



# Contents

## 4 Dates

## 5 Conditions of enrolment

## 6 Dance

Dance Till You Drop,  
Specialty Group Classes, Performance/  
Competitive Groups, Examinable/  
Syllabus Classes, Private Dance  
Classes

## 18 Dramatic arts

Private and shared private lessons,  
Group lessons, Masterclasses

## 22 Tennis

Private coaching, Hot Shots squads,  
Junior match play, Tennis squads, Adult  
program, Holiday clinics

## 24 Swimming and diving

Learn to swim, Squad program, Diving,  
Holiday program

## 28 Sport

Gymnastics, Badminton, Fencing, Self  
defence, Volleyball, Pickleball, Golf

## 30 STEAM

Young Engineers, Robotics

## 32 Creative arts and education

Sewing studio, Textiles studio,  
Art Space, Ceramics, Mandarin

## 34 Sports precinct

Social sport competitions, Facility hire

## Contacting AbbSchool

### AbbSchool Manager

#### Ms Pat Griffiths

BA(HumGeog)(Hons) CertIV FrontlineMgmt CertIV Bus

**Phone** 02 9473 7827

**Email** griffithsp@abbotsleigh.nsw.edu.au

### AbbSchool Supervisors Junior School

#### Ms Cass Chan (Tue, Wed, Fri)

BMgt(Sport&Ex) Level 1 Coach

#### Mrs Jodie Clough (Mon, Thu)

IDTA Licentiate, IDTA Assoc, YMCA Dance to Music, DipMusTh

**Phone** 02 9473 7615

**Email** abbschool@abbotsleigh.nsw.edu.au

### Aquatic Centre Manager

#### Mrs Jo Wheatley <sup>BPhysEd</sup>

**Phone** 02 9473 7830

**Email** wheatleyj@abbotsleigh.nsw.edu.au

For specific course information, contact  
our program coordinators

### Dance

**Sofie Batchelor** <sup>Dip Bus, Cert IV DT+M, Cert IV TAE</sup>

**Phone** 9473 7828

**Email** batchelors@abbotsleigh.nsw.edu.au

### Dramatic arts

**Darcy Tindale** <sup>BA(Prof&CreatvWrit), DipArts,</sup>

<sup>ATCL(Perf), ATCL(CommSkill), FTCL(Dir)</sup>

**Phone** 9473 7805

**Email** tindaled@abbotsleigh.nsw.edu.au

### Tennis

**Brendon Rose** <sup>BA USPTR Professional, Level 2 Coach</sup>

**Phone** 0407 778 605

**Email** roseb@abbotsleigh.nsw.edu.au

### Property Manager

#### Matt Shanahan

**Phone** 9473 7926

**Email** shanahanm@abbotsleigh.nsw.edu.au

# Welcome to AbbSchool

## About AbbSchool

AbbSchool offers a comprehensive and enriching program of co-curricular activities across both our Junior and Senior campuses. These activities foster a love of learning, skill development, enquiry, participation, fun and friendship, while also providing a multitude of valuable benefits.

Recent research underscores the profound impact of co-curricular engagement on various aspects of a student's academic journey by cultivating a genuine passion for learning, encouraging skill development, nurturing curiosity, promoting active involvement and fostering camaraderie among students. These activities have been shown to also enhance school engagement, positively influence academic performance, resilience, attendance and a desire to pursue higher education.

Beyond the academic advantages, these activities offer students opportunities for personal growth and leadership development. They can instil a deep appreciation for teamwork, healthy competition, cooperation, and the values inherent in both individual and group efforts. Moreover, students often find these activities to be crucial in providing a much-needed outlet for relaxation and stress relief.

The AbbSchool program often leads to the discovery of lifelong talents, interests, skills and hobbies that students may carry with them into adulthood. It also creates a unique environment where students can interact and learn

with peers from various age groups, expanding their social circles and forging lasting friendships.

In the wake of the challenges brought about by the Covid-19 pandemic, the importance of co-curricular activities for mental health cannot be overstated. For many students, these activities are a source of identity and a highlight in their school day, offering a sense of purpose and joy.

