

# BEATS PER MINUTE minis

mini  
DANCE

mini  
Ballet

mini  
AGRO



BEATS PER MINUTE PERFORMING ARTS  
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# WELCOME

**Our vision is to provide an environment that harbours happiness and safety as well as offer a place where students truly feel valued and appreciated and provide all pre schoolers with access to classes that will boost confidence, creativity and coordination.**

Beats Per Minute is a triple threat studio located on the Sunshine Coast created by Kate Evans offering equal and extensive training in all facets of Performing Arts for boys and girls of all ages.

With two children myself, I understand the importance of learning and developing through play and exploration. Dance allows the students to develop confidence, musicality, creativity, gross and fine motor skills and coordination all through a mixture of play, music, imagination and movement.

Through dance and movement my children and many others alike have excelled through development milestones all whilst creating meaningful connections with teachers and other peers. Working in a team allows the students to develop additional secure attachments with the teacher and their peers which will consequently aid in confidence - when children develop secure or healthy attachment, they are more likely to develop emotional intelligence, good social skills and robust mental health.

Movement is a gift that provides students tools to flourish into the future, thank you for choosing Beats Per Minute Performing Arts to share your journey!

*Kate Evans*

**Kate Evans** | Director



# WHAT ARE THE BENEFITS?

## PHYSICAL DEVELOPMENT

Movement activities such as dancing, jumping, running, and playing with rhythm instruments help children develop their gross motor skills, balance, coordination, and spatial awareness. These activities also promote the development of fine motor skills as children clap, tap, or play smaller instruments.

## COGNITIVE DEVELOPMENT

Movement and music engage multiple areas of the brain simultaneously, stimulating cognitive development. When children move and listen to music, they learn to process and interpret sensory information, recognize patterns, and make connections between different stimuli. This enhances their cognitive abilities, including problem-solving, memory, attention, and language skills.

## EMOTIONAL EXPRESSION

Movement and music provide an outlet for preschoolers to express their emotions freely. Dancing, swaying, and engaging in rhythmic activities allow children to release energy and express joy, excitement, or even frustration. Music also helps children identify and understand different emotions, promoting emotional intelligence and self-regulation.

## SOCIAL INTERACTION

Participating in movement and music activities with peers promotes social interaction and cooperation. Children learn to take turns, share instruments, and follow instructions together. These experiences foster communication skills, teamwork, and empathy as they collaborate, coordinate movements, and engage in group activities.



## LANGUAGE & LITERACY SKILLS

Music supports language development in various ways. Singing songs, chanting rhymes, and engaging in musical games expose children to new vocabulary, sentence structures, and phonetic patterns. The rhythm and repetition in music enhance their ability to recognize and reproduce sounds, which can contribute to early literacy skills and reading readiness.

## CREATIVITY & IMAGINATION

Movement and music encourage imaginative play and creativity. Preschoolers can create their own dance moves, invent lyrics or stories, and explore different ways of expressing themselves. These activities nurture their imagination, self-expression, and divergent thinking, which are essential for creative problem-solving later in life.

## CULTURAL APPRECIATION

Music exposes children to diverse cultural traditions, rhythms, and melodies. By experiencing music from different cultures, preschoolers develop an appreciation for diversity and gain a broader perspective of the world around them.



# STAFF

## KATE EVANS

Kate is passionate about all facets of dance and is particularly passionate about the social, emotional and developmental benefits that dance provides students throughout their lifetimes. Kate's Bachelor in Psychology plays a vital role in training students through positive reinforcement, providing a safe and consistent variable in students ever changing lives and building habits that are essential to becoming healthy, resilient and positive young adults.

Alongside her passion for social and emotional health Kate is also passionate about dance science and protecting students bodies. She holds qualifications in a range of disciplines which all support safe dance practice, these qualifications include:

- Royal Academy of Dance Registered Teacher
- ComDance Diploma - Modern Jazz, Theatrical, Tap, Classical
- ComDance Examiner
- Acrobatic Arts Module 1, 2 & 3
- Acrobatic Arts Examiner and Course Conductor
- Aerial Arts Hoop Theory and Practical
- Aerial Arts Examiner and Course Conductor
- Progressing Ballet Technique
- Youth Protection Association for Dance
- Current Working With Children Check



## JEMMA HARRIS

Jemma has a wide range of experience both professional and in teaching, she has previously spent time travelling the world working for Royal Caribbean gaining valuable industry and life experiences.

Jemma started dancing at 3yo, completing all RAD and ComDance exams gaining the top mark for all major exams.

Jemma has a passion for Early Childhood development and is constantly learning in this field. She believes that all children love music and movement and appreciates the important role this plays in their social, emotional and physical development. Jemma is the head trainer for READY SET ACRO, developing teacher training and content for the program, training teachers globally!

- RAD Advanced 2 (Distinction)
- ComDance Diploma - Modern Jazz & Classical Ballet
- Acrobatic Arts Module 1, 2 & 3
- Current Working With Children Check
- Acrobatic Arts Examiner and Course Conductor
- Aerial Arts Examiner and Course Conductor
- READY SET ACRO Curriculum creator and trainer



# CURRICULUM

# mini DANCE

Mini Dance is a 45 minute combo class of MOVEMENT, JAZZ, TECHNIQUE FUNDAMENTALS, MUSIC and DISCOVERY. Designed for both boys and girls, the program focuses on teaching the fundamentals of dance while developing confidence, coordination and creativity in a professional and safe environment.

- JAZZ -** Develop muscle strength, control and balance and achieve coordination milestones like skipping before going to school.
- MUSIC -** Develop the musical ear, dynamics and tempo while having fun with instruments and the parachute.

