CATHY-LEA STUDIOS PRE-SCHOOL INFORMATION PACK 2026 (walking-5 years)

Experts in entertainment education.
Creating stars since 1990.

About Us

When established in 1990, Cathy-Lea was **unique in its performing arts curriculum.** 36 years later, we are still **leaders in performing arts education**, offering programs that are **educationally informed,** responsive to children's **diverse learning needs,** and preparing graduates for the **demands of the performing arts industry,** in an environment that is **positive, inclusive, encouraging** and **fun!**

Mission

Cathy-Lea Studios are committed to delivering 'best practice' in Dance and performing arts education, delivering registered, recognised and reputable training.
We strive to nurture students' passion for performing arts, inspire creativity and artistry, and develop strong Dance and performance technique.
We encourage students to achieve their personal best, while developing confidence, resilience and social skills within a nurturing, supportive community.

At Cathy-Lea your child will:

- Be welcomed, nurtured and supported regardless of age, ability, gender, or cultural background.
- Be inspired to develop creativity, confidence and musicality.
- Refine technique and artistry in dance, music and drama.
- Develop a passion for performing and the arts.
- Cultivate self-awareness, perseverance and resilience.
- Build physical skills such as fitness, agility and co-ordination.
- Foster inter-personal values such as commitment to others, empathy, and teamwork.
- Grow as 'triple threat' performers who can dance, sing and act.
- Experience varied performance opportunities including non-competitive and community events.
- Have options to pursue a wide variety of performing arts classes for fun and fitness.
- Have the option to undertake high standard technical training and prepare for a career in performing arts.
- Discover, develop and display their inner shining star!

Cathy-Lea Studios offer:

- **Expert tuition** from qualified teachers and top industry professionals, with Child Safety and Safe Dance training and WWCCs.
- **Extensive curriculum** of performing arts classes including many styles of Dance, instrumental Music, Drama and performance.
- **Exciting performance opportunities** including concerts, cabarets, community events and national and international opportunities.
- **Excellent outcomes** including top marks in examinations, awards, scholarships, eisteddfod placings and fulltime training placements, leading to dance and performing arts careers.
- **Exceptional learning environment** that recognises the whole child and nurtures individual learners, supporting those with disability and learning differences; providing for those who want recreational, fun classes; offering structured technical training; and extending those with talent and aspiration.
- **Reasonable rates** with significant family discounts and unlimited class passes so the more you do, the less you pay per class

2026 Timetable – Pre-School Classes

CONTACT US for more information or email office@cathy-lea.com
ENROL NOW at www.cathy-lea.com

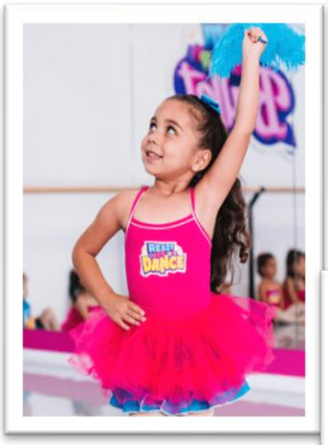
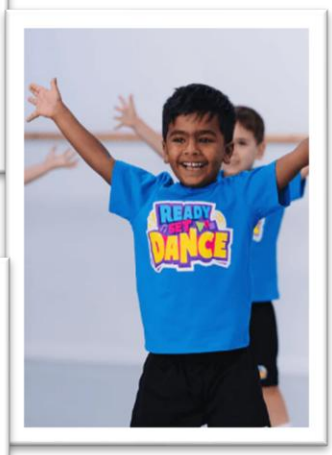
Tuesday
9:30am – Ready Set Move (walking-3yrs)
10am - Ready Set Ballet (2-5yrs)
11am - Ready Set Dance (2-5yrs)
11.30am – Acro Tots (2-5yrs)

Wednesday
10am - Ready Set Dance (2-5yrs)
11am - Ready Set Ballet (2-5yrs)
11.30am – Acro Tots (2-5yrs)

