



## 2021 Information Pack

Version 2021.03

Calisthenics is the sport with performing at its heart. It offers a unique combination of dancing, singing, gymnastics, and technical skill. Acacia Calisthenics Club is the most successful Adelaide Hills calisthenics club. We have been developing strong, confident, skilled, happy performers through friendship, dedication, teamwork, and fun since the 1980s and we would love you to join us!

### Classes

Acacia offers Calisthenics, Acro and Flex classes for all ages. To participate in a class, students must be within the class age range on 31 December in the year of participation. Age groups are set by Calisthenics Association of South Australia (CASA) to ensure maximum safety, development, and fun for all participants.

All classes are held at our studio, 14 Follet Close, Totness (behind Mt Barker Bunnings Warehouse).

#### Calisthenics

Acacia has calisthenics classes for anyone turning 4 (in the year of participation) and over. From our Future Stars to Senior Team, we have a calisthenics class for everyone. Calisthenics is the perfect sport for those who want to do everything. The variety of genres performed in Calisthenics provides participants the opportunity to develop both strength and flexibility whilst performing a variety of routines reflecting classical ballet, gymnastics, dance, singing and acting. All classes are attended by Level 1 qualified coaches and all coaches hold relevant clearances for working with children.

#### Acro & Flex

Our Acro & Flex class was developed to help our members improve their gymnastic tricks and flexibility for improved performance in calisthenics. This class is aimed at participants aged 5 to 12 years and the class is taught by Miss Cheree. Cheree is a qualified dance instructor with a Certificate IV in Dance Teaching and Management and has trained in the following areas: Acrobatic Arts (AAC1), Aerial/Back Handsprings and Contortion. Cheree is also a Level 1 qualified Calisthenics Coach.

#### Pupil Skills

Acacia Calisthenics Club teaches Pupil Skills (calisthenics technique) to all members during Term 4 as a part of our regular program, with additional classes held for those participating in exams. Members turning 8 years or over in year of participation must pass Pupil Skills exams to compete in solo, duo, or graceful girl performances.

#### Private Tuition

Acacia coaches provide private tuition for members wishing to perform in individual competitions.

**Graceful Girl Tuition:** Acacia has numerous coaches who offer private tuition for members wishing to participate in Graceful Girl competitions. Graceful Girl is a combination of ballet and rhythmic gymnastics movements in a solo routine. Competitions are usually held in March and April each year.

**Solo and Duo Tuition:** Acacia has numerous coaches who offer private tuition for members wishing to participate in Solo and/or Duo competitions. Solo and duo routines are choreographed combination of acting, dance, gymnastics tricks and flexibility; performed individually or with a partner. Competitions are held at the end of each year in October and November.

*If you would like more information, please email [secretary@acacia.dance](mailto:secretary@acacia.dance)*

## Timetable

Our Term 1 timetable is below. These class times will continue in Terms 2-4 providing team numbers do not exceed 12 members.

Team	Age Range	Class Day	Class Time
Future Stars Pink	3-5 years	Tuesday	4:30-5:15pm
Future Stars Gold	5-7 years	Tuesday	5:15-6:00pm
Sub-junior	8-10 years	Thursday	5:30-7:30pm
Junior	11-13 years	Monday	5:30-8:00pm
Intermediate	14-17 years	Wednesday	5:00-8:00pm
Seniors	18 years & over	Tuesday	6:30-9:30pm
Acro & Flex	5 - 12 years	Wednesday	4:00-5:00pm

If team numbers exceed 12 members, coaches may request to separate members into two teams. Our team selections panel will split teams based on ability to ensure maximum learning potential is reached for all members. Team placement is not negotiable and is generally finalised by end of Term 1. *If two teams are required for an age range, class times will be as follows:*

Team	Age Range	Class Day	Class Time
Future Stars Pink	3-5 years	Tuesday	4:30-5:15pm
Future Stars Gold	5-7 years	Tuesday	5:15-6:00pm
Sub-junior Pink	8-10 years	Thursday	4:15-6:00pm
Sub-junior Gold	7-10 years	Thursday	5:30-7:30pm
Junior Gold	11-13 years	Monday	5:00-7:30pm
Junior Pink	10-13 years	Monday	6:00-8:30pm
Intermediate Pink	14-17 years	Wednesday	5:00-8:00pm
Intermediate Gold	14-17 years	Wednesday	6:30-9:30pm
Senior	18 years & over	Tuesday	6:30-9:30pm

## Uniform

### Club Tracksuit

Club uniform (tracksuit and polo) is compulsory for all members Sub-Junior age and above. Future Stars may purchase full club uniform if they wish but only the jacket is compulsory. Club tracksuit and polo can be ordered through Worklocker Mt Barker. Please order before end of March to ensure you receive your order in time.