It is important to note that the opportunities within AbbSchool are not limited solely to our students; they are also open to individuals within the wider Abbotsleigh community, including parents, friends and siblings, regardless of gender. We believe that everyone can benefit from the enriching experiences and sense of belonging that AbbSchool activities provide.

## What is on offer in 2024?

Throughout this booklet you will find a comprehensive program which caters to many interests including dance, dramatic arts, tennis, swimming and diving, sport, STEAM, creative arts, Mandarin and social sport competitions.

Please take the time to read through the activities and courses described in this booklet. Online enrolments will open early January. We hope that students, parents and friends in the wider community will take the opportunity to enjoy our program in 2024.

## Dates

### Abbschool co-curricular

**Term 1:** Monday 5 February – Saturday 13 April

**Term 2:** Tuesday 30 April – Saturday 29 June

**Term 3:** Tuesday 23 July – Saturday 28 September

**Term 4:** Tuesday 15 October – Saturday 30 November

### AbbSchool events

**Junior School Drama Recital** – Monday 16 September

**Senior School Drama Recital** – Monday 23 September

**Dance Till You Drop** – Saturday 16 November

### Swimming and Diving

**Term 1:** Friday 29 January – Saturday 13 April (no charge for Easter week)

**Term 2:** Monday 29 April – Saturday 29 June

**Term 3:** Monday 5 August – Saturday 28 September  
(late start due to pool renovation)

**Term 4:** Monday 14 October – Saturday 21 December



# AbbSchool Co-curricular activities

## Conditions of enrolment

### Enrolments

All girls seeking enrolment in Term 1 must newly enrol as continuation from the previous year is not assumed. Except for Term 1, enrolment is automatically continued from term to term in the year unless written advice to the contrary is received.

We encourage you to view enrolment in AbbSchool as an annual commitment, particularly for dance or Trinity drama activities due to the performance goals/outcomes for most classes. In order to develop girls' skills safely and sequentially in dance, we strongly discourage movement between styles and classes on a term basis.

### Discontinuations

An adjustment period in Term 1 ONLY will be in place until Friday Week 3 to allow for enrolment changes without penalty.

Withdrawal for Terms 2, 3 and 4 MUST be advised prior to commencement of term via email from a parent. There will be **NO REFUNDS OR CREDITS** for any withdrawals after the term commences, so please consider your enrolments carefully. Only exceptions will be for medical reasons or a clash with another school activity. We strongly discourage swapping activities from term to term.

### Absences

**Private lesson absences** – If your daughter is ill and unable to attend her private lesson, 24 hours' notice must be given by contacting the AbbSchool office at [abbschool@abbotsleigh.nsw.edu.au](mailto:abbschool@abbotsleigh.nsw.edu.au) or ringing 9473 7827 (Senior) or 9473 7615 (Junior) or the individual teacher, otherwise you will be charged for the lesson.

**Group lesson absences** – We must receive notification of absences from all AbbSchool group classes.

Email [abbschool@abbotsleigh.nsw.edu.au](mailto:abbschool@abbotsleigh.nsw.edu.au) or ring 9473 7827 (Senior) or 9473 7615 (Junior).

### Lessons and fees

- AbbSchool fees are based on 32 lessons per year. Most group classes will receive more, but this number makes allowance for outdoor education, exams, excursions or variations to the school timetable.
- All Term 1 lessons will begin in the week commencing **Monday Week 2** and in Week 1 for all other terms.
- Applications are processed strictly on a **'first come first served'** basis and it is therefore not possible to guarantee placement in any AbbSchool program. To avoid disappointment, it is recommended you enrol early.
- Private lessons in Communication Skills and Speech & Drama are taught on rotational basis throughout the school day. Senior School girls are not permitted to come out of PDHPE classes for their private lesson.
- Students in Years 7-9 may elect to have their private or shared private tennis lesson in PE.

There will be **NO AbbSchool** activities during camp/challenge week; however, swimming and diving lessons will continue.

- All Junior School students attending AbbSchool activities must be collected from the activity venue within 10 minutes of its completion. After this time, students will be escorted to After School Care to ensure appropriate supervision and care is provided. Parents will be charged accordingly for the use of ASC.
- All Junior School students enrolled in 4.30 pm or 5.30 pm classes MUST go to After School Care prior to their class beginning unless picked up by a parent. Supervision will NOT be provided by AbbSchool staff.

