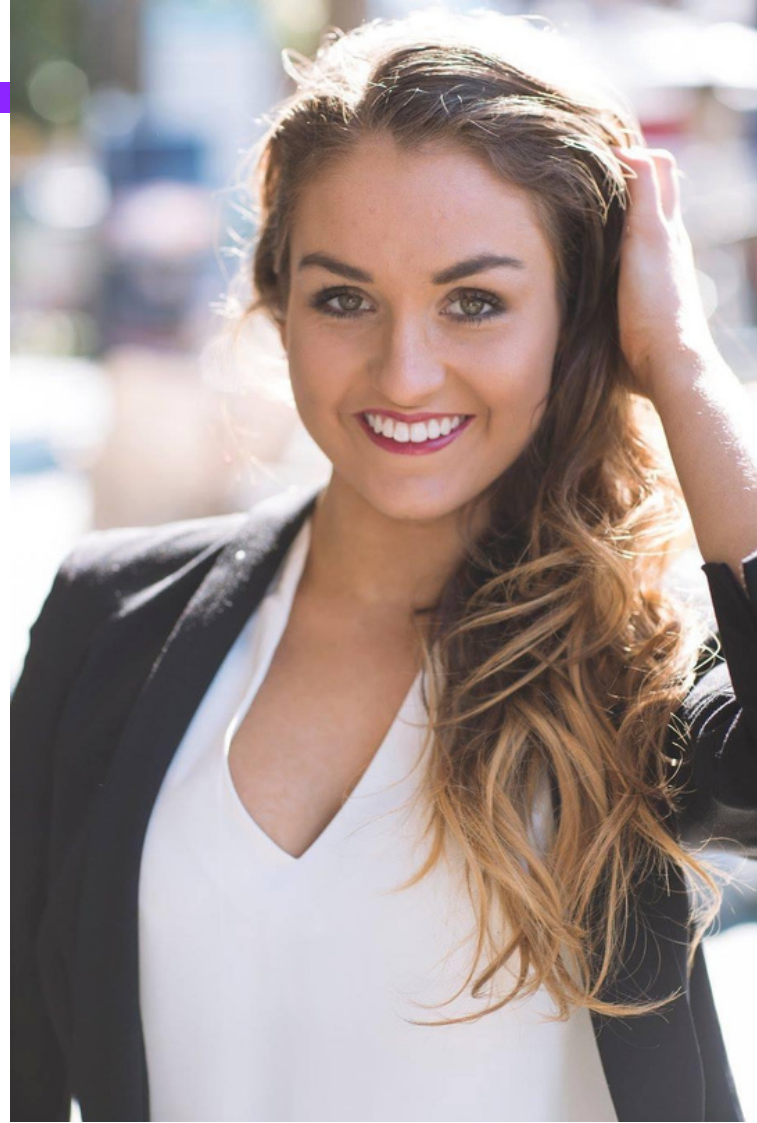
## MADISON FOSTER OWNER & DIRECTOR

The owner & director of MF Fitness & Dance is Madison Foster.

Madi started dancing from at the age of 4 & has created her career from her love of dance & performance. Madi began at dance Network Australia with Miss Maria & continued for over 13 years with with Dance Network Engadine under the guidance of miss Emma. Madi studied all styles of dance. Madi completed her HSC Dance subject with Ev & Bow & graduated with a mark of 96. From there Madi went on to study at Ev & Bow Full Time Dance Training Centre. Madi completed 2 years of full time graduating with a Cert 4 & Diploma in Dance. During her studies Madi was cheerleading for the Cronulla Sharks Mermaids as well as taking on local performance gigs through JLD Entertainment. Some of Madi's performance experiences include: Chinese New Year, NRL Grand Final, NRL Awards Nights, NRL Footy Grand Final Show, ADF & much more. During Madi's full time years she worked with several choreographers including Marko Panzic, Larissa Mcgowan, Amy Campbell and Sarah Boulter.

Madi completed a 6 month Show Business course with the Dream Dance Company under the guidance of Marko Panzic which lead to more performance opportunities.

After much debate Madi chose the teaching path & has now been teaching for 6 years in all styles choreographing troupes & solos.



After full time Madi took on her Certificate of Ballet Teaching Studies with the Royal Academy of Dance (RAD) to become a registered RAD Ballet Teacher. After 2 years of study Madi completed her certificate & is now a registered RAD Ballet Teacher & has been entering students into their exams for 2 years.

With a passion for fitness Madi completed her Cert 3 in Fitness & is a qualified Fitness Trainer working with women, young dancers & teenagers to promote a healthy balanced lifestyle.

Completing her Cert 4 in Small Business Management Madi is thrilled to be now entering her 4th year as a functioning dance studio & working her dream job.

