

2024

PARWOOD
DANCE ACADEMY



Message from the Hofs

To our valued dance community

We have been incredibly impressed with our students this year, having seen them progress so very much, both technically and artistically, to present their best in dance – at the Midyear performances, RAD Ballet, Comdance Jazz, Tap and Contemporary Exams, Public Performances, VET Dance Certificate studies and the Class Assistant Program as well as their classes every week.

In 2024 we are planning, with great excitement, to continue offering the most current and

relevant learning journeys to our students. They will be taught by our very dedicated and skilled dance educators to develop their individual talents through problem solving and practice, while learning to work with others.

It is with hope and optimism that we welcome all of the families that will be blended together to form our PDA dance community and we wish you all many joyful moments of dance.

It's been 20 years of serving the PDA community and we look forward to the next 20!

Myffie & Jess

Our mission

Parkwood Dance Academy provide classes that are fun and instructive with inspiration for creativity, teamwork and a healthy lifestyle. Our students gain the benefits of self-esteem, poise, coordination, physical well-being and enhanced cognitive development.

Learn from leaders in dance education

48 years

Leaders in dance education since 1976.

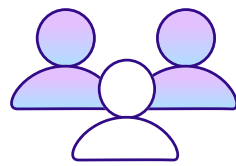
50+ classes

To choose from each week.

100% success

Ensuring our dancers are accepted into their first preference tertiary dance course.

Our values



Family

Our family welcomes your family!



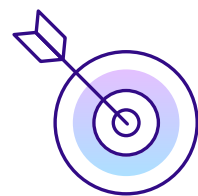
Quality

We measure our dance standards against national and International dance communities.



Community

We support an inclusive dance community that facilitates equality with respect and dignity.



Professional

All our dance teachers hold current teaching qualifications across all styles of dance.



Supportive

We offer families the opportunity to plan, discuss and review their child's dance education at any time.



Our dance teachers

Parkwood Dance Academy teachers are experienced professionals that are enthusiastic about giving every dancer the opportunity to enjoy dance and socialise with their peers in a safe environment. Staff regularly update their dance and teaching skills.

“These classes are a fun and beautiful introduction to Ballet and Jazz. My daughter loves her teacher and I love the friendly staff and the close-knit family vibe.
The Trent Family



Myffie Hof
Principal

Myffie has been involved in the Arts for the past 50 years and associated with PDA since 1992 when her two daughters enrolled in their first ballet classes. Fifteen years later she and her family took over the management of the Academy with the intention of upholding the legacy of inclusion established by the Founder, Marlene Mayall.

Over the past 20 years Myffie has continued to be inspired and challenged about dance education; encouraging staff and students to be inventive, imaginative and joyous in their teaching and learning.



Jessica Hof-Steel
Principal

Comdance Jazz, Tap & Theatrical Teaching Diploma,
Comdance BLUE SASH
Certificate IV Dance Teaching & Management, Certificate IV TAE



Kathryn Boysen
Comdance Jazz Teaching Diploma,
Tap & Theatrical Teaching Cert,
Comdance BLUE SASH, Cert IV
Dance Teaching & Management



Kylie Digby
Comdance Tap
Teaching Diploma



Bridget Sutton
Comdance Tap
Teaching Diploma



Tamara Moritz
Comdance Tap Teaching
Diploma, Comdance
BLUE SASH



Cindy Delaney
RAD Teaching Certificate
Bachelor of Arts (Dance)



Elysia Carroll
Bachelor of Arts (Music theatre),
Comdance Theatrical
Teaching Certificate



Sarahjane Norton-Smith
Comdance Jazz
Teaching Certificate



Lily Crowley
Comdance Jazz Grade 9,
Advanced Gold Bar Tap,
RAD Grade 8 &
Intermediate Ballet

All of our teachers hold current Working with Children Checks and actively support and embed PDA's Child Safety Code of Conduct. (details on our website).



Getting to Know Miss Kylie

Parkwood Dance Academy ran classes out of my primary school hall. My older sister was taking classes, so of course I wanted in as well. No idea what it was, all I knew was that if my older sister was doing it then so was I!

Little did I know that this would be the 'thing' that would shape my world! This is what I would spend my entire childhood, adolescence and into adulthood immersing myself in. My dad always said 'its just a phase, she'll move onto something else'. But as Netball and Brownies started to conflict with class times, they went out the window and 'the phase'..... well, it's currently still going strong!

6 years old and I was hooked. I wanted to do it all.

I started with Jazz and then began to add all the styles. When I was 13 years old I danced 4 nights a week plus Saturday and couldn't think of anywhere else I'd rather be. Conventions, Concerts, exams, if it was highlighted in the yearly booklet, I was doing it.

Of course, it wasn't all sunshine and rainbows. There were hard times. The devastation of failing exams was something so unfamiliar and heart breaking. Looking back on this now, these challenges have made me into not only the teacher I am today but the person I am in my daily life.

At 16, I gave up Tap exams - I couldn't wing properly and knew that they were a major part in continuing with exams. I continued completing my jazz and ballet exams and tap just became a recreational class.

Later we started to get a few industry teachers come in and take our Tap classes. These teachers opened my eyes to many different aspects of tap dancing - how your feet could be your instruments and the endless possibilities of rhythms and steps. It soon became my favourite part of the week. My passion had become clear and I knew where I wanted to be. In my very early 20's I picked up my Tap exams again and completed my Diploma at 26 (I know... better late then never!)

This is when the real learning and fun began! The privilege of teaching some of the Senior and Advanced classes at the school I had grown up in, enhanced my passion and drive. To be able to create interesting and technical rhythms for students and then feed off their abilities and grow as a teacher is an amazing experience. Sometimes I do get a little over excited and have been told on many occasions 'Miss Kylie, this is traumatising for my brain' or ' Did you want to put any more steps in that count of 8'.

My greatest achievements are of course, my students. The students that have come and gone and the students that are still here. It is an absolute pleasure and privilege to have watched them grow and achieve their very best in Exams, Concerts and even their life outside of PDA.

