



# Cathy-Lea Studios

Creating stars since 1990



[WWW.CATHY-LEA.COM](http://WWW.CATHY-LEA.COM)

2025 PRE-SCHOOL INFORMATION



## EXPLANATION OF CLASSES

### Ready Set Move (18 months-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 that are for 18 month-3 year olds.

**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.

**\*NEW IN 2025\***

### Acro Tots (2-5 year olds)

Beginner **tumbling skills** for pre-schoolers, developing strength, flexibility and agility.

*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.*



## PRE-SCHOOL TIMETABLE TERM 1, 2025

**Tuesday**  
**9:30am – Ready Set Move (18 months-3yrs)**  
**10am - Ready Set Ballet (2-5yrs)**  
**10.30 - Ready Set Dance (2-5yrs)**  
**11.30am – Acro Tots (18 months-5yrs)**

**Wednesday**  
**9:30am – Ready Set Move (18 months-3yrs)**  
**10am - Ready Set Dance (2-4yrs)**  
**11am - Ready Set Ballet (2-5yrs)**  
**11.30am – Acro Tots (18 months-5yrs)**

**Thursday**  
**9:30am – Ready Set Move (18 months-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 (18 months-3yrs)**  
**9:30am - Ready Set Dance 2 (4-5yrs)**  
**10.30am - Ready Set Ballet 2 (4-5yrs)**  
  
**9am - Ready Set Dance 1 (2-4yrs)**  
**10am - Ready Set Ballet 1 (2-5yrs)**  
**10.30am - Acro Tots (18 months-5yrs)**

### CLASS FEES

<b>Ready Set Move / Ready Set Ballet / Acro Tots</b>	<i>(30minutes per week)</i>	<b>\$90 per 10 week term</b>
<b>Ready Set Dance</b>	<i>(60 minutes per week)</i>	<b>\$180 per 10 week term</b>
<b>Pre-School Combo (RSD/RSB or RSD/AT)</b>	<i>(90 minutes per week)</i>	<b>\$255 per 10 week term</b>
<b>Pre-school Unlimited Class Pass</b>	<i>(unlimited pre-school classes per week)</i>	<b>\$330 per 10 week term</b>
<b>Annual Registration fee</b>	<i>(covers insurance, rights &amp; admin)</i>	<b>\$35 per year</b>

*Students can take a free trial class prior to enrolling.*

*Fees quoted are based on the “Advance Payment Rate” which is payable by Week 1 of each Term.*

### UNIFORM

**Ready Set Move** purple t-shirts can be worn with any black leggings, skirts or pants, or children can wear RSM purple tutus. Bare feet or Ballet shoes can be worn.

**Ready Set Dance** and **Ready Set Ballet** classes have a set uniform including a pink and blue RSD leotard/tutu for girls and a blue RSD t-shirt for boys. These items are available from the Cathy-Lea Studio office.

Jazz and Tap shoes are worn in Ready Set Dance and Ballet shoes are worn in Ready Set Ballet classes.

There is no set uniform for **Acro Tots**, but for safety, we suggest tight fitting clothing.



### EARLY LEARNING CONSULTANT 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.'



**COORDINATION**



**CONFIDENCE**



**CREATIVITY**



## FAQs

### Can I watch my child's classes?

READY SET MOVE classes have parents in class. Children take READY SET DANCE and READY SET BALLET classes independently and while studios do have windows, we ask that parents only watch occasionally, so children can build confidence and autonomy.

The READY SET DANCE program has been developed by dance studio owners who are highly regarded in the industry as preschool dance experts. The teaching methods in the program are based on what we believe works best from our experience in the classroom. In our experience pre-schoolers are able to concentrate better without the distraction of other noise in the room from parents and other siblings.

The READY SET DANCE program has been endorsed by leading child care experts who have done research papers on our teaching practises. The research paper supports the independent learning model. As preschoolers 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 begins them developing school readiness. As they grow independently in their dance class they develop feelings of confidence and self efficacy.

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?

All teachers have Working with Children Checks, are trained in Child Safety and follow a program that is endorsed by early learning experts. READY SET DANCE, READY SET BALLET and READY SET MOVE teachers are required to complete training and gain accreditation from READY SET DANCE head office before delivering the program.

### Do we need to purchase uniform and shoes?

READY SET MOVE purple t-shirt can be worn with any black leggings or shorts. Students may also purchase a READY SET MOVE purple tutu skirt.

READY SET DANCE leotard/tutu should be worn by students in both READY SET DANCE and BALLET classes.

We like to make sure our programs are the right fit for you and your child before you commit to buying uniform, so suggest comfortable casual clothes and sneakers for the first couple of lessons. Once your child has settled in, you can purchase the official READY SET DANCE uniform at Cathy-Lea reception - which we are sure you 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 every day 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.

**BEST NATIONAL ACTIVITY FOR PRESCHOOLERS**

What's on 4 Kids Awards

**READY SET DANCE**

AS SEEN ON **nick jr.**

A ONE HOUR COMBO CLASS OF JAZZ, TAP, HIP HOP, SINGING, MUSIC AND A WHOLE LOT OF FUN!

**CONFIDENCE, COORDINATION AND CREATIVITY.**

**READY SET Ballet**

A THIRTY MINUTE MAGICAL BALLET EXPERIENCE

[www.readyset.dance](http://www.readyset.dance)