



**RECREATIONAL
PROGRAM 2025**

WELCOME

Hello and welcome,

We are so excited you are looking at joining our wonderful Full Force Family. We have a large range of talented, experienced and qualified coaches who are ready to lead your athlete through the journey of All-Star Cheerleading or Dance. We have a range classes for recreational, semi competitive and elite athletes available.

We pride ourselves on 4 key qualities:

- Building confidence and boosting self-esteem
- Safe progressions in a nurturing environment
- High quality and affordable program
- Creating long lasting friendships

- Miss Jai lee Talbot
Gym Owner





Attendance Information:

Our gym terms align with the school terms. This will maximise their in class time still allowing a great balance of fun and holiday breaks.

If you are unable to attend a lesson please email or text prior to your class.

Unfortunately we are unable to offer makeup lessons due to absences.

Please note that upon registering you are paying to hold a position within that class and will be charged accordingly for all classes this includes family holidays and sickness.

Uniforms:

We do require our athletes to wear our uniform. This allows our gym to have a sense of belonging and inclusiveness.

Uniforms can be purchased directly from our studio. Please speak to our friendly staff to arrange a uniform. We have instock uniforms and have frequent deliveries of new stock.

For more information please see attached in our recreational package the uniform price list.

COSTS INVOLVED

Class Fees

30 Minute Class \$8

Registration Fee \$25

Uniform Please see uniform page

End of year costume Approximately \$60-70 per costume. Each class requires a different costume at our concert.

All fees are invoiced to the nominated email provided upon registration. Payment is to be made via direct deposit to the following:

Account: 10324553

BSB: 062703

Name: Full Force

Class fee's are due on the 1st of every month.

A late fee of \$10 per week will be charged to your account if fees are more than 7 days late. If fees are more than 7 days late your child unfortunately will be subject to missing classes.

CLASS INFORMATION

We have a large variety of classes on offer at our gym. We are lucky enough to have a fully equipped gym to provide such a wide range of genres for all ages.

Age Groups

Rhythm and Rhyme: 0-2 years

Mini Mover: 3-5 years

Purple RecStars 6-8 Years

Lilac RecStars 7-10 Years

Silver RecStars 9-12 Years years

Violet RecStars 11-15 Years

Classes Available

2-5 Year Olds

Parent Assisted Dance and Play

Mini Mover Dance Combo

Mini Mover Cheer Combo

Mini Mover Circus Combo

Multi-Sport Sessions

6+ Years Old

Jazz, Funk and Hip Hop

Lyrical

Acrobatics

Cheerleading and Pom

Aerial Silks

Contortion and Hand Balancing

Contemporary

MEET THE TEAM^{pn}



Miss Jai- Gym Owner



Miss Maddie- Coach



Miss Ebony - Coach



Miss Kenisha- Coach



Miss Fiona- Coach



Miss Taryn- Coach



**Belinda- Administration
Manager**



Jess- Admin Officer



AERIAL INFORMATION

We currently offer introductory classes to level 3. We follow the Aerial Arts Syllabus.

Classes are \$8 per lesson.

Classes:

3-5 years - Mini Mover

6+ -RecStars Aerial Level 1

Uniform Requirements:

- Studio tee shirt
- Black full length tights
- No shoes required
- Hair in a pony tail or bun

If your child is not wearing appropriate clothing your child will be **unable to participate** due to safety concerns.



MINI AND TINY MOVER CLASSES

. We have a brilliant Mini Mover Program which has been created by our early childhood trained staff. We have 3 class options available.

Mini Mover Dance: The perfect combination of singing, jazz funk, hip hop and ballet. A great introductory combo class to allow your dancer to explore a range of styles.

Mini Mover Cheer: A combination of acrobatics, kindergym, cheerleading and pom

Mini Mover Circus: A class where your child can explore a large range of props, skills and aerial silks. This is the perfect class for a busy body.

Multi Sport: A program that runs in a 10 week session block. Allowing athletes to explore introductory components of a range of sporting activities.