As I look back on everything I have achieved in my dancing career, my finance career (Yes, I have a day job too!) my travels, my friendships and life experience, Parkwood Dance Academy has been the constant.



- Are you good at communicating?
- Would you like to learn some skills for working with children and dance?

Class Assistant Program

Being accepted to assist our dance teachers in their classes is a great honour. It means that you have shown your dedication to dance, a willingness and cooperation in your own classes and your caring nature.

If you would like to apply for a Class Assistant position (for 15 years+), please complete the application form on our website parkwooddanceacademy.com by Sunday 17 December, 2023.

2023 Scholarship Winners



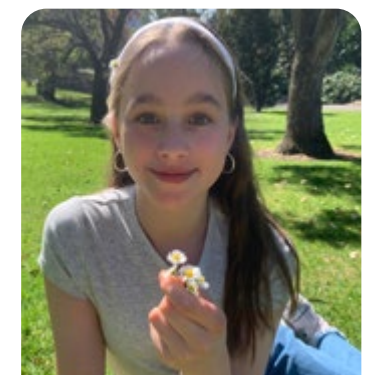
The Sutton Family Perpetual Scholarship
Harry Pennell



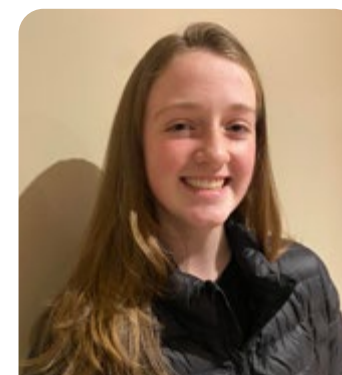
Outstanding Performance Award
Evelyn Antonopoulos



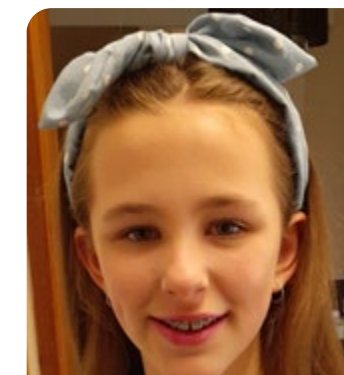
The Performers Cup
Evie Kerr



Outstanding Performance Award
Maeve Weeks



Ballet Star Award
Rebekah Reichman



Outstanding Performance Award
Stephanie Seeger



Jazz Star Award
Skye Latorre



Dance classes



(1 to 3 years)

A toddler dance class where the grown ups join in too! Toddlers will be introduced to the magical world of dance through props, imagery, pictures, sing-a-long songs and fabulous dance music.



(3 to 5 years)

Designed to provide a fun and imaginative foundation to Ballet and Jazz dance. Tiny Dancers learn to focus and interact with their teacher and peers, enhance their gross and fine motor skills and learn music appreciation.

Tiny Dancers enjoy a brand new theme every term – Jungle, Space, Seasons and Circus, here we come!!!

BALLET
(Prep +)

The foundation to all dance!

Our classes encourage discipline, focus, strength, flexibility, musicality and vocabulary. Our teachers follow the traditional methods of Barre work, Centre work (including turns and leaps), Dance study and stretching. Through repetition and gentle corrections, our students learn to aim for perfection!

Over time our classes include Free movement, Neo classical and Character (or National).

DEMI POINTE
(Invitation only)

A pre-requisite study for Pointe work. Our demi pointe classes build strength in dancers feet, ankles and core. When our teachers see individual determination, motivation and progression, they will invite the student to purchase demi-pointe shoes for wear in the class.



POINTE
(Invitation only)

Always a major goal in a ballerina's dance life! Our Pointe classes can be attended by eligible students who are studying at least two other Ballet classes per week. Upon enrolment into the class, each student is formally evaluated by Management, to determine an ability to meet the demands of pointe work and receive an offer to begin dancing in Pointe shoes.

JAZZ
(Prep +)

An energetic class using popular (age appropriate) music for Warmup, Corner work, Centre work, stretching and a choreographed Dance! Students will learn co-ordination skills, high levels of mobility, technique, presentation and style.

Over time, we add Lyrical, Hip Hop, Cabaret, Broadway, Latin, Street and Funk!

TAP
(Prep +)

A percussive, rhythmic and exciting form of dance. Our tappers learn to listen to music, count it and even make music with their feet whilst performing complex steps - that's why tapping is the "clever" style!

Our tappers will learn Broadway, Cabaret, Latin and Street tap styles as well!

CONTEMPORARY
(Invitation only)

For our slightly more mature dancers who want to embrace extra core work, speed changes, abstract lines, self expression, imagination and versatility in style. As the Contemporary style borrows from Jazz and Ballet, we recommend enhancing your Contemporary class experience with weekly Jazz and Ballet classes.

DANCEABILITY

Classes are for students of all ages with special needs or learning disabilities. Our classes are taught by qualified teachers who create an inclusive and caring atmosphere for students to thrive in our dance community!

ADULTS

Our classes provide a casual, enjoyable and safe place for adult students to explore their physical and cognitive abilities through dance. We offer Ballet, Jazz and Tap classes to Adult Beginners, Intermediates or returnees!