*"CREATE, TRAIN & MOTIVATE"*



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# TIMETABLE/TEACHERS

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At MF Dance Studio we will have our full time faculty teachers as well as a range of both female & male teachers entering our studio doors to work with the students in different capacities. This may be workshops or guest choreographers for our Performance Squads.

## **Timetable subject to class size & availability.**

All of our teachers hold a current Working with Children Check & there will always be 2 staff members with their current first aid certificate at the studio.

Our staff have so much passion & expertise to pass on & with so much knowledge our students will unlock their potential in many different ways within our studio walls.

# 2024 FACULTY

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Miss Madi RAD RTS/Owner

Miss Liv Garland

Miss Jess Douglas

Miss Soraya Zapata

Miss Amanda Mayhew RAD RTS

Miss Emma Stewart

Miss Tara Marsh

Miss Abbie Hardman

# **CLASSES WE OFFER**

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**BALLET (RAD SYLLABUS & RECREATIONAL)**

**CONTEMPORARY**

**LYRICAL**

**JAZZ**

**HIP HOP**

**TAP**

**ACRO**

**MUSICAL THEATRE**

**SINGING**

**PERFORMANCE SQUAD STREAM**

**PRO DEV & ELITE SQUAD STREAM**

**TINY GROOVERS**

**MINI MOVERS & GROOVERS (BALLET & JAZZ)**

**LITTLE NINJA'S/JUNIOR NINJA'S**

**PRIVATE LESSONS**



# PERFORMANCE SQUAD STREAM

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Our Performance Squad Stream is available upon an audition process.

This stream is for those students looking to explore their performance side a little more & push themselves with a challenge. Learning up to 3 routines in the year & performing at Eisteddfods, Public Events & an End of Year Showcase!

This stream allows students who want to take their dancing to the next level & work within a team environment.

We have the following Squad/Age groups Available:

Minis (6 & under)  
Pre-Junior (8 & under)  
Junior (10 & under)  
Pre-Teen (12 & under)  
Teen (14 & under)  
Senior (16 & under/over)  
Teen & Senior Professional Development Squads  
Junior Elite Squad  
Junior & Inter Musical Theatre Squad  
Junior & Inter Hip Hop Squad  
Junior Ballet Squad

For more information regarding our Performance Squad Stream or on how to audition please email us!



# ADF

AUSTRALIAN  
DANCE FESTIVAL



DANCE FEST



# 2024 AGE GROUPS

## RECREATIONAL CLASSES

**TINY GROOVERS = 6-18 MONTHS**

**MINI MOVERS & GROOVERS = 2-5YEARS (PRE-SCHOOL)**

**MINI'S = KINDY @ SCHOOL OR AGES 5 & 6**

**PRE-JUNIORS = YEAR 1 & 2 @ SCHOOL OR AGES 7 & 8**

**JUNIORS = YEAR 3 & 4 @ SCHOOL OR AGES 9 & 10**

**PRE-TEENS = YEARS 5 & 6 @ SCHOOL OR AGES 11 & 12**

**TEENS = YEARS 7, 8 & 9 @ SCHOOL OR AGES 13, 14 & 15**

**SENIORS = YEARS 10 & 11 @ SCHOOL OR AGES 16 & 17**

**OPENS = YEAR 12 & UP OR AGES 18+**

### OTHER CLASS BREAKDOWNS:

**K-2 @ SCHOOL**

**3-6 @ SCHOOL**

**5-6 @ SCHOOL**

**7-9 @ SCHOOL**

**If you have any questions regarding age groups & classes please email us!**

# PRIVATE LESSONS

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Students at MF Fitness & Dance can either be selected & asked to do private lessons or you can enquire however the student must be committed to each lesson & be ready to work hard. Solo students will learn various routines within their lessons over the year & take these routines to the stage in eisteddfods throughout the year.

Private lessons can also be used to improve students confidence, technique, flexibility, strength & more. The 1:1 coaching will allow the student to have the full attention of the teacher & to be pushed to that next level in a comfortable private environment.

Private lessons can be used for all styles of dance.

## PRICING:

1/2 Hour- \$40

45 minutes- \$55

1 Hour- \$70

Duo lessons are also available!



# UNIFORM

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WE HAVE A RANGE OF UNIFORM AVAILABLE FOR ALL OF OUR DANCERS TO SELECT & PURCHASE FROM!