Thursday
9:30am – Ready Set Move (walking-3yrs)
10am - Ready Set Dance (2-5yrs)
11am - Ready Set Ballet (2-5yrs)
4.15pm - Ready Set Dance (2-5yrs)
5.15pm - Ready Set Ballet (2-5yrs)

Saturday
9am - Ready Set Move (walking-3yrs)
9:30am - Ready Set Dance 2 (4-5yrs)
10.30am - Ready Set Ballet 2 (4-5yrs)

8.45am - Ready Set Dance 1 (2-3yrs)
9.45am - Ready Set Ballet 1 (2-3yrs)
10.15am - Acro Tots (2-5yrs)

Class Fees

Ready Set Move / Ready Set Ballet / Acro Tots	**$90 per term**
Ready Set Dance	**$180 per term**
Pre-School Combo (RSD/RSB or RSD/AT)	**$255 per term**
Pre-school Unlimited Class Pass	**$330 per term**
Annual Registration fee	**$35 per year**

Note:
Fees quoted are based on the "Advance Payment Rate" for a 10 week term.
If a term is fewer or more weeks, the rate will be adjusted accordingly.
Students can register for a **FREE TRIAL CLASS** prior to enrolling via this link, or at www.cathy-lea.com
Term 1 2026 is Monday 26th January – Thursday 2nd April

Explanation of Classes

Ready Set Move (walking age-3 year olds)

Classes suitable for any pre-school child who prefers to have a parent (or other adult) with them in class.

READY SET MOVE is a 30 minute 'Mums'n'Bubs-style' class for children from walking age to 3 years.
ENGAGE, **EXPLORE** and **EXPRESS –** 3 engaging sections that develop musicality, creativity and co-ordination for students.
Props, musical instruments and a variety of songs are used to create an engaging and fun learning experience which builds basic dance and music skills. Participation with a grown up makes it an ideal starting class for very young students, or those requiring a little reassurance, confidence, or assistance.

Ready Set Dance (2-5 year olds)

Where enrolments are large, this class is sometimes divided into RSD level 1 and RSD level 2 classes

READY SET DANCE is a one hour combo class of **JAZZ**, **TAP**, **HIP HOP**, **SINGING and MUSIC** and a whole lot of fun! The program caters for two levels, 2-3 years and 4-5 years.
JAZZ – Develop muscle strength, control and balance and achieve coordination milestones like skipping before going to school.
HIP HOP – Bust out some ice cold moves just like Freeze to our original hip hop tracks.
MUSIC – Develop the musical ear, dynamics and tempo while having fun with instruments and the parachute.
SINGING – Sing like Twirl and build confidence singing on the microphone
TAP – Learn the fundamentals of tap in a playful and creative way splashing in puddles and shuffling like a penguin.
All these ingredients together create a super hour of fun!

Ready Set Ballet (2-5 year olds)

Where enrolments are large, this class is sometimes divided into RSD level 1 and RSD level 2 classes

Ready Set Ballet is a 30 minute magical ballet experience for 2- 5 year olds. Twirl our mascot will lead our little dancers through each step of the class as they learn the fundamentals of ballet.
MUSIC – Engage in specifically designed music that captures the beauty of classical ballet
CO-ORDINATION – Develop coordination, body awareness, strength and flexibility both through visual and auditory instruction.
MIME – Explore creativity and gain confidence by going on a picnic with FREEZE and TWIRL, riding the tutu train to storybook lane and so much more.
THEMED DANCES – Learn the beautifully themed dances that have music prompts to support pre-schooler's playful participation.
PROPS – Have fun twirling with rainbow ribbons, swaying with feathers and popping bubbles. These resources support tactile awareness and strengthen fine motor coordination and control.

Notes: Ready Set Dance and Ready Set Ballet classes are suitable for 2-5 year olds.
Where there are 2 levels, level 1 is aimed at 3-year-old kinder students, and level 2 is aimed at 4-year-old kinder students. Class content is the same in both classes.