*2023 Mid Year
Performance*

Comdance Examinations

Pre Theatrical

Stella Marshall (*Honours Plus*)
Charlotte Correia
Harper Hamilton
Sadie Walsh (*Honours Plus*)
Everly Hof-Steel

Theatrical A

Maisie Rodger
Emilia Golby
Evelyn Steeds
Aleecia Watson
Sienna Morrison
Evie Dawes
Kenzie Dazkiw

Theatrical B

Emma Burden (*Honours Plus*)
Jane Clarke
Ella Webber (*Honours Plus*)

Grade 8 Theatrical

Maya Vasileski (*Honours Plus*)

Pre Modern

Olive Frame
Abigail Roberts
Alexa Marshall
Ruby Ward

Junior Modern

Amirthini Quinn
Kairi Ee
Isla Jones
Sydney Cooper
Ava Edwards
Addison Watson
Luca Callahan (*Honours Plus*)
Rachel Glanvill
Astrid Punturere
Monika Dean
Demi Stylianou (*Honours Plus*)

Jazz 2

Rachel Cefai
Sophie Baynham
Georgia Baynham
Lily Fletcher

Jazz 4

Rhyanna Rajasagaram
(*Honours Plus*)
Sienna Boutle

Jazz 5

Vihaara Jayamaha
Dora Pan
Rachel Jansen
Isabel Ng
Maeve Weeks
Indumathi Quinn
Marie Stylianou (*Honours Plus*)

Jazz 8

Emily Hofmann
Taylor Punturere
Evelyn Antonopoulos
(*Honours Plus*)

Evie Kerr

Kristen Tai
Amilia Ng (*Honours Plus*)

Jazz 9

Lily Crowley

Foundation Tap

Olive Frame
Abigail Roberts
Alexa Marshall

Junior Tap

Amirthini Quinn
Addison Watson
Ava Edwards
Monika Dean
Rachel Glanvill
Demi Stylianou
Sydney Cooper
Kairi Ee
Astrid Punturere

Tap 2

Rachel Cefai
Kanmani Quinn
Catherine Tang

Tap 4

Rhyanna Rajasagaram
Sienna Boutle

Tap 5

Vihaara Jayamaha (*Honours Plus*)
Rachel Jansen
Maeve Weeks
Indumathi Quinn
Marie Stylianou (*Honours Plus*)

Advanced Gold Bar Tap

Amaaya Jayamaha
(*Honours Plus*)

Lily Crowley

Clare Papadopoulos

Pre Primary Ballet

Shannon Sun
Anika Bolton
Harper Hamilton
Stella Marshall
Genevieve Cull

Grade 1 Ballet

Alexa Marshall
Jessica Qiu

Grade 3 Foundation Ballet

Lily Fletcher
Catherine Wei
Charlotte Manners
Catherine Tang (*Honours Plus*)
Rachel Cefai

Level 2 Contemporary

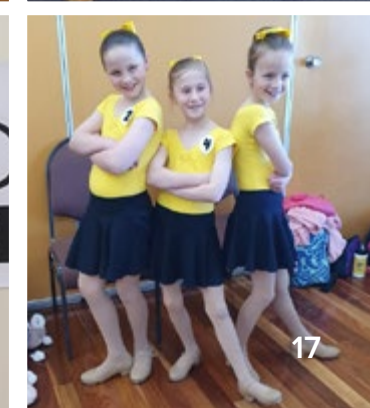
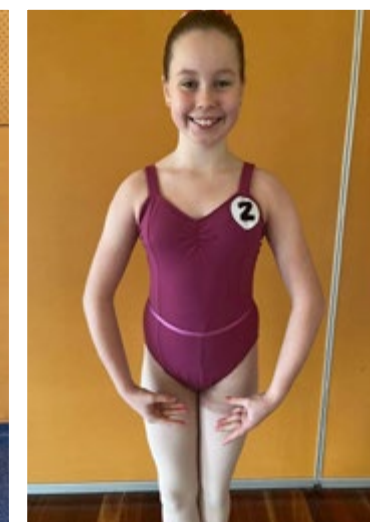
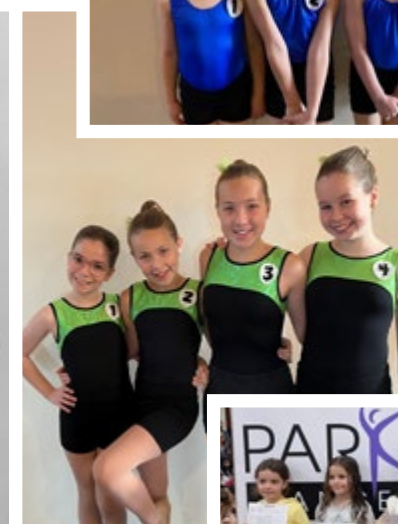
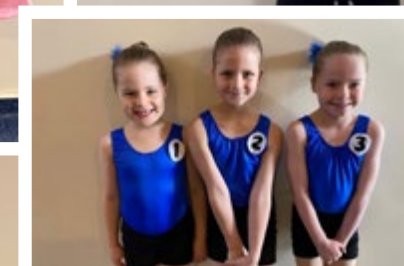
Lily Crowley (*Honours Plus*)
Evie Kerr (*Honours Plus*)
Evelyn Antonopoulos
(*Honours Plus*)

Level 4 Contemporary

Maya Vasileski (*Honours Plus*)

Level 5 Contemporary

Tamara Moritz



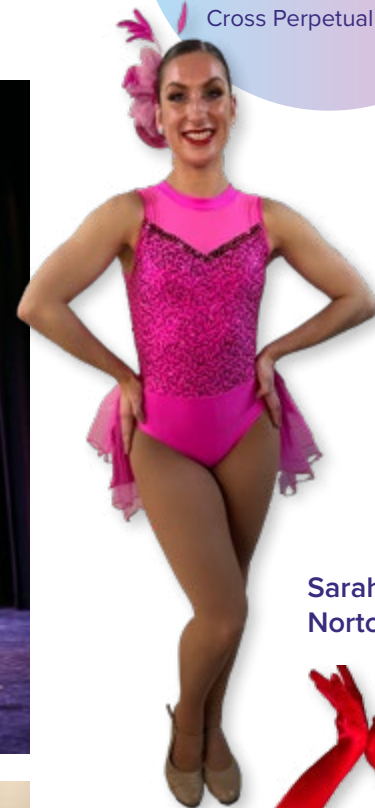
Public Performance Examinations

A special congratulations to SarahJane Norton-Smith who achieved a Supreme Pass (3 x Honours Plus results) and was awarded with the Gwen Mackay Gold Cross Perpetual Trophy