WE HAVE ADDED A NEW RANGE TO OUR UNIFORM CALLED 'HYPE'

TO PUT THROUGH A UNIFORM ORDER PLEASE EMAIL US OR VISIT US AT RECEPTION

TO VIEW OUR UNIFORM PIECES PLEASE VISIT OUR WEBSITE

## SHOE REQUIREMENTS

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### **MINI MOVER'S & GROOVERS**

TAN JAZZ SHOES

### **BALLET**

BALLET SHOES

### **CONTEMPORARY/LYRICAL**

BARE FEET OR TURNING SHOES

### **JAZZ/MUSICAL THEATRE**

MINI'S, PRE-JUNIORS & JUNIORS = TAN JAZZ SHOES

PRE-TEENS & UP = BLACK JAZZ SHOES

### **TAP**

MINI'S, PRE-JUNIORS & JUNIORS- TAN TAP SHOES

PRE-TEENS & UP = BLACK TAP SHOES

### **HIP HOP**

ALL WHITE JOGGERS

### **ACRO**

BARE FEET

## CLASS UNIFORM REQUIREMENTS

### BALLET

In our ballet classes students are required to wear our chosen leotard colours of either black or purple (light or dark) along with the correct ballet shoes for the class level & hair in a bun. Stockings are optional. Ballet skirts can be worn as long as they are also black or purple.

### CONTEMPORARY/LYRICAL

For our contemporary & lyrical classes our MF Dance Studio uniform can be worn. This includes; leotard, crop top, shorts, tights, singlet, t-shirt. No shoes are required for this class however if students wish they can wear turning shoes or foot thongs. Hair must be tied back neatly at all times; ponytail or bun is fine.

### JAZZ

For our jazz classes our MF Dance Studio uniform can be worn. This includes; leotard, crop top, shorts, tights, singlet, t-shirt. Jazz shoes are required for this class. Shoe colour is determined by age group. either tan or black. Hair must be tied back neatly at all times; ponytail or bun is fine.

### TAP

For our tap classes our MF Dance Studio uniform can be worn. This includes; leotard, crop top, shorts, tights, singlet, t-shirt. Tap shoes are required for this class. Shoe colour is determined by age group - either tan or black. Hair must be tied back neatly at all times; ponytail or bun is fine.

## CLASS UNIFORM REQUIREMENTS

### PERFORMANCE & PROFESSIONAL DEVELOPMENT SQUAD

We expect nothing but perfect uniform in these classes as we are training dancers to be professional & your appearance can also play a huge part in how you hold yourself in a dance class.

Correct shoes for each class are always required, hair always neatly tied back & making sure your overall appearance is at a professional respectful level.

These uniform requirements carry through to any eisteddfod days or any other studio outing opportunities when a performance comes up.



# STUDIO FACILITIES

Address: Shops 1-4 25-27 Station St Engadine

Our studio is located on the corner of Station St & Caldarra Ave underneath the Engadine Music Centre. The studio is a 1 minute walk from Engadine Train & Bus Station.

## STUDIOS

MF Dance Studio as of January 2024 will have 4 dance studios within our facilities.

**Studio 1** is our bigger room where our larger classes will take place. All exam ballet classes will take place in studio 1 as this is where exams will take place.

**Studio 2** is our smaller room where our smaller classes, tap classes & any stretch, conditioning & private lessons will take place.

**Studio 3** will be our brand new larger studio where all things Acro will occur!

**Studio 4** is our third larger studio with its own toilet facilities.

Both studios are fully equipped with correct dance flooring, mirrors, ballet barres, stereos & enough practical space for the dancers to thrive.

## CHANGE ROOM/WAITING ROOM

Our changeroom is where all dancers can store their bags & any other personal belongings.

Our change room is equipped with a pop up change room & cubes for storage where students can hire one out for the year to keep shoes at the studio.

We have chairs & bean bags for our students when they are needing to chill between classes.

## KITCHEN/STUDY AREA

Our kitchen area is fully equipped with a fridge, microwave & sink so all dancers can eat before dancing or in their break if they need.

We have set up a study area if dancers would like to complete their homework or any study prior to classes or in a break.

## RECEPTION

Our reception is located in our Main studio space at the front of our premises as soon as you walk in the door. For all questions & inquiries this is the place to go.

## TOILETS

Our toilets are located next to our premises. Access to these toilets are only for tenants & a key is provided to access. An adult will always be present when students need to go to the bathroom. Both female & male facilities are available that are cleaned twice a week. Studio 3 has it's own facilities.



# CREATIVE & ACTIVE KIDS REGISTERED



If you wish to use your child's Creative & Active Kids Voucher please provide a copy of the voucher via print out at reception or via email so that the voucher number is clear.

You can use your vouchers on term fees, costume fees, private lessons & concert registration fees.

When you apply your vouchers your invoices will be amended or updated to take off the amount provided by the vouchers.

# JOIN THE #MFSQUAD

We can't wait to welcome you into the #MFSQUAD

If you have any other questions or queries please don't hesitate to contact us via email or our website.

Please find your enrollment form attached in the same email or you can enrol online at [mffitnessanddance.com.au](http://mffitnessanddance.com.au)

