



RECREATIONAL
STREAM
2022



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9/14-16 EXCHANGE PARADE
NARELLAN

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CDT

Rec

STREAM



CDT IS A COVIDSAFE BUSINESS

We appreciate your help in keeping CDT covidsafe - parents must check in, students must temp check and sanitise.

CDT Mission

Creating a safe space for all of our members to feel welcome.

To build on our students' confidence, ability and love of dance.

To strive to bring the best to south-west Sydney.

Our goal is to help CDT students believe in themselves and achieve anything they set their minds to.

At CDT we nurture each individual students journey, we believe in bringing out each students confidence and helping them find their spark.

CDT Dancers get high quality dance training in a safe, fun and encouraging environment.

Our classes are designed to help our students develop their love of dance while working on in-class goals.

Being a CDT dancer means so much more than getting dance lessons, they will learn important life lessons such a positive mindset, sense of community and belonging, team work and many more valuable lessons.

Members receive a weekly update email from admin@completedancetraining.com

If you don't receive one - please contact us!

Invoices are emailed to you at the beginning of your enrolment. Fees are direct debited.

We accept both Active Kids and Creative Kids vouchers.

See fee policy for more information.

CDT Recreational Stream

These classes will be fun, recreational classes aimed to build up students' confidence and love of dance.

Age Groups:

- Kindy-Year 3
- Year 4-6
- High school.

They will take part in the end of year concert.

Our concert is on Sunday 27th November at Riverside Theatre, Parramatta.

CDT Team

The CDT team strive to give each student the best quality training while sharing our love of dance. Every CDT teacher is first aid trained along with a fantastic array of qualifications, experience and history to share with our students.

Directors: Jenna & Jerrika Howley

CDT Teachers:

Laura (LJ) Nash

Tylah Paterson

Joel Houwen

Hannah Pike

Lilly Jackson

Sophie Johnson



CDT Facilities

CDT is located at 9/14-16 Exchange Parade, Narellan.

This is where our purpose built studio resides.

Here we have 4 studios, Students area and waiting room.

One of our dance rooms is specialised for our CDT minis (2-6 year olds).



Socials

CDT have a private facebook group that gives regular updates, quick notices and messages from the CDT staff.

We have a facebook profile 'Adminat Cdt'

Our business facebook profile is
www.facebook.com/completedancetraining

Instagram

Main Page - @completedancetrainig
Private Members only - @cdtmembers

Our main point of contact is our email
admin@completedancetraining.com
You can also call us on 0401798381

CDT Rec Stream Classes

JAZZ/ FUNK/ HIP HOP

The JFH class is a fun class that includes popular music.

This class combines the three styles of:

Jazz - Jazz is an upbeat, fun style including jazz technique with kicks, turns and leaps.

Funk - Dancers learn grooves and funky moves.

HipHop - Hip hop dance is a fusion style of popping, locking, breaking, street. This class is focuses on commercialised hip hop.

The class is structured so that dancers will learn a mix of the three styles in progressions along with fun combinations in Term One and Two.

In Term Three they will begin a concert routine which will be performed at the end of year show.

What to wear: any top and pants they can dance in (no jeans). CDT uniform is available.

Shoes: Jazz shoes or joggers.

LYRICAL

Lyrical is a beautiful style of dance that is a combination of ballet and jazz where students get to express their emotions, connect to music and lyrics and learn foundational skills.

The class is structured so that dancers will learn floor and travelling progressions along with combinations in Term One and Two.

In Term Three they will begin a concert routine which will be performed at the end of year show.

What to wear: any top and pants they can dance in (no jeans).. CDT uniform is available.

Shoes: no shoes required.

MUSICAL THEATRE

Musical Theatre combines singing, dancing and acting all in one class!

Students will learn some classics, musical theatre history and modern musicals.

This is a great space for students to work on their confidence and develop a love for the art.

The class is structured so that dancers will learn stylistic progressions along with combinations in Term One and Two.

In Term Three they will begin a concert routine which will be performed at the end of year show.

What to wear: any top and pants they can dance in (no jeans).CDT uniform is available.

Shoes: Jazz shoes.

These three classes will include a costume hire fee for their end of year concert.

Please see fee policy for prices.

The CDT Concert is held at Riverside Theatre, Parramatta.

Our concert is on Sunday 27th November.

Concert work begins in Term Three, this does mean the timetable is subject to change to accommodate for routines. You will be notified of these changes.

GROUP SINGING

In this class students will work on their breathing techniques, vocal control, musicality, rhythm and timing while in a group environment so those who are not confident in their abilities can work in a group setting. Throughout the terms students will work on a variety of music building their repertoire and then learning a special end of term showcase song.

What to wear: anything they feel comfortable in.

GROUP ACTING

Acting classes allow students to explore the art of acting in a safe environment where they can learn and build on acting techniques, styles and methods, work on theatre acting and film acting, audition process and camera work. They will learn about monologues, duologues, group scenes, theatre techniques and live performances.

Term One will be a working on a variety of these skills.

Term Two will be further developing skills and preparing for a performance.

Term Three will be a live performance at the end of Term.

Term Four will be camera acting and preparing a film development.