**All these ingredients together create a super 45 minutes of fun!**

# mini Ballet

Mini Ballet is a 30 minute magical ballet experience for 2- 5 year olds where they learn the fundamentals of classical ballet.

- MUSIC -** Engage in specifically designed music that captures the beauty of classical ballet
- CURRICULUM -** Develop coordination, body awareness, strength and flexibility both through visual and auditory instruction.
- THEMED DANCES -** Learn the beautifully themed dances that have music prompts to support preschooler's playful participation.
- PROPS -** Have fun twirling with rainbow ribbons, swaying with feathers and popping bubbles. These resources support tactile awareness and strengthen fine motor coordination and control.



We know all children love to run, climb, jump and play this is why we believe Acrobatics is a fantastic addition to your child's dance curriculum. Mini Acro is a thoughtful blend of acrobatics, dance, and discovery, ensuring that dancers build the foundational skills necessary for progressing to handstands, cartwheels, bridges, and somersaults before transitioning into acro programs. Mastering these fundamentals is crucial not only for advancing to higher acrobatic skills but also for developing the strength and flexibility needed to perform them, creating well-rounded, strong, and flexible individuals who can transfer these abilities to any physical activity.

Mini Acro follows the world renowned curriculum of Acrobatic Arts, and this program is specifically designed for preschoolers. It emphasises safe and effective progressions to foster the physical and social skills needed for healthy early childhood development.

**STRETCH-** Enhance flexibility and expand the range of motion in all major muscle groups.

**STRENGTH-** Young learners engage in a variety of exercises designed to promote physical strength and control.

**SKILLS-** Preschoolers develop social literacy and build confidence while exploring a wide range of AcroDance movements, from basic poses and balances, to more complex hand stands and cartwheels whilst always working at an appropriate level for their skill and experience.



# TIMETABLE

## TERM DATES 2026

The calendar for dancing follows the school calendar. Therefore the dates for the dancing year are as follows:

Term	Dates
Term 1	Monday, February 2 - Thursday, April 2
Term 2	Monday, April 20 – Friday, June 26
Term 3	Monday, July 13 – Friday, September 18
Term 4	Monday, October 12 - Friday, December 4

## Public Holidays (No Dance):

Monday 4 May (Labour Day)

Friday 13 June (Sunshine Coast Show Day)

## TUESDAY

9:30 am - 10:00 am	MINI ACRO
10:00 am - 10:45 am	MINI DANCE

## FRIDAY

10:00 am - 10:45 am	MINI DANCE
10:45 am - 11:15 am	MINI ACRO

## SATURDAY

9:30 am - 10:00 am	MINI ACRO
10:00 am - 10:45 am	MINI DANCE
10:45 am - 11:15 am	MINI BALLET

# FAQ'S

## **Can I watch my child's classes?**

In our experience preschoolers are able to concentrate better without the distraction of other noise in the room from parents and other siblings. Our program has been endorsed by leading child care experts who support the independent learning model. As preschoolers participate in classes they have the opportunity to develop additional secure attachments with adults (teachers) and peers. This helps them transition positively into the larger world and helps with school readiness.

Having said that, a lot of children are timid at first and need to know that a parent is close by. Our program allows parents to watch the first class to help their child adjust.

## **Are your teacher's qualified?**

All teachers at BPM are highly qualified in all genres, have their Working with Children Check and follow the program that is endorsed by early learning experts. You can head to our website to read more about our teacher's qualifications.

## **Do we need to purchase uniform and shoes?**

Students may wear Beats Per Minute uniform. However, we need to make sure we are the right fit for you and your child before committing to anything. Comfortable clothes, like shorts / leggings and a t-shirt or a dress are acceptable. Once your child has settled you can purchase the official Beats Per Minute uniform at the studio which we are sure you will love.

## **If we miss a class can it be made up on another day of the week?**

You may swap days if you miss a class (as long as the make up class is not full). The make up class must be taken within the same term. If a class is cancelled at the studios directive due to public holidays/weather/any other circumstances you may also make these classes up during the same term.

## **Does my child need to participate in the concert?**

This is not compulsory but highly recommended. It's a magical day that creates memories that last a life time, so the majority of students love to participate in this annual event.

# FEES & UNIFORM

## PRICES

Beats Per Minute is pleased to offer the Pre School Ultimate Pack! This means you can take as many pre school classes you would like per week for the price of 3 classes, that's up to 8 classes per week!

## Class Costs

MINI DANCE	\$18.00 per class (excl. GST)	\$180.00 per term (excl. GST)
MINI BALLET	\$16.00 per class (excl. GST)	\$160.00 per term (excl. GST)
MINI ACRO	\$16.00 per class (excl. GST)	\$160.00 per term (excl. GST)
PRE SCHOOL 2 CLASS COMBO (MINI DANCE + MINIBALLET OR MINI ACRO)	\$30.00 per week (excl. GST)	\$300.00 per term (excl. GST)
PRE SCHOOL ULTIMATE PACK	\$34.00 per week (excl. GST)	\$340.00 per term (excl. GST)

Please note: All class costs are exclusive GST and classes are invoiced by the term, unfortunately we do not offer casual classes.

## Uniform Costs

BPM UNITARD	\$85.00 (incl. GST)
BPM LEOTARD	\$70.00 (incl. GST)
Stockings	\$22.00 (incl. GST)

We also recommend purchasing shoes from Showtime Dancewear, the shoes that will be worn if you intend on participating in the concert are;

- Black Jazz Shoes
- Pink Ballet Shoes

**PLEASE FOLLOW THE LINK TO THE BEATS PER MINUTE ENROLMENT AND CLASS SELECTION FORM, COMPLETING THIS FORM WILL SECURE YOUR POSITION IN 2026!**