# Dance

## Welcome to AbbSchool Dance!

This program aims to develop confidence, discipline and self-expression through movement. With opportunities for every kind of dancer, our classes explore coordination, musicality, team and partner work, performance quality and of course technique and choreography. We are passionate about dancer education, providing tuition beyond just the physical, by involving safe dance, critical and creative thinking, and body awareness concepts across all settings.

Please peruse our comprehensive program:

- **Specialty Group Classes**
- **Performance/Competitive Groups**
- **Examinable/Syllabus Classes**
- **Private Dance Classes**

*Due to the physical nature of dance classes, and the performance goals/outcomes for most classes, we encourage you to view enrolment in any dance class as an annual commitment. In order to develop girls' skills safely and sequentially, we discourage movement between styles and classes on a term-basis.*

## Dance Till You Drop – intra-school competition

A biennial intra-school dance competition will take place on November 16 on the Senior School campus. AbbSchool dancers from Kindergarten to Year 12 will experience the exhilaration of competition in an encouraging and familiar environment. The event is designed to encourage interdependence and present a comprehensive performance opportunity. 'Dance Till You Drop' is a rehearsal-free event; we promote positive and constructive interaction between performers, friends and family in the audience, and our panel of adjudicators. Annual awards and guest performances are all part of the dynamic proceedings.





## Specialty Group Classes

*All classes will participate in the end-of-year event.*

Our specialty dance classes are varied in style and pace. All sessions are led by instructors with extensive experience in their chosen genre; from Latin to Lyrical, Broadway to Ballet. There's something for everyone!

### ACROBATICS

#### **Petit Tumbles, Junior Acrobats, Senior Acro Dance**

*Abbotsleigh girls Years K-12*

Acrobatics involves strong balance, agility and coordination, in a style that combines dance with gymnastic and contortion elements. These classes are designed to give dancers of all levels the confidence to execute skills such as handstands, walkovers, flips and more. Acrobatics is highly recommended for students involved in performance work who are seeking to add extra dynamics to their repertoire. Safe and sequential learning practice is key in instruction from our experienced and qualified Acro Arts teacher.

### SHAKE & CHEER

*Abbotsleigh girls Years K-6*

An energetic and upbeat class based on the dance style, Pom. Dancers will learn teamwork, develop synchronicity and establish coordination between technical dance steps and use of coloured pom poms. Abbotsleigh pom poms will be purchased on behalf of new dancers. This one-off cost will be charged separately.

### LYRICAL

#### **Feel & Float, Junior and Senior Lyrical, Junior and Senior Lyrical Gold**

*Abbotsleigh girls Years K-12*

Lyrical dance borrows technical elements from classical ballet and combines this with the freedom and eloquence of jazz and contemporary forms. Lyrical dance, as implied by its name, is also often tied to the composition of a song's lyrics, reflecting its words as well as its accents and flow. Lyrical choreography is often themed around emotional despair, freedom, or obstacles, creating works that are both melodic and expressive.

## CONTEMPORARY

### *Abbotsleigh girls Years 7-12*

Contemporary dance evolved in response to the rigid constraints of classical ballet and is therefore less restrictive compared to other theatrical dance genres. It uses body weight, natural and spontaneous movement, and personal interpretation to create unique and abstract repertoire. Contemporary dance movement is fluid, often including large phrases of floor movement, and is generated from the core of the body

creating its distinguishable contractions and releases. Contemporary dance may be observed in the work of many dance companies including the Sydney Dance Company and Chunky Move.

## FLOOR WORK AND IMPROV

### *Abbotsleigh girls Years 7-12*

An integral part of lyrical and contemporary dance is the ability to execute floor work and improvisation. This enhances the dancer's technical skill, safe dance practice knowledge and confidence in movement to take their performance to the next level. This class is strongly recommended for Gold Lyrical and Contemporary dancers, or those striving to achieve a position in these classes.

## URBAN DANCE

### *Abbotsleigh girls Years 7-12*

Urban dance is the umbrella term used to describe dance choreographed to hip hop and R&B. Classes may include elements of popping and locking, break, hip hop and lyrical hip hop (a fluid, interpretive dance to down tempo rap or R&B).

