



**MOMENTUM
ARTS STUDIOS**

**SCHOOL
INFO PACK**

www.momentumartsstudios.com.au

WELCOME

Thank you for connecting with us.

My name is Jack May, I'm the Director and founder of MOMENTUM.

I want to extend you a warm welcome and invite you to read through the following information to see whether you might be interested in engaging with one of our many services!

We are a one stop shop for all things physical movement.

After a difficult few years stuck behind a computer screen MOMENTUM is here to re-energise and re-invigorate!! Our incursion programs have been running in Primary and High Schools all over VIC for the past 6 years!

In addition we run 2 studios in the North and South of Melbourne and hosts over 350 students on a weekly basis!

Our faculty of over 15 teachers all hold WWCC's and are accustomed to working with all ages and abilities!

“Momentum is the perfect combination of fun, skills & exercise!”

~ Denise Killis





MEET THE DIRECTOR

Jack May has had an extensive background in the Performing Arts, his career has taken him across Australia and overseas to share his knowledge and passion! He has worked on nationally televised and corporate events, and facilitates 40+ classes per week.

Teaching for over 15 years he is a highly sought after educator in the Melbourne dance community. He works closely with VCA (Victorian College of the Arts) and VCASS (Victorian College of the Arts Secondary School) and is contracted by a number of the Full Time Institutions within Melbourne including SPECTRUM, Jason Coleman's Ministry of Dance, and PSA. He holds a TAE certificate IV, Public Liability Insurance, WWCC, and is connected to SAMS - the popular website for Risk and Compliance within the school setting.

WHAT WE OFFER

Momentum caters to any and all of your Dance and Fitness needs! We run incursion & excursion programs at both the Primary and High School level.

Our services are broad and can supplement your Health and PE classes, alleviating the pressure of your teachers and inspiring the students with real world experts in their field!

We specialise in the Performing Arts but can assist with a number of other movement lessons! If required we can customise a class/classes to suit your specific needs, and can facilitate full scale showcases - School Musicals/Productions.

DANCE

**BROADWAY JAZZ, HIP HOP,
CONTEMPORARY, COMMERCIAL,
BREAKDANCE, CULTURAL DANCE -
BOLLYWOOD, INDIGENOUS + MANY MORE.**

WELL-BEING

YOGA, PILATES

FITNESS

STRETCH & STRENGTH, ACROBATICS

OUR FORMULA

All our programs aim to engage students on a physical and intellectual level!

Dance and fitness are an incredible way to boost endorphins, increase focus, improve co-ordination, rehearse retention, and de-stress!

In most circumstances our instructors run between 45-90 minute lessons, beginning with a quick debrief, then a warm-up, stretch sequence, followed by a routine/exercises and finish with a chance to showcase the content as a class!

Previously our programs have been used to:

- Assist with OSCH club activities.
- Co-create material for school productions.
- Supplement the PE program with alternative exercise options.
- Surprise FlashMob events at schools.
- Develop and deliver a series of classes aimed at exposing the students to a variety of styles in which they are encouraged to create a routine as a group to perform as a graded assignment.

CLASSES

BROADWAY JAZZ

Students will learn a variety of technical dance elements incorporating kicks, turns, and leaps. This style is most commonly known for its appearance within the musical theatre industry. A specific show or routine can be used as a reference for these sessions.

HIP HOP

Classes focus on street dance elements most commonly seen in video clips. Popping, locking, waving, freestyle & breakdance foundations are used to create dynamic phrases with a strong focus on groove, flow and style.

STRETCH AND STRENGTH

Students will cycle through a variation of conditioning exercises in a circuit set up. This is about accelerating heart rate and building up a sweat! They will follow on with a soft stretch to improve circulation and relieve tension.

YOGA

The art of yoga helps to control an individual's mind, body and soul. It brings together physical and mental disciplines to increase flexibility, relax, and manage stress & anxiety. Students will be guided through a variety of physical and mental exercises throughout our yoga lessons.

PILATES

Students will experience a flow of different stretches, and static holds. Incredible for building balance, awareness, and working the intrinsic muscles.

CONTEMPORARY

Students will discover and develop a greater understanding of music interpretation, sense of space/time, and physical movement utilising technical dance tools and structured improvisation tasks. Contemporary movement is a very holistic and comprehensive style that pulls from all genres of dance.

COMMERCIAL

This style is increasing in popularity - predominantly feminine where clean, sharp, lines are mixed with seamless textures shifts to create hard hitting highly impactful routines. An underlying Jazz element is utilised to perform tricks and stunts.