Dance/Circus/Cheer classes are \$8 each. Payable upon invoice per month.

Mini Mover Classes run Monday, Wednesday, Friday and Saturday



FAQ'S

Can we sit in on the class and watch?

Unfortunately we cannot cater to host parents inside our building as we do not have a reception area. We maximise the use of our space to enhance our classes. Inviting all parents inside can be overwhelming and over stimulating for athletes on the floor causing safety concerns. We also factor in child protection for our classes, ensuring our athletes safety is our number 1 priority.

We will hold parent viewing weeks and performance opportunities.

Do we have to do the concert?

The short answer is no! Whilst the concert is not MANDATORY we do recommend this to all athletes. This is a great opportunity to showcase and highlight our athletes and their dedication throughout the year. Please let us know before the 1st September if you decide to opt out of the concert.

Who do I contact if I have any questions?

Your first contact is Belinda Murray our admin manager. You can reach her via email admin@fullforcedanceandcheer.com.au or see her at the desk!

Registration Form

Don't need a trial and want to register now?

<https://form.jotform.com/232408028454857>

Complete this form now!

We can't wait to dance with you soon!



Trial Form

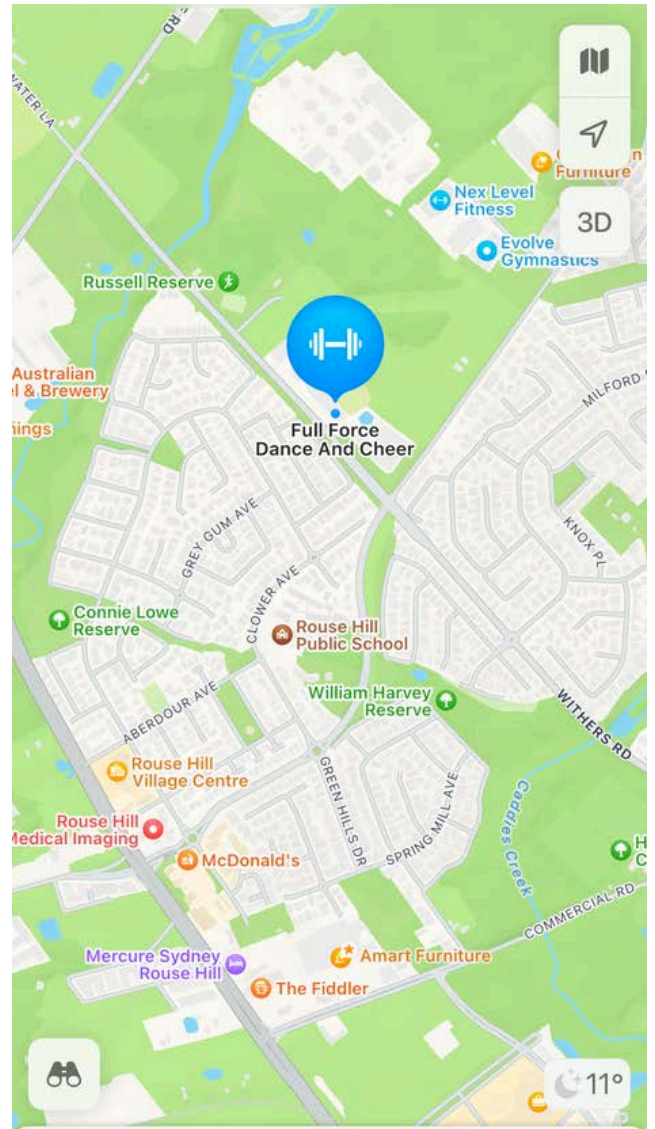
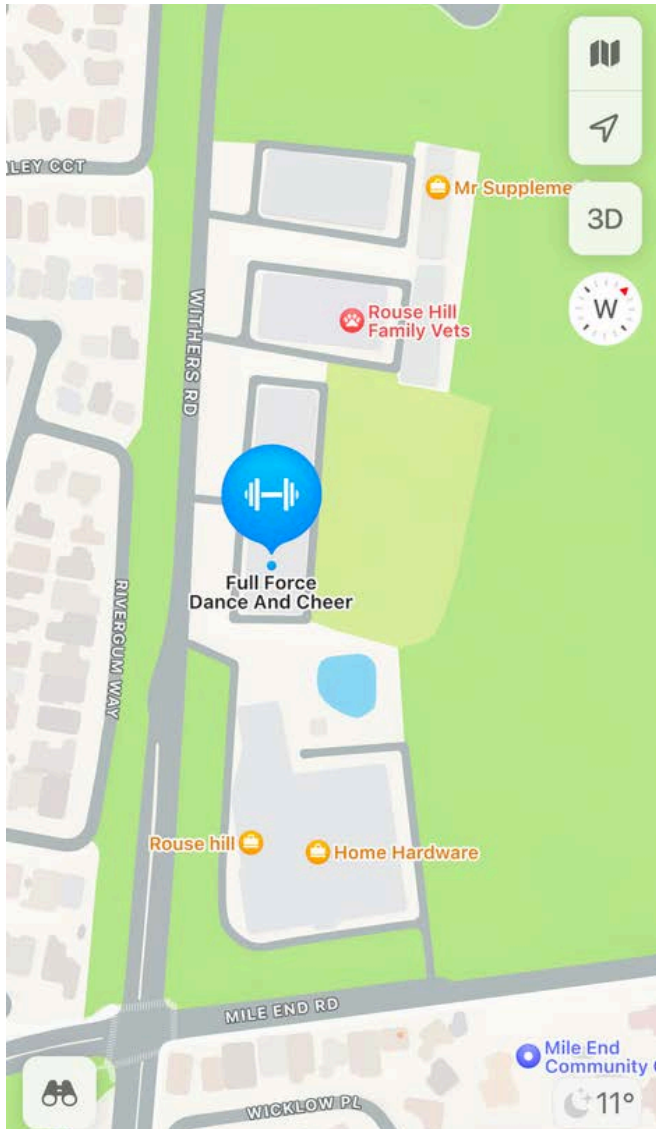
Want to trial a class before deciding
what is best for you?

