

2023
PARENT
HANDBOOK



RJ PERFORMING ARTS
GIVING STUDENTS THE SPACE AND STRUCTURE TO THRIVE

CONTENTS

Introduction	2
Communication	3
Important Dates	4
Age Groups.....	5
Timetable	5
Uniforms	6
Ballet	6
Contemporary and Lyrical	7
Jazz and Musical Theatre	8
Hip Hop	8
Acro.....	8
Size Guides	9

INTRODUCTION

It is our absolute pleasure to welcome you to RJ Performing arts.

Quick reference studio information:

Venues

- West Pennant Hills Valley Community Centre: 42 Hill Rd, West Pennant Hills 2125
- West Pennant Hills Scout Hall: Wilga St, West Pennant Hills 2125
- Willoughby Uniting Church: 10/12 Clanwilliam Street, North Willoughby 2068

Phone Number: 0404 846 964

Email: info@rjperformingarts.com.au

Website: www.rjperformingarts.com.au

Principal: Rohanna Jones

COMMUNICATION

Here at RJ Performing Arts it is our promise to respond to all enquiries within 48-hours and we will never leave a query unanswered. We can be contacted on 0404 846 964 Monday – Friday.

For convenience, our primary means of communication is via email. You will receive regular newsletters and important information via email so please ensure you have provided the studio with an up-to-date email address that is regularly checked. We are of course happy to include multiple email addresses per family if you would like your correspondence sent to numerous recipients.

Don't forget to add our email address info@rjperformingarts.com.au to your contacts so our emails don't disappear into the spam folder.

In the infrequent case of urgent information (for example, unexpected class cancellations or performance changes), we will send an SMS to all families. So, for this reason, please make sure the mobile phone number you have provided to the studio is correct and up to date.

Facebook and Instagram are great ways for us to keep in touch with many people at once, so we encourage all families to like our social media accounts.

<https://www.facebook.com/rjperformingartsacademy/>

https://www.instagram.com/rj_performing_arts/

We are always happy to chat in more detail about communications you may receive from the studio, so if you need any clarification, please do not hesitate to call us on 0404 846 964 to speak to us.

IMPORTANT DATES

We understand wholeheartedly how busy the lives and schedules of our dance families can get, so we have tried to get all our important dates organised and ready for you so you can plan other commitments.

Below we have listed some of our most important “Save the Dates” with more information (including times, costumes, requirements, etc.) to be communicated via email as we get closer to the events. If you know ahead of time that your family will be unable to attend these events due to planned holidays or existing commitments, please let us know at your earliest convenience.

For items noted ‘TBA’ these dates are still tentative and will be confirmed ASAP, a general timeframe has been given to assist with planning.

Term 1	30/01/23
Term 2	24/04/23
RAD Ballet Exam	21 – 22 June
Term 3	17/07/23
Term 4	09/10/23
Dress Rehearsal	11/11/23
Photo Day	12/11/23
End of Year Concert	01/12/23
Summer Break	16/12/23

AGE GROUPS

Age guidelines:

For a detailed breakdown of each class offered and the corresponding age guidelines please visit our website under classes: www.rjperformingarts.com.au

Preschool 2.5 – 4 years classes offered:

- Ballet

Kindy 4-6 years classes offered:

- Jazz, Hip Hop, Ballet

Junior 6-8 years classes offered:

- Jazz, Hip Hop, Acro, Ballet

Intermediate 9 + years classes offered:

- Jazz, Hip Hop, Acro, Lyrical, Ballet

Pre-Senior 11+ years classes offered:

- Jazz, Hip Hop, Acro, Contemporary, Ballet

Senior 13+ years classes offered:

- Jazz, Hip Hop, Acro, Contemporary, Ballet

TIMETABLE

A full 2023 timetable can be found on our website: <https://www.rjperformingarts.com.au/timetable>

[Willoughby Studio](#)

[West Pennant Hills Studio](#)

UNIFORMS

At RJ Performing Arts, we believe that wearing studio uniforms give students a sense of belonging to our family as well as creating an identity for our studio in the greater community.