What to wear: nothing that will restrict their movement (no dresses)

CONDITIONING

This class focuses on a dancers fitness, flexibility and strength.

In our conditioning classes we encourage not just a healthy body but a healthy mind as well.

We believe in teaching not just the how but the why.

Dancers will learn about their body and how to take care of it!

This is one of our most recommended classes - it teaches goal setting, resilience and helps dancers improve in all styles of dance.

What to wear: crop top and shorts (tight top if not comfortable - loose clothing can be a hazard as they use equipment in this class. No shoes.

What to bring: Journal and pen.

Skipping rope, thin yoga mat and yoga block recommended.

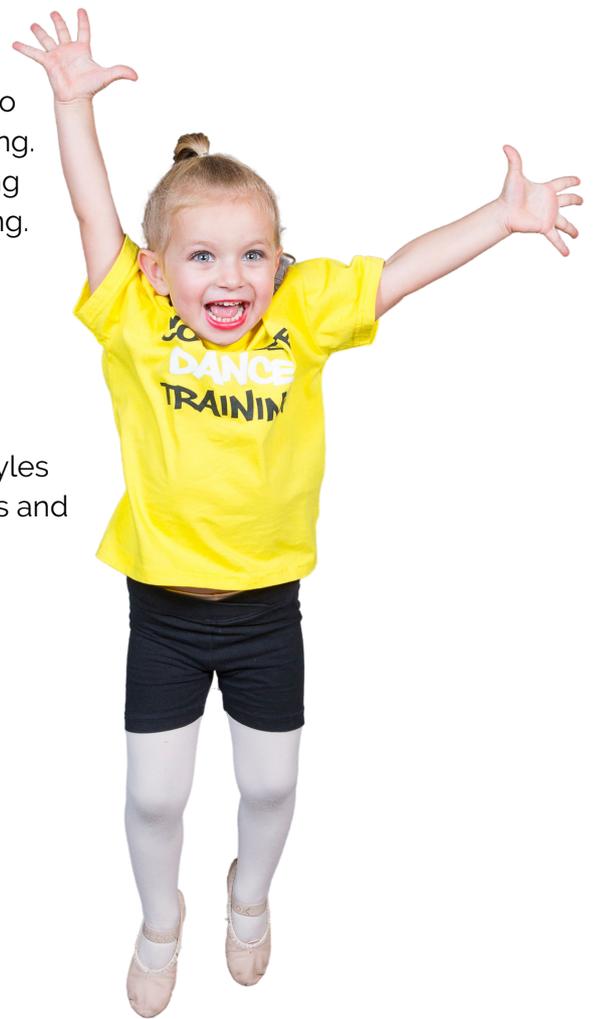
TUMBLING

This class combines acrobatics and tumbling skills. Students learn the correct and safe way to execute their favourite skills ranging from cartwheels and handstands to walkovers, aerial skills and flips. CDT cater for a range of skill levels so students will be assessed and placed into their best suited level to help improve their skills.

Tumbling students will take part in an end of year showcase in Term 4.

PLEASE NOTE: conditioning class is a prerequisite of tumbling - so that students work on their strength and flexibility for safety and in order to progress in their skills.

What to wear: Tight clothing only in tumbling - loose clothing is a hazard. No shoes.



Why CDT?

CDT Community

We have worked hard to create an environment where CDT members feel safe, get support and can dream and achieve. We are so proud of the CDT culture, and that each CDT member becomes part of the family environment where we support each other and help each other achieve our goals. At CDT we are big on respect and our students and families help keep CDT the positive environment we have strived to be for 10 years.

Because we are more than a dance studio, we're a dance family

What Our Past Students Say

When I joined Complete Dance Training, I immediately felt like I was part of a family. The staff have such a passion for teaching dance and they truly inspire and encourage students to grow. Jerrika and Jenna are amazing and supportive mentors and they genuinely want to help their students improve as all-round performers. While attending CDT I was encouraged to work as hard as I possibly could but the classes were still loads of fun and the atmosphere was wonderful. I love my CDT family so much, and I strongly recommend any up and coming dancer to train at Complete Dance Training.



- Tsehay Hawkins

What Our Parents Say

"Since starting with the girls from day one of their own studio, it has been the best decision for my daughter. Not only has she improved in every area, but is also now part of a close knit family full of encouragement, support and friendship. Looking forward to seeing her grow as a better dancer in the hands of CDT"

- Evelyn

WHAT WE OFFER:

- For Students 2-3** - CDT Toddler Program + Toddler Tap.
- For students 4-5** - CDT Preschooler Program, PS Tumbling.
- For students in primary and above** - we offer two streams.
 1. CDT Recreational Stream
 2. CDT Performance Stream

A Note From The Directors

We are so proud of everything CDT has become over the past ten years and we are so excited for its future. CDT is more than just a place, it's the students, the teachers, the families.

At CDT, we are supportive of each student and we recognise the benefits of dance in a persons life - we do not take lightly that we get to share that and we will always strive to build our students up to be the best they can, because we believe in them!

We are invested in our students and their goals.

At CDT, you have gained a second family, and we welcome everyone in their uniqueness

-Jenna and Jerrika Howley