[https://form.jotform.com/232408028
454857](https://form.jotform.com/232408028454857)

Complete this form now!
We can't wait to dance with you soon!



ADDRESS



**10/589 WITHERS RD ROUSE HILL
(RED BUILDING)**

2025 RECREATIONAL CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SATURDAY
9:00 AM						MINI MOVER CHEER	9:00 AM	MINI MOVER CHEER	
9:30 AM	MINI MOVER DANCE					MINI MOVER DANCE	9:30 AM		MINI MOVER DANCE
10:00 AM	MINI MOVER CHEER						10:00 AM	MINI MOVER CIRCUS	
10:30AM							10:30AM	RHYTHM AND RHYME	
							11:00 AM	AERIAL 1	
							11:30 AM	LILAC CHEER	
4:00 PM	AERIAL 1	AERIAL 1	MINI MOVER CHEER				12:00 PM		LILAC JFH
4:30 PM	PURPLE CHEER	LILAC CHEER	PURPLE CHEER	MINI MOVER DANCE		AERIAL 1			
5:00 PM	PURPLE ACRO	LILAC ACRO	PURPLE ACRO	SILVER JFH					
5:30 PM	PURPLE JFH	LILAC JFH	SILVER ACRO	PURPLE JFH	LILAC CHEER				
6:00 PM	PURPLE LYRICAL		SILVER CHEER	PURPLE LYRICAL	LILAC ACRO	LILAC ACRO			
6:30 PM			AERIAL 1	SILVER LYRICAL	LILAC JFH	LILAC CHEER			
7:00 PM			VIOLET CHEER		LILAC LYRICAL	LILAC JFH			
7:30 PM				VIOLET JFH					
8:00 PM			VIOLET ACROBATICS						