*We encourage parents to wear a club jacket too to show your club support at team performances!*

### Club Bags

Club bags can be purchased through Worklocker, Mt Barker and can be personalise with members' name. Size recommended for Juniors, Intermediates and Seniors

### Class Attire

Members are permitted to wear the following items to class:

- Club Leotard (Future Stars only). As part of Club Membership, Future Stars are provided with a club leotard free of charge. Until club leotard is received, Future Stars can wear any leotard or tight-fitting clothing.

- Energetiks Camisole Leotard AL11 or CL11 in black (Sub-juniors to Seniors)
- Fitted black dance shorts.
- Black footless tights.
- Club team hair bow/scrunchie\*
- Black wrap top/long sleeve top for cooler weather.
- Hair in a neat, high bun (all classes).

\* *Club hair bows/scrunchie will be supplied by the Club in Term 1*

## Apparatus

<b>Clubs</b>	Required for Sub-junior to Seniors and can be purchased from Dance FX or Cali Girl Calisthenics Gear, please check with your coach for correct size.
<b>Rods</b>	Required for Future Stars to Seniors and are supplied by the club and invoiced with fees.
<b>Aesthetic Skirts</b>	Required for Juniors to Seniors and are custom made by our club dressmaker, please ask you coach for more information. <i>Sub-juniors:</i> if aesthetic is a rotational item skirts can be purchased or hired from the club. <i>Future Stars:</i> if required, skirt is provided for use in class at no cost.

*Second-hand items may be available from other members in our Facebook Uniform Group*

## What to bring to class?

Members need to bring the following items to class:

- Clubs (except Future Stars)
- Rod
- Aesthetic Skirt (Juniors to Seniors)
- Drink bottle (water only please)
- Healthy snack for extended classes

## Performances

As a member at Acacia Calisthenics Club, it is compulsory to participate in our Mid-Year Concert in June, End of Year Showcase in November plus performances at the Royalty Theatre, Adelaide. Future Stars perform once at the Royalty in late July or early August, whilst all other age groups perform at the Royalty Theatre in both May and August. There are no performances for Acro & Flex Class.

## Cali Camp

Acacia Calisthenics Club Inc. hosts a Cali Camp at Woodhouse Activity Centre, Piccadilly from Friday to Sunday at end of first week in April school holidays. **The camp is compulsory for all Sub-junior, Junior and Intermediate members** and is a fabulous opportunity for team bonding and extra training. This camp is heavily subsidised by the Club however, to assist with accommodation hire and catering a camp fee of \$90 will be added to Term 1 invoices for Sub-junior, Junior and Intermediate members.

### Camp Fee Discount

To assist members in paying their camp fees, Acacia will host an Easter Chocolate Box Fundraiser in March. **Member's will receive \$20 off their camp fees for each Chocolate Box they sell**, with the balance of funds raised contributing to the Club's cost for the camp.

## Fees

### Club Membership

Club membership is charged once each year and is due by 31st January for returning members or before third class for new members. This fee covers insurance and without insurance, training is not permitted. Club membership also contributes to demonstration/performances entry fees, CASA affiliation fees, administration costs, music copyright, lighting, team hair bow. Club Membership is \$140 and is valid for up to 12 months and is non-refundable and non-transferable.

## Tuition

Tuition is charged in Terms 1 to 3 and Term 4 is **free**<sup>#</sup>. Tuition must be up to date prior to August Royalty performance for members to be eligible to participate. Tuition fees assist to cover coach reimbursement, studio/stage hire and tuition.

Refunds are not given for shorter terms, missed classes or classes cancelled due to hot weather. If a class is cancelled due to unforeseen circumstances (other than hot weather) a makeup class will be arranged wherever possible. Tuition is non-refundable and non-transferable.

Class	Term 1	Term 2	Term 3	Term 4	10 Instalments
Future Stars	\$90	\$90	\$90	\$90	\$41
Sub-juniors	\$142.50	\$142.50	\$142.50	\$142.50	\$62
Juniors	\$157.50	\$157.50	\$157.50	\$157.50	\$68
Intermediates	\$172.50	\$172.50	\$172.50	\$172.50	\$74
Seniors	\$172.50	\$172.50	\$172.50	\$172.50	\$74
Acro & Flex (Members)	\$60	\$60	\$60	\$60	\$29
Acro & Flex (Non-Members)	\$120	\$120	\$120	\$120	\$45
Class	Per Item	Per Item	Per Item	Per Item	Per Item
Seniors 18 years & over	\$30	\$30	\$30	\$30	POA

## Costume Hire

To keep costume hire fees to a minimum, most costumes are hired from the club. Costume hire may go towards hiring costumes, the cost of fabric and trim to redecorate existing costumes, club covers/club painting, costume laundering and maintenance. You may be required to decorate costumes with Club supplied materials, however members supply their own consumables - thread, glue etc. for redecorating costumes.