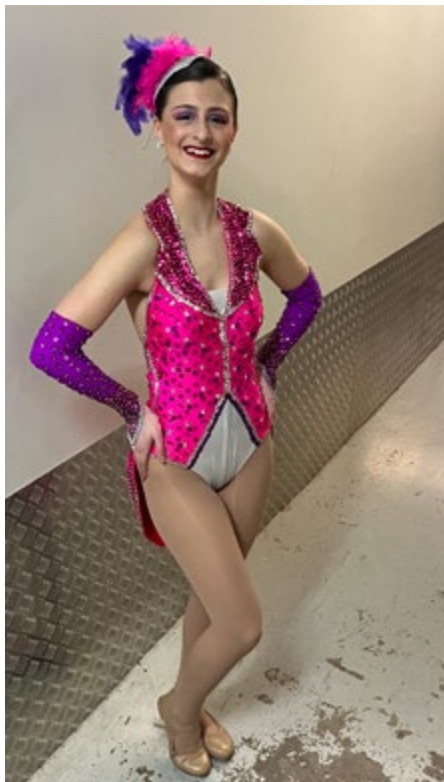
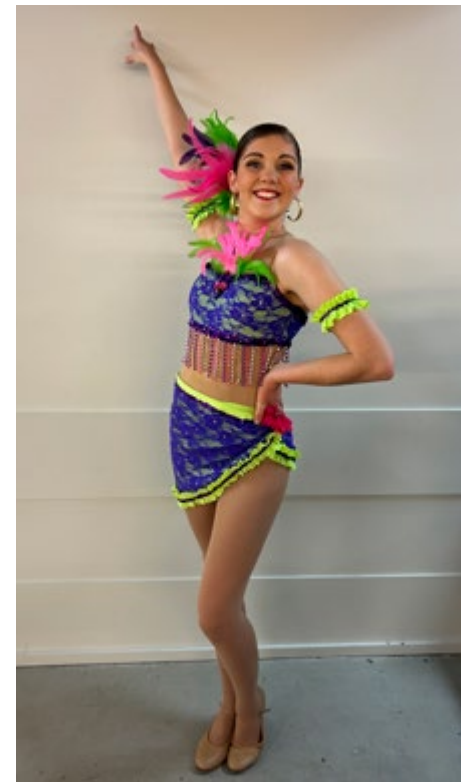
Brook Johnston



Taylor Punturere



SarahJane Norton-Smith



Todd McKenney

Thanks PDA for inviting me to share in the pages of your 2024 Prospectus. It's been a really tough couple of years in the Performing Arts industry, but there is no doubt that we are a strong and powerful community that will recover and bounce back to entertaining our audiences in no time!

So, keep learning and practicing. There is no end to the engagement of mind, body and spirit in the journey of performing alone or with like-minded friends.

And may you find inspiration and great joy in dance always!

Todd McKenney



RAD Examinations

Primary Class Award

Emily Cefai
Evie Dawes
Kenzie Dazkiw
Emilia Golby
Julia Huang
Charlotte Huang
Scarlett Ireson
Thea Malbroukou
Sienna Morrison
Rebecca Qiu
Maisie Rodger
Evelyn Steeds
Aleecia Watson
Nina Wei
Hazel Westra
Katie Xia

Grade 2 Class Award

Luca Callahan
Sydney Cooper
Rachel Glanvill
Avina Khatibzadeh
Esther Reichman
Addison Watson

Grade 2 Exam

Ava Edwards
Isla Jones
Astrid Punturere
Amirthini Quinn
Monika Dean
Kairi Ee
Demi Stylianou

Grade 5 Exam

Rachel Jansen
Vihaara Jayamaha
Dora Pan
Isabelle Payne
Indumathi Quinn
Rebekah Reichman
Marie Stylianou
Maeve Weeks

Grade 6 Class Award

Imogen Pappas-Zanatta

Grade 6 Exam

Daisy Earls
Taylor Punturere
Harry Pennell

Grade 8 Exam

Emily Hofmann
Amaaya Jayamaha
Amilia Ng
Kristen Tai
Evelyn Antonopoulos
Evie Kerr
Lily Crowley (High Distinction)



ADULT CLASSES

Adult Tap, Jazz, Ballet classes are carefully developed to cater for all levels: the never before, the revivalists and those that just can't stop!



- Its FUN!!!
- A great workout for body and mind
- A great place to make new friends
- Great for heart health
- Strengthens bones and muscles easing joint pain
- Increases self-esteem and confidence
- A creative outlet to express emotions
- Increases energy and fitness levels
- Improves flexibility and reduces stiffness
- Reduces stress
- Assists memory skills



Mother & daughter



My Parkwood dance journey began in 2001, I was 35 years old and a mother of 2. I never danced growing up and only started dancing when I was 21, stopping for 8 years when the children came along. I always wanted my daughter, Sinéad to have the opportunity to dance as I wished I had. So when Sinéad was 4 years old, she started classes at Parkwood. I was struck by the warmth, enthusiasm and welcoming nature of Marlene, staff and teachers at Parkwood, that I was inspired to get back into dancing myself. I have mainly done jazz but in recent years I am learning ballet and tap. I am 58 now and still love going to the adult classes every week.

Parkwood has given me the chance to enjoy dancing in a warm and caring environment. I have always had amazing teachers with never ending patience and enthusiasm. I leave all my worries and daily stresses at the front door and immerse myself in the joy of dance. I have danced in many of the concerts over the years and although I might not always get the steps right, I revel in the challenge and the excitement of being on stage. There have been so many wonderful people in the adult class and we've always had so much fun especially doing the

concerts. Our class also had the opportunity to represent Parkwood by dancing at a fundraiser for the East Ringwood Football Club.

Parkwood has always been a home away from home and a second family. They have provided unending support for both Sinéad and I, for whatever challenges we faced over the years.

It's been an absolute joy watching Sinéad undertake her own dance journey and it was a real privilege to have been a part of it. I cried the first time I saw her on stage as a little fairy and watching her now still brings tears to my eyes.