BREAKDANCE

Breakdance is a 70's street style that heavily revolves around floor-work, it's a very athletic form of dance influenced by gymnastics, students will learn a few basic tricks and freezes as well as a sequence of movement.

CULTURAL DANCE

We are in touch with a number of traditional dance instructors that will briefly discuss the origins, background, and influences on the style then run through a routine with students. These include Bollywood, Aboriginal Dance, Belly Dance, & Latin.

MEET THE TEAM



JACK MAY



DANTE TOMSIC



LUKAS WHITE



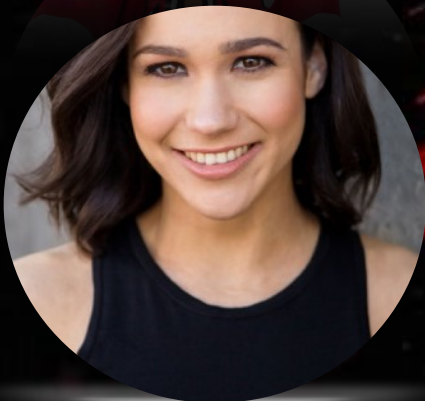
BRAD GRIFFITH



EMMA



TAYLOR DIAMOND



LAUREN DRAGO



DONNIE DIMASE



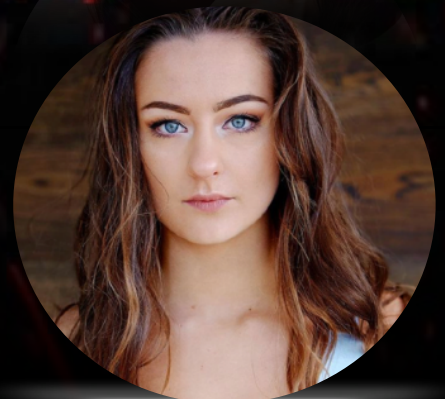
INDIGO HUNT



STEPH GARDINER



TEAGAN FRIEND



CASSIDY LEMON

FEE STRUCTURE

All prices quoted are GST INC.

Payments can be made via bank transfer.

Invoices will be emailed after the completion of the final lesson with a 21 day due date.

<i>SINGLE CLASS</i>	<i>\$150.00</i>
<i>2 - 7 CLASSES</i>	<i>\$120.00 Per Class</i>
<i>8 - 15 CLASSES</i>	<i>\$100 Per Class</i>
<i>15 + CLASSES</i>	<i>\$90 Per Class</i>

BOOKING PROCESS

1. Contact us with your timetable and class selection
2. We will organise teachers and send back WWCC's, Invoice, and Insurances.

Additional Information

- Our prices are negotiable, please enquire to discuss, we don't want anyone to miss out on the MOMENTUM experience.
- Invoices that are more than 14 days overdue will incur a 10% late fee.
- All prices quoted are for 60 minute sessions.
- Once we have confirmed a booking there is a \$20 non-refundable amount should you decide to cancel the event - This amount is transferable for day/time changes.
- Our instructors will arrive with all the necessary equipment to conduct the lesson 5 minutes prior to the lesson commencing, it is your responsibility to organise a person to collect them from reception/front office and escort to the studio space.

FAQ'S

Can we book multiple sessions for the same day/time?

Yes - we are able to accomodate up to 4 classes running in conjunction. Most our instructors are confident in several styles.

Do we receive a discount for multiple class bookings?

Yes, we will discuss this case-by-case.

What difficulty level are the classes?

We generally aim all our classes at a beginner level but if you require a more advanced session please just advise us accordingly.

Can you accomodate for special needs?

Our instructors are more than happy to manipulate the content to suit any ability, please advise us before booking.

What do we need to run classes?

For most of our classes we require a large open space, preferably floorboards (not carpet), a speaker is helpful but not essential.

What is the most appropriate class for primary age?

We recommend a Hip Hop, or Jazz class for this age group, but encourage you to discuss this with us as every student is different.

Can we see videos of your classes?

To see examples of what we do please visit the website, we do not promote videos from inside school settings as we do not have permission but you can see classes from both of our studios!

Where do we book?

In order to book please just send an email to momentumartsstudios@gmail.com with your preferred classes and timetable and we will follow up with you ASAP!

How many students can we have in a single class?

Our instructors are capable of managing classes up to 35 students, any additional and we may need to organise an additional teacher, please just mention when booking.



**Thank you for your time.
For bookings and enquires please contact Jack**

0410 360 256

momentumartsstudios@gmail.com