Costume hire is not a set amount, but rather a guide as to the **maximum cost** to expect in each age group. A 50% costume hire deposit invoiced in Term 2 and costume hire balance is invoiced in Term 3.

### What's not included in Costume Hire?

Costume hire does not cover purchase of accessories (wigs, tights, shoes, etc), clubs and rods, aesthetics practice skirt, uniform, decorating labour, or miscellaneous items purchased by you such as thread or glue. If required, gem glue is available for purchase through our membership portal.

Class	Costume Hire	Class	Costume Hire
Future Stars	\$120	Intermediates	\$240
Sub-juniors	\$160	Seniors	\$65 (per item – aesthetic/fancy)
Juniors	\$220	Seniors	\$45 (per item - all other)

## Performance Levy

All hair and makeup for external performances is done by the team coach.

Performance levy goes towards club expenses for hair products and pins, make-up, eyelashes (Juniors to Seniors), tanning if required (**tanning is not permitted for Future Stars**).

Performance levy does not include lipstick for performances. For hygiene reasons, members must provide their own lipstick. Lipstick required is Rimmel Provocolips, colour "Kiss Me You Fool" (bright red).

Class	Performance Levy	Class	Performance Levy
Future Stars	\$5	Juniors & Inters	\$30

Class	Performance Levy	Class	Performance Levy
Sub-juniors	\$25	Seniors	\$35

## Payment of Fees

All fees must be paid by the due date on your invoices or member will not be permitted to train. Fees can be paid using the following methods:

- Online via Credit/Debit Card
- Bank Transfer
- Direct Debit

### Payment Plans

**Payment plans are available using a debit/credit card via direct debit only;** sorry manual payments, cash or bank transfers are not accepted for payment plans. Membership fee cannot be included in a payment plan and must be paid as indicated above. To arrange a payment plan, please email our Treasurer, [accounts@acacia.dance](mailto:accounts@acacia.dance).

### Vouchers and Discounts

Look out for our Early Bird Promotion where you can save \$\$ on your Membership fee.

If you have an official Acacia Discount Voucher you can use it towards tuition fees only.

No discount is provided for FREE Come & Try Classes. These are trial classes and if you choose to stay you will be invoice as per above.

[SA Government \\$100 Sports Vouchers](#) can be used towards any fees including Club Membership.

## Important Links

### Facebook

Please LIKE [Acacia Calisthenics Club Inc.](https://www.facebook.com/acaciacc) on Facebook (facebook.com/acaciacc)

Please JOIN [Acacia Calisthenics Member Group](https://www.facebook.com/groups/acaciacali) (facebook.com/groups/acaciacali)

Please JOIN [Acacia Uniform Buy n Sell Group](https://www.facebook.com/groups/acaciauniform) (facebook.com/groups/acaciauniform)

### Team Private Facebook Groups

[Future Stars](https://www.facebook.com/groups/acacia.cali.futurestars) (facebook.com/groups/acacia.cali.futurestars)

[Sub-juniors](https://www.facebook.com/groups/acacia.cali.subjuniors) (facebook.com/groups/acacia.cali.subjuniors)

[Juniors](https://www.facebook.com/groups/acacia.cali.juniors) (facebook.com/groups/acacia.cali.juniors)

[Intermediates](https://www.facebook.com/groups/acacia.cali.intermediates) (facebook.com/groups/acacia.cali.intermediates)

[Seniors](https://www.facebook.com/groups/acacia.cali.seniors) (facebook.com/groups/acacia.cali.seniors)

## 2021 Support Team

<b>President</b>	Renee Mayo	<b>Vice President</b>	Jenina Biddell
<b>Treasurer</b>	Tricia Jamieson	<b>Secretary</b>	Katie Lees
<b>Events Coordinator</b>	Nicole Donoghue	<b>Costume Manager</b>	Debbie McKay

Acacia is a not-for-profit club run by our support team. Our support team relies on the assistance of coaches, parents, and members to ensure the club and events run successfully. If you think you can help in anyway, please email [secretary@acacia.dance](mailto:secretary@acacia.dance). We would love you to join us or hear your ideas!