



For more information and enrolments please contact:

Melanie Harriman – Director/Head Coach

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Business Hours (10am-2pm Monday-Friday)

## 2024 PROGRAM

### AGE GROUP STRUCTURE

3-5 YEARS (Born 2021, 2020, 2019)
5-8 YEARS (2019, 2018, 2017, 2016)
9-12 YEARS (2015, 2014, 2013, 2012)
13-19 YEARS (2011-2005)
12+ YEARS (2012 or earlier)
SGT - SMALL GROUP TRAINING (competition squad members 5 years - adult)

## FIVE DOCK STUDIO

### MONDAY CLASSES

4:00-4:45PM	SPORT AEROBICS FITNESS + STRENGTH	
4:45-5:30PM	SPORT AEROBICS SKILLS	
5:30-6:15PM	SPORT AEROBICS COMPETITION <i>cadet/junior/youth</i>	
6:15-7:00PM	SPORT AEROBICS TECHNIQUE + STRETCH	
7:00-7:45PM	SPORT AEROBICS SKILLS	
7:45-8:30PM	SPORT AEROBICS COMPETITION <i>youth/adult</i>	
8:30PM	SGT	

### THURSDAY CLASSES

10:00-10:30AM	BALLET/JAZZ	
10:30-11:00AM	BALLET/JAZZ	

### SATURDAY CLASSES

8:30-9:00AM	BALLET/JAZZ	
9:00-9:45AM	BALLET/JAZZ	
9:45-10:30AM	FUN FITNESS/GYM	
10:30-11:15AM	SPORT AEROBICS COMPETITION <i>x mini/pre mini/mini/cadet</i>	
11:15-12:00PM	SPORT AEROBICS SKILLS	
12:00-12:45PM	BALLET/JAZZ	
12:45-1:30PM	SPORT AEROBICS COMPETITION <i>cadet/junior</i>	
1:30-2:15PM	SPORT AEROBICS SKILLS	
2:15-3:00PM	SPORT AEROBICS COMPETITION <i>youth/adult</i>	
3:00PM	SGT	

# ERMINGTON STUDIO

## WEDNESDAY CLASSES

3:00-4:00PM	EPS DEVELOPMENT SQUAD <i>(Selected members)</i>
3:00-4:30PM	EPS SCHOOL SQUAD <i>(Selected members)</i>
4:30-5:15PM	SPORT AEROBICS COMPETITION <i>x mini/pre mini/mini</i>
5:15-6:00PM	SPORT AEROBICS SKILLS
6:00-6:45PM	SPORT AEROBICS FITNESS + STRETCH
6:45-7:30PM	SPORT AEROBICS SKILLS
7:30-8:15PM	SPORT AEROBICS COMPETITION <i>youth/adult</i>
8:15PM	SGT

## THURSDAY CLASSES

3:00-3:45PM	FUN FITNESS	
3:45-4:30PM	GYM	
4:30-5:15PM	DANCE JAZZ/HIP HOP	
5:15-6:00PM	SPORT AEROBICS TECHNIQUE	+ STRETCH
6:00-6:45PM	SPORT AEROBICS COMPETITION <i>mini/cadet/junior</i>	