As a parent I have no doubt in my mind that Parkwood has had a huge influence in Sinéad growing into a capable, confident, caring and very organised young woman.

I hope to continue to dance at Parkwood for as long as I possibly can.

We both thank Parkwood Dance Academy, Myffie, Jess, Elyse and all the amazing teachers for 23 wonderful years.

From Liz Crawshaw (Mother)



My dance journey started when I was 4 years old doing one lesson at another dance school. I didn't enjoy the class much as I was put with kids 3 years older than me who had danced for longer, however Mum decided to try again at Parkwood. I loved it so much I decided to stay for the next 23 years!

I started off doing theatrical, where in my first concert I was a fairy. I loved wearing the fairy costume and being on stage for the first time. Not long after, I started doing jazz and tap, as well as doing ballet a few years later. Every year, mum didn't have to ask if I wanted to do dancing again, but what classes I wanted to do, which was always everything that was allocated for me. I loved performing so much, that I would put on concerts at home, and charge my family for admission! Through my job as a paediatric occupational therapist, I have been able to incorporate my passion for dance, by running dance programs, where we teach the children to learn and perform a dance for their families.



The lockdowns were tough but knowing that we could still 'come' to dancing made it so much easier.

I am very grateful for the dance opportunities Parkwood provided for me, such as completing the various exams, being an assistant teacher and dancing in the AFC Asian World Cup opening ceremony. I completed the junior public performance exam, which was quite challenging, but very rewarding. I have made many lifelong friendships over the years and been taught by many incredible teachers. There is no better feeling than being on stage and I hope to keep dancing for a long time.

From Sinéad O'Connell (Daughter)

2023 Concert Photos







*Congratulations
on a fantastic
Concert everyone!*

VET DANCE

Parkwood Dance Academy is partnering with EMPOWERDANCE PTY LTD (RTO 40397) to deliver VET Dance Certificates for secondary school students.

CUA10120 Certificate I in Dance (Year 7 & 8)

CUA20120 Certificate II in Dance (Year 9 & 10)

CUA30120 Certificate III in Dance (Year 11 & 12)

Students can now choose VET Dance as a VCE subject and have the course count towards their final ATAR!

These certificates are a vocational option of study for students who wish to further their knowledge of dance, through the combination of practical and theoretical classes.

The courses cover topics like anatomy, group projects, safe dance practices, nutrition, body science and dance history that are essential for the dancers of today.

It is recommended that each Certificate is studied consecutively.

We are really excited for the students who have commenced their VET studies this year and special congratulations to the students who have completed their courses!

Certificate III

Lily Crowley
Maya Vasileski
Evelyn Antonopoulos
Adelaide Van Wyk

Certificate II

Taylor Punturere
Harry Pennell
Daisy Earls

Certificate I

Maeve Weeks
Isabel Ng
Rachel Jansen
Marie Stylianou
Dora Pan

Study a Certificate in Dance right here!



PARKWOOD
DANCE ACADEMY

Partnered with

Empowerdance
PTY LTD

Ask us for more information





It is much more than a school. It is a friendly, supportive and social environment for the dancers as well as their extended family members. We find the respite valuable and really appreciate the opportunity for our children to shine in class and on the stage.

Kathleen McClure, Mother of Kylie

DanceAbility

Classes encourage equality and inclusion by increasing the number of opportunities for ANYONE who wishes to learn. They assist the breaking down of barriers for children and adults with developmental challenges and provide outlets for expression that might otherwise not be available.

The goals are to build self-esteem and to improve motor skills that offer the students the potential to become more social, better coordinated and more confident. Qualified teachers can ensure class content and teaching styles provide enriched learning experiences for all.



PDA'S founder



Whose beautiful spirit and resolute dedication live on today.

As we commence our 48th year we reflect on Marlene Mayall's selflessness and unrelenting energy that offered support and vision for hundreds of children, including those needing help with life's journey.

Q...How old were you when you first started dance classes?

My mother always wanted to dance but never had the opportunity, so when I was two and a half she enrolled me at the dance school in Hope St., West Brunswick, run by Madam Sicilia Fierenzi, a very disciplined lady of Spanish origin. She was very precise and thorough in every way and her classes were all about achieving the best from each of us. I was still attending Madams classes when I opened my first school 18 years later.

Q...What dance styles did you learn?

Ballet, Jazz, Tap, Scottish, Irish, and Acrobatics. I really just loved dance, especially the connections I made with so many people along the way. My joy of dance also came from the focus and hours and hours of hard work.

Q...When you started working, how were you employed and how did you balance your time?

My first job was at Myer. I was fascinated by the window dressers that dressed the small models to exacting detail and later, I moved to assisting interior designs

within each department. I got my licence when I was 19 and was offered a job as a car hostess for Volkswagon. I did this during the day and taught dance, assisting 'Sissy' with her classes at night.

Q...When did you start your first dance school?

I started my first school when I was 20 in North Balwyn – the Marlene Skinner Dance Academy. It was a very busy time in my life; however, I was used to long hours and I just became better at managing time and all the commitments of teaching.



Q...What led to the founding of Parkwood Dance Academy and later years?

Upon marrying, John and I settled in Park Orchards. The beginning of Parkwood Dance Academy came about when some mothers in my local area of Warrandyte, heard of my past dancing career and asked if I could teach their children to dance, which meant setting up a studio in my garage at home. After a while, as the number of students grew, we moved to a local church hall. Fortunately, I was able to team up with Sandra Dickson, a dancing friend who had been at Madam Fierenzi's with me, to teach jazz, ballet and tap classes, as well as Keep fit for Mums and classes for children and adults with disabilities.

In time, Manningham Council, having heard about PDA and our involvement in helping young children in the community, invited us to run our classes at Domeney Recreation Centre. The Academy grew rapidly and a lot more classes were added, including a boys 'Disco' class.