## MINI POP

### *Abbotsleigh girls Years K-2*

'Mini Pop' is the introductory course to hip hop for infant dancers. Students will learn the foundations of grounded movement, isolations and popping, in an upbeat and age-appropriate setting.

## HIP HOP

### *Abbotsleigh girls Years 3-6*

Hip hop was developed on the streets by African Americans in the '70s. It is an informal and relaxed style of dance that is performed to hip hop and rap music with supple and grounded movements. Hip hop may also include elements of isolations, popping and locking, crumping and break.

### **ABBOTSLEIGH GIRLS – 'LEND A HAND' VOLUNTEER OPPORTUNITIES DANCE PROJECT**

**St Lucy's and St Edmund's  
students with special needs  
Years 2-11 in conjunction with  
Abbotsleigh girls Years 7-12**

Dance Project is an integration program. Students with additional needs bop and boogie with us each week, assisted by St Lucy's Dance Artists and Abbotsleigh Dance Assistants.

Abbotsleigh students who are interested in gaining teaching experience are encouraged to engage in support based roles within Dance Project classes. Students will provide assistance and build meaningful relationships with those who may not have the same capacity for movement but love it all the same.

Expressions of interest in support roles should be forwarded to [dance@abbotsleigh.nsw.edu.au](mailto:dance@abbotsleigh.nsw.edu.au)

**Volunteer hours contribute to  
Duke of Edinburgh requirements.**



## K-POP

### *Abbotsleigh girls Years 3-12*

K-Pop is an abbreviation for Korean Pop; a category of pop music strongly featuring dance choreography in Urban and JFH styles. Meet other K-Pop fans, learn full routines and celebrate all things K-Pop! Classes will cover choreography from your favourite groups from BTS to BlackPink and Girls' Generation.

## JAZZ

### *Abbotsleigh girls Years K-2*

Jazz dance represents our popular culture and is constantly changing. Choreography reflects the music, which is usually upbeat – top 40, disco, 80s or rock.

## JFH (JAZZ, FUNK, HIP HOP)

### *Abbotsleigh Girls Years 3-12*

JFH is a modern, fusion genre used by commercial dancers – a stylised combination of three established disciplines of Jazz, Funk and Hip Hop. JFH is expressive, upbeat and is danced to popular hit music. With grounded jazz technique and rhythm at its core, JFH is an ideal style for Beginner through to Advanced levels.

## THEATRE JAZZ

### *Sparkle & Sing (K-2), Theatre Jazz Junior (3-6)*

Explore the magic of song and dance together in this theatre-inspired class. Sessions will draw inspiration from both classic and modern musicals. An ideal platform to extend performance skills and jazz-based theatrical movement.

## ELITE TECHNIQUE

### *Abbotsleigh girls Years 7-12*

A high level jazz technique session, designed for those who have completed ADV Major 2 examination or equivalent from alternative dance societies.

## LATIN (GOLD ONLY)

### *Abbotsleigh girls Years 7-12*

Latin-American dances are typically known as the cha-cha, rumba, samba, salsa, mambo and merengue. Latin dances are generally faster paced and showcase more rhythmic expression. Music may be traditional Latin-American or contemporary popular music. More recently the Latin style has been performed to hip hop music, creating what is known as Latin hip hop.

## OPEN BALLET (NON-EXAMINABLE)

### *Abbotsleigh girls Years K-12*

Ballet is a classical dance form characterised by grace and precision of movement. Elaborate formal gestures, steps, and poses are linked to create balletic routines.

Ballet is not only for dancers who want to be ballerinas. Ballet gives a dancer presence, technical expertise to turn out one's legs, to point toes, to extend legs higher with more ease, and to dance with correct posture, resulting in less injury. Ballet exercises build coordination and strength, required of many contrasting styles such as jazz, theatre and ballroom. Our open ballet program accommodates a variety of age groups and draws content from syllabi and classical styles (such as RAD, Cecchetti and ADV).

Open classes allow students to participate in lessons without the strictures of formal examination work and the commitment of multiple classes per week. Students will