## WEEKLY CLASS FEE PACKAGES 2024

CLASS	WEEKLY FEES IN 2024 <i>Applies to Five Dock &amp; Ermington Studios</i>					
3-5 YEARS	1 CLASS \$12		2 CLASSES \$20		Casual payment \$16 per class	
5 YEARS-ADULT	1 CLASS \$16	2 CLASSES \$30	3 CLASSES \$42	4 CLASSES \$52	5 CLASSES \$60	6 CLASSES \$66
<b>7+ CLASSES HARRIMAN DSAF UNLIMITED MEMBERSHIP \$70</b>						
CASUAL	Casual payment \$22 per class		10-Class Pass Expires 31/12/24 \$200			
SMALL GROUP TRAINING (SGT) Five dock Studio	\$40 per athlete booked lessons with a coach (after hours and Sunday lessons) <i>Compulsory for Sport Aerobics Competition Squad, minimum 2 lessons per term -All Ages Competition Dancers in solos will also be required 2 minimum lessons per term -All Ages</i>					
EPS SCHOOL SQUAD	\$22 <i>Note: EPS Squad fees are separate from fee packages above (not included in fee packages and discounts)</i>					
EPS DEVELOPMENT SQUAD ONLY	\$16 <i>Note: EPS Development squad is included in the fee packages above (to allow for growth of our recreational classes in both locations and because it is a non-competitive class)</i>					
H SQUAD MEMBERSHIP FEE	AGES 5+ \$70 – 7+ classes per week! <i>Note: SGT, EPS School Squad, Private lessons &amp; Holiday Workshops are additional to membership fee. Membership fee is the maximum you will pay weekly, unlimited classes in age group and payment is per term, regardless of competitions or public holidays. If classes do not go ahead, make up classes will be organised by coaches and director.</i>					
PRIVATE LESSON	<ul style="list-style-type: none"> <li>• \$60-150 per hour. Fees dependent on type of lesson and studio.</li> <li>• Booking times for private choreography/skill/strength lessons available upon request. Payment for privates needs to be paid prior to first lesson or by invoice due date.</li> <li>• Contact for more information.</li> </ul>					
STUDIO HIRE Five Dock Studio	<ul style="list-style-type: none"> <li>• \$10-60 per hour dependant on use and duration.</li> <li>• Hire our Five dock studio for additional training or an event.</li> <li>• Call to book, organise or discuss for more information.</li> </ul>					
BIRTHDAY PARTIES Five Dock Studio	<ul style="list-style-type: none"> <li>• Have your next birthday/event at our Five Dock Studio. Full of Sport Aerobics &amp; Dance Fun. Capacity of 20 kids, ages 3+. Outdoor area to set up table and chairs and so much more. Enquire online <a href="http://harrimandsaf.com">harrimandsaf.com</a></li> </ul>					

- Studio locations below:

**Five Dock Studio:** Unit 5/84 Great North Road, Five Dock 2046. Parking available in council carparks back of studio and street parking.

**Ermington Studio:** Ermington Public School Hall, Brush Rd, West Ryde, 2114. Parking available on Brush Road. Please only enter through school gate on Brush Road to access hall. Strictly no parking or driving onto the school grounds.

- Class starting at 3pm Ermington studio (Wednesday & Thursday) for Ermington PS STUDENTS ONLY. Pre-school aged children can attend if they are 5 years old (close to turning 5) at Ermo studio only.
- 10% Discounted Fees apply for families. Discounted fee will be applied to fee payable of the 2<sup>nd</sup> enrolled member only and again with additional family members enrolled. First enrolled no discount. *Excludes Small Group Training, Private Lessons, EPS School squad, National squad training & Holiday programs.*
- All enrolments are allowed **to make up their missed class during the same term**. Fill in a make-up class form via our website, if you fail to do this, we cannot accept you into the class. Choose age group, class, and preferred date during the term. If we don't have classes available or you cannot make another time, then unfortunately we cannot organise this make up for you.
- All enrolments are required to pay a one-off annual registration fee. Rego fees starting at \$30.00 for 12/u recreational member.
- It is compulsory for all competition squad athletes to commit to 3 classes (ages 5-12) 5 classes (13-adult) minimum per week and 2 SGT/private lessons per term. It is also strongly recommended each competitive sport aerobic athlete enrolls in a technique/dance class each week.
- All members: Cancellation of a class needs to be put in writing prior to new term starting. Please email to [harriman.dsaf@outlook.com](mailto:harriman.dsaf@outlook.com) with 2 WEEKS NOTICE. If you fail to do so, your class enrolment will not be cancelled, and we will continue to charge you until received written confirmation.
- Holiday travel of more than 21 days during term dates, will need to be put in writing and emailed through with plenty of notice to be approved. Fee free period during the term can be amended and approved. The same policy will need to be followed for serious illness or serious injury, email report and information with a doctors certificate and term payments can be adjusted and/or credited to your account.

## Yearly Enrolment Registration Fees

ENROLMENTS TO BE COMPLETED AND PAYMENT RECEIVED ONLINE

Recreational Squad Member Fee	\$30 (age turning 3-12 years)	\$40 (age 13+)
Competitive Squad Member Fee	\$120 (age turning 5-12 years)	\$180 (age 13+)
School Squad Member Fee	\$30 Development Squad	\$70 Competition School Squad

Payments will be accepted.

Square, Cash and Direct Deposit

Direct Debit Details:

Account Name: HARRIMAN DANCE SPORT AEROBICS FITNESS

BSB: 062-692 A/N: 3043 2070 Commonwealth Bank Australia

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