Our uniforms also:

- Encourage discipline
- Help students resist peer pressure to buy stylish clothes for class
- Help identify non-students in the studio
- Diminish economic and social barriers between students
- Increase a sense of belonging and school pride
- Improve attendance

Uniforms can be purchased year-round from the studio, please visit our online store to purchase your uniform items: <https://www.rjperformingarts.com.au/shop/>

BALLET

Preschool and Kindy Ballet [Purchase ballet uniform](#)

- Baby blue capped sleeve leotard
- Baby blue chiffon wrap skirt
- Ballet socks or tights
- Canvas ballet shoes with elastic
- Baby blue wrap jumper or school hoodie



Grade 1 and 2 Ballet [Purchase ballet uniform](#)

- Baby blue scoop neck leotard
- Baby blue waist elastic
- Ballet socks or tights
- Canvas ballet shoes with elastic
- Baby blue wrap jumper or school hoodie
- Character shoes and skirt (exam students only)



Grade 3 and 4 Ballet [Purchase ballet uniform](#)

- Cobalt blue leotard
- Navy waist elastic
- Ballet socks or tights
- Canvas ballet shoes with elastic
- Cobalt blue wrap jumper or school hoodie
- Character shoes and skirt (exam students only)
- Chiffon skirt (optional)



Intermediate Foundation, Intermediate and Advanced ballet [Purchase ballet uniform](#)

- Black leotard (students' choice of style)
- Black waist elastic
- Ballet tights
- Canvas ballet shoes with elastic
- Pointe shoes with ribbon once approved
- Chiffon skirt (optional)



CONTEMPORARY AND LYRICAL

All Levels [Purchase contemporary uniform](#)

- RJ shorts (black leggings in winter)
- RJ singlet top/tee or appropriate ballet grade leotard
- Contemporary shoes
- School hoodie in winter



JAZZ AND MUSICAL THEATRE

All Levels [Purchase jazz and musical theatre uniform](#)

- RJ shorts (black leggings in winter)
- RJ singlet top or tee
- Black jazz shoes
- Jazz tights (for performances, personal choice of colour to match skin)
- School hoodie in winter



HIP HOP

All Levels [Purchase hip hop uniform](#)

- RJ shorts (black leggings in winter)
- RJ singlet top or tee
- Sneakers
- School hoodie in winter



ACRO

All Levels [Purchase acro uniform](#)

- RJ shorts (black leggings in winter)
- RJ singlet top
- School hoodie in winter



SIZE GUIDES

Tights

All measurements are in CM

RJ Size	3-5	5-7	7-9	9-11	11-3	Small	Medium	Large	X-Large
Child - height	96-112	112-125	125-137	137-150	150-160	-	-	-	-
Adult - height	-	-	-	-	-	150-162	152-172	162-178	168-183
Adult - hips	-	-	-	-	-	82-92	92-107	107-122	122-137

Ballet Uniform

All measurements are in CM

RJ Size	XS Child	S Child	M Child	L Child	XL Child	S Adult	M Adult	L Adult	XL Adult
Approx Age	2-3 yrs.	3-4 yrs.	5-6 yrs.	7-9 yrs.	9-11 yrs.	-	-	-	-
AU clothing size						10-12	12-14	14-16	16+
Chest	52-54	56-63	66-73	73-81	81-84	81-86	86-91	91-97	98-105
Waist	48-51	53-58	58-63	63-68	68-70	63-71	71-76	76-81	83-86
Hips	54-58	59-63	64-68	70-75	76-80	81-85	90-95	100-106	105-110
Girth	94	99	117	127	140	145	152	160	175

Variety Uniform

All measurements are in CM

RJ Size	4 Child	6 Child	8 Child	10 Child	12 Child	XS Adult	S Adult	M Adult	L Adult	XL Adult
AU clothing size	4	6	8	10	12	14 child/ 8 adult	10	12	14	16
Chest	55-60	60-65	65-70	70-75	75-80	85-90	90-95	95-100	105-110	115-120
Waist	50-55	55-58	58-60	60-65	60-65	70-75	75-80	80-85	90-95	100-105
Hips	55-60	60-70	70-75	75-80	80-85	90-95	95-100	100-105	110-115	120-125
Girth	100-105	105-110	110-115	115-120	125-130	140-150	150-160	160-165	170-180	180-190
Inseam	45	50	55	60	65	75	80	80	80	80