Acro Tots (2-5 year olds)

Acro Tots is a pre-school acrobatics class to develop strength, agility and flexibility. Classes develop gross motor skills such as jumping, hopping, skipping and rolling, as well as balance and co-ordination.

How to Enrol

Step 1. Go to www.cathy-lea.com and click **ENROL NOW**.
Follow the steps to complete enrolment in your selected classes.
You will receive an email confirming your enrolment once this is processed by Cathy-Lea staff.

Step 2 : Pay your deposit of **$20 per class** to:
Cathy-Lea Studios, BSB: 033 341, Account: 882 743, Reference: *Client surname & initial*

Uniform

Acro Tots - no set uniform

Ready Set Dance Programs (items available from Cathy-Lea office)

- **Ready Set Move:**
  - purple RSM t-shirt (optional), own skirt, shorts or leggings,
  - bare feet (ballet/jazz shoes optional)
- **Ready Set Dance:**
  - Girls: Pink & blue RSD frilled dress, white socks/tan tights, tan jazz shoes, tan tap shoes
  - Boys: Blue RSD t-shirt, black pants/shorts, black jazz shoes, black lace-up tap shoes
- **Ready Set Ballet:**
  - Girls: Pink & blue RSD frilled dress, white socks/pink tights, pink leather ballet shoes
  - Boys: Blue RSD t-shirt, black pants/shorts, white leather ballet shoes

Expert Testimonial

'Ready Set Dance is an innovative program designed specifically to introduce young children to the world of dance. In each class teachers explore aspects of the Ready Set Dance curriculum through playful approaches which are responsive to the curiosity and imagination of young learners. The children respond with active and joyful engagement and participation that enables them to practice and refine the skills and capacities needed for dance. At the same time the children are extended across the various developmental domains of physical, cognitive, language and social development and use learning processes such as attending, remembering and problem solving. Through regular and sustained participation in Ready Set Dance classes children develop positive dispositions to learning such as enthusiasm, independence, concentration, persistence, co-operation and the three C's of confidence, coordination and creativity. Ready Set Dance offers much to support the play and learning of young children in Australia and beyond.'

FAQs

Can I watch my child's classes?
All our studios have windows through which you can watch classes, we also stream some classes to a television for parents to watch from the foyer. Ready Set Move classes have parents in class, but we do not have parents in the studio with children for Ready Set Dance, Ready Set Ballet and Ready Set Acro classes.

In our experience, pre-schoolers are able to concentrate better without the distraction of other noise in the room from parents and other siblings. Our program has been endorsed by leading child care experts who support the independent learning model. As pre-schoolers participate in classes they have the opportunity to develop additional secure attachments with adults (teachers) and peers. This helps them transition positively into the larger world and helps with school readiness.

Having said this, a lot of children are timid at first and need to know that a parent is close by. We allow parents to support their children in the studio if necessary to help them adjust in the first class.

Are your teachers qualified?
Yes - Ready Set Dance teachers are required to gain their accreditation from Ready Set Dance head office before delivering the program. All Cathy-Lea teachers also have Working with Children Checks, are trained in Child Safety and Safe Dance practice.

Do we need to purchase uniform and shoes?
Acro Tots has no uniform. Ready Set Move has an optional purple t-shirt.
Uniform must be worn by students in Ready Set Dance and Ballet classes. However, we encourage you to try our classes to make sure we are the right fit for you and your child before purchasing anything. Comfortable clothes and sneakers are fine for the first couple of lessons. Once your child has settled you can purchase the official Ready Set Dance uniform at reception, which we are sure your child will love!

If we miss a class, can it be made up on another day of the week?
Yes, you may complete a make-up class 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 pre-schoolers need the comfort of knowing that the same teacher and their friends will be there when they go to dancing.

How can I experience Ready Set Dance at home?
Ready Set Dance airs on Nick Jr and 10 Peach. You can also watch it on 10 Play, YouTube and the Nick Jr Play App. The Show has been so popular that it is now airing in 120 countries all over the world. Pre-schoolers love to dance along to their favourite songs from the TV show in their classes every week.

Welcome to the Cathy-Lea Community