Years later, in a wonderful show of support, Manningham Council's refurbishment of Domeney included the installation of new dance floors, mirror walls, barres for ballet and the provision of storage for our costumes and dance attire and it was about this time (1992), that Myffie and Will enrolled their two daughters in the Academy. Myffie, having been a dancer herself, was only too happy to help the school and myself, in any way.

For 10 years, PDA grew and flourished, until, unfortunately, my family's life changed altogether when we lost our youngest son and his girlfriend in a tragic accident. By 2002, I was finding it too difficult to give my all to my teaching as well as supporting my family and we decided to accept an opportunity to fulfill a lifelong dream to own and run an orchard in the Northern Rivers (NSW).

On leaving, I had no hesitation in handing the Academy over to Myffie's family, knowing they would continue on as I would have wanted; Elyse and Jess are now fully qualified dance teachers and assist Myffie with every aspect of the management of the School. Thank you to the Hof Family for keeping my dream going - I hope you keep yours too.

My legacy is in the many hundreds of dance students, professional dancers, dance school owners, teachers and an internationally renowned choreographer, (Lachlan Prior, who is now the Artistic Director / Choreographer with the New Zealand Ballet Company) that have been taught, motivated and inspired by Parkwood Dance Academy.

Marlene



I highly recommend Parkwood Dance Academy to my friends. PDA has encouraged my daughter to reach for her potential with confidence. She feels respected and challenged.
Shalina Payne

Hello, I'm Marina Prior and I'm very proud to be able to talk about Parkwood Dance Academy.



I was a parent who sent my own daughter there and it gave her such wonderful confidence and creativity of expression. It was such a healthy thing for her, both mentally and physically and the wonderful thing about a place like PDA is its inclusiveness - its ability to reach out into the community and draw people together, which is so important in building community.

When I say inclusive, I think specifically of their great program for children and adults with Special Needs and its wonderful to go to the concerts and see those people achieving and expressing, really fulfilling their potential. Its very exciting, very moving.

I certainly can say that personally my daughter has taken the skills and confidence that she has gained from learning dance - into her study world, into her professional world - it's enhanced her in so many ways and being an artist myself, I understand so much about the need that people have for self-expression and creativity - it keeps them happy and healthy and fills a part of their life with great joy.

I can see that this is an Academy with great vision and purpose and I hope that it continues to thrive into the future.

Why Dance?

Dance — and **physical activity** — should have the same status in schools as math, science and language. Psst: it may even help raise test scores, says Sir Ken Robinson.

I'm not arguing against mathematics — it's an indispensable part of the great creative adventure of the human mind. Instead, this is an argument for equity in educating the whole child. I'm talking about the equal importance of dance with the other arts, languages, mathematics, sciences and the humanities in general education.

“Dance can help restore joy and stability in troubled lives and ease the tensions in schools that are disrupted by violence and bullying.

What is dance? It is the physical expression through movement and rhythm of relationships, feelings and ideas. Nobody invented dance. It is deep in the heart of every culture throughout history; dance is part of the pulse of humanity. It embraces multiple genres, styles and traditions and is constantly evolving. Its roles range from recreational to sacred and cover every form of social purpose.

Some people have long understood that dance is an essential part of life and education, however, the low status of dance in schools is derived in part from the high status of conventional academic work, which associates intelligence with verbal and mathematical reasoning. Some studies have shown a deeper understanding; that dance challenges standard conceptions of intelligence and achievement and the transformative power of movement for people of all ages and backgrounds. Dance can help restore joy and stability in troubled lives and ease the tensions in schools disrupted by violence and bullying.

Using dance, organisations aim to improve social relationships especially among genders and to enrich the culture of the schools by cultivating collaboration, respect and compassion.

“As a result of dancing together, students' abilities to cooperate and collaborate improve and there is an increased level of mutual respect and acceptance of others.

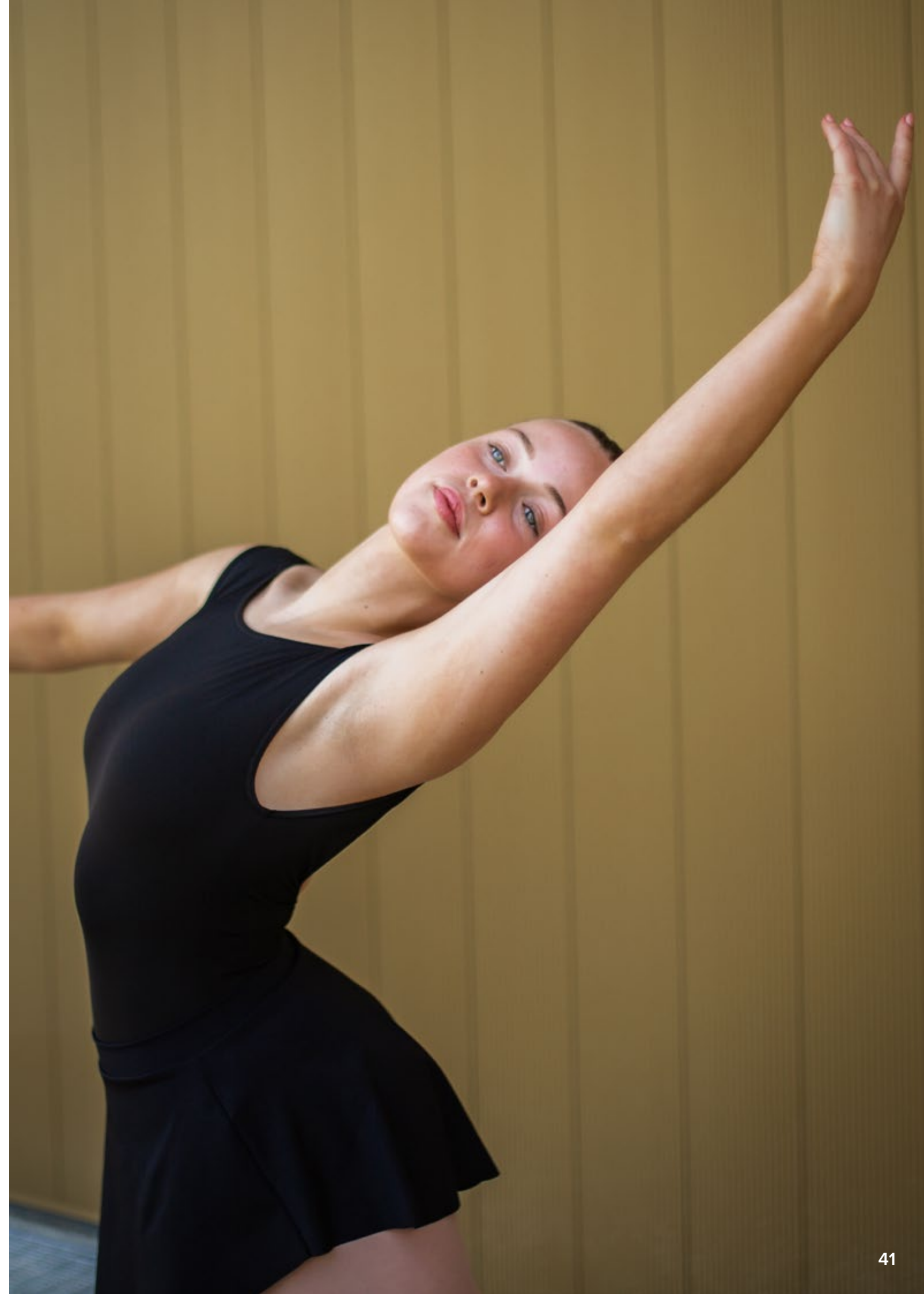
Dance education has important benefits for students' social relationships, particularly among genders and age groups. Many forms of dance are inherently social. They involve moving together in synchrony and empathy with direct physical contact. Dance has economic benefits, too. As well as being a field of employment, dance promotes many of the personal qualities that employers recognise as essential in a collaborative, adaptable workforce.

“Dance and theatre are mostly seen as second-class citizens in schools.

It's not just dance, of course. The trend in many schools is to cut physical education and similar programs in favour of increasing time for Math, Science and English. However, these measures have not improved achievement as so many policy makers assumed they would.

A panel of researchers in kinesiology and paediatrics conducted a review of more than 850 studies about the effects of physical activity on school-age children in terms of — physical factors such as obesity, cardiovascular fitness, blood pressure and bone density, as well as depression, anxiety, self-concept and academic performance. Looking specifically at academic performance, the panel found convincing evidence to support the conclusion that “physical activity has a positive influence on memory, concentration and classroom behaviour.”

There is a persistent myth that arts education is for the gifted and talented, but we know that the arts benefit everyone regardless of their vocational pathways,” he says. “We don't teach math solely to create mathematicians and we don't teach writing solely to create the next generation of novelists. The same holds true for the arts. We teach them to create well-rounded community members who can apply the skills, knowledge and experience from being involved in the arts, to their careers and lives.”



A special day at the Australian Ballet Centre



The 2023 Audrey Nicholls Awards, held in September at the Primrose Potter Australian Ballet Centre, was a tremendous success, showcasing the exceptional talent and dedication of young dancers including our:

Grade 5 – Marie Stylianou, Isabelle Payne, Dora Pan and

Grade 6 – Harry Pennell, Taylor Punturere and Daisy Earls

Adjudicated by renowned dance experts, Audrey Nicholls OAM FRAD, Andrew Killian, and Dianne Parrington, the event was a true celebration of excellence in dance, with over 250 students participating, and over 450 people attending in the audience throughout the day.



A special congratulations to Taylor Punturere, who was presented the RAD Grade 6 Phyllis O'Donaghue Artistry award.





TINY TOTS Ballet



Tiny Tots Ballet


A toddler dance class where the grown ups join in too! Toddlers will be introduced to the magical world of dance through props, imagery, pictures, sing-a-long songs and fabulous dance music.

TINY DANCER Ballet

Tiny Dancer Ballet

Designed to provide a fun and imaginative foundation to Ballet and Jazz dance. Tiny Dancers enjoy a brand new theme every term – Jungle, Space, Seasons and Circus, here we come!!!





Celebrating our Year 12 dancers

My journey at Parkwood Dance Academy started in 2009, when I was only four years old. Fourteen years have passed now, and I can proudly say that Parkwood is my second home and has been there for me ever since I was a Tiny Dancer. The studio has undoubtedly provided me with a place that is always full of love, support and fun. I have always loved dancing, expressing myself through movement and music. A life without dance would be unimaginable. Parkwood has provided me with a range of opportunities throughout the years, including countless dance exams which have allowed me to not only improve as a dancer but to also gain self-confidence and resilience as an individual. Being an assistant teacher at Parkwood Dance Academy has also provided me with valuable life skills such as organisation, leadership, and communication. Some highlights of my Parkwood journey have been, the opportunity to do two Solo Public Performance Exams in the styles Ballet and Tap, receiving the Perpetual Scholarship Award, and recently winning the 2022 Audrey Nicholls RAD Centenary medal and Artistry Award. Without the training and support I received from my dance teachers I could never have reached these achievements alone and I am eternally thankful for them. Being in Year 12 this year has definitely been one of the most challenging years by far but also the most memorable. I remember at the start of the year I was worried about juggling dance and study at the same time, let alone dance exams too. But throughout this year I realised that coming to dance class and seeing my dance friends and teachers was always the highlight of my days. The memories, friends, and relationships I have built at Parkwood are ones that I will cherish forever.

Amaaya Jayamaha

My Journey at Parkwood started in 2018, moving in year 7 with excitement for new beginnings yet nervous over what to expect at a new school. However, the teachers and students accepted me with open arms, making me feel welcome and accepted instantly. Quickly, it became evident that no matter your ability or previous experiences, Parkwood was a place where you are supported and provided an environment where you can grow both in dance and life outside.

Throughout my time at Parkwood, I have been given many opportunities, from our yearly concerts to completing my very first RAD and COMDANCE exams and the several more I have completed over the years. These opportunities were a perfect accompaniment to my high school journey by providing an outlet to push myself out of my comfort zone and develop persistence, determination, independence, and teamwork skills, which I will take into life later on.

Parkwood Dance Academy has created many memories that will stay with me for a lifetime, with my ballet Public Performance exam and dancing at conventions being some of the highlights. Even during online dance during lockdowns, classes were still engaging and supportive and something I look back at fondly. I have formed friendships that I hope last a lifetime and I am eternally grateful to all my teachers who were with me even when I doubted myself. I appreciate and have enjoyed my time at Parkwood so far and am looking forward to dancing in the future and completing my exam journey.

Emily Hofmann



I have had the privilege of dancing at Parkwood since 2009 at the age of three. My love for dance first began when I was introduced to the wide variety of styles, and opportunities available to immerse myself within this art form at Parkwood Dance Academy. PDA has been a place that I know I can always turn to, it has always been my escape and has never ceased to provide me with the opportunity to challenge myself and further my passion for dance. From being involved in all of the Mid-Year and End of Year Concerts to completing many Exams and Public Performance Examinations in a range of styles, to performing in various Comdance Conventions, competing in Audrey Nicholls Awards, completing my VET Certificate I, II and III in Dance, and more recently being involved in the Class Assistant Program, which is another outlet for me to express my enthusiasm towards dance/teaching. The ongoing opportunities that Parkwood have offered over the years, have taught me valuable skills not just about myself as a dancer, but also as a person.

The friendships and memories that I have made throughout my journey are ones that I know will last a lifetime. It brings me so much joy to surround myself with people who I can relate to, and bond with over the same love for dancing. Additionally, finding extraordinary connections with teachers and friends who I have been dancing and learning with for my entire 15 years at PDA and who have all taught me so much.

Thank you to Parkwood for all that you provide and have taught me, whether it is in the studio, costume shed or on stage. This community is my second family, with Domeney being my second home, and I will carry these memories and relationships with me forever.

Lily Crowley

My journey at Parkwood Dance Academy has been nothing short of amazing! Since 2014, PDA has never failed to create a supportive community and nurture my passion for dance. Throughout my time here at Parkwood, I have been fortunate enough to complete a range of dance exams including two Dorothy Gladstone Public Performance examinations, RAD Grade 8 Ballet, Comdance Modern Jazz Shield, and most recently Comdance Theatrical & Performing Arts 8, where PDA helped me to explore further my other interests of acting and singing along with dance. Not only has Parkwood created fantastic performance opportunities but they have also fueled my new love for teaching that I have explored through the Class Assistant Program. This program has allowed me to view dance through a new lens and work closely with my teachers to develop beneficial skills that ultimately have shaped who I am not only as a dancer but as a person. Further, Parkwood has taught me the importance of self-expression and the strive for excellence which I aim to uphold throughout my journey as a full-time dance student next year!

As a Year 12 student, it has been crucial for me to cherish my creative outlet which is dancing. Parkwood Dance Academy has never failed to provide me with a safe space to extend my creativity and connect with other passionate students. I am forever grateful for the lifelong friendships I have formed here at PDA and the memories I am lucky enough to carry away with me. Whether it was drink break chats or side-stage good luck hugs, PDA is where I have made my best friends which forever extend beyond the studio.

Finally, I'd like to thank Parkwood for what they have done for me over the years. Not only have I formed connections with friends, but PDA has allowed me the opportunity to build relationships with my teachers. Their guidance and passion for dance have inspired me to be the dancer I am today and because of this, I will forever be grateful for my journey here at Parkwood Dance Academy.

Maya Vasileski

Our commitment to the community

The Parkwood Dance Academy community appreciates the care and support of a wonderful group of children, parents, teachers and staff. We're passionate about bringing people together within Manningham to celebrate the Performing Arts.



Benefits for dancers



- Make friends and build life skills
- Current and relevant dance education
- Personalised dance programs
- Internationally recognised qualifications

Benefits for the community

- A safe and supportive space
- Linked educational pathways
- Performances and entertainment
- Promote health and wellbeing



Support for dancers and families

Providing opportunities for students to commence and continue their dance education at Parkwood, despite challenging circumstances.

Scholarships | Payment plans | DanceAbility classes

Support for community groups

Providing opportunities for community groups to attend and enjoy performances presented by Parkwood Dance Academy.

Discounted tickets | Performances for specific events | Community donations

PDA supports the following organisations

- Alannah & Madeleine Foundation
- Berry street child & family services
- The Salvation Army Australia
- St Anne's Primary School Strawberry Fair
- Manningham Community Kindergartens
- Manningham Community Primary Schools
- Dance Aid Melbourne
- Tap into Mental Health
- Dance Teachers - Melbourne

Our affiliations



Planning Your Dance Success

We have a **100%** success rate ensuring our dancers are accepted into their first preference tertiary dance courses which include:

- Victorian College of the Arts Secondary School
- Victorian College of the Arts (Faculty of Fine Arts & Music)
- Ballarat Centre of Music & the Arts
- Royal Academy of Dance (Certificate in Ballet Teaching)
- Royal New Zealand School
- Royal New Zealand Company
- Australian Ballet School
- Australian Ballet Company
- Kelly Aykers Full Time Dance
- Patrick Studios Australia
- Spectrum Dance
- The Space Dance & Arts Centre
- Deakin University (Bachelor of Creative Arts, Dance)
- Australian Dance institute
- Jason Coleman's Ministry of Dance
- Transit Dance
- Comdance (Certificates & Diplomas in Teaching)
- Brent Street Performing Arts

With the benefit of many years of experience in dance education and commencing careers in the commercial dance industry, the Hof Family offer students and parents the opportunity to discuss the planning of academic studies in conjunction with their dance studies to support their learning and growth. We can assist with subject selections, exam dates and flexibility in scheduling during heavily loaded study times.



Principals Myffie Hof
Jessica Hof-Steel

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Learn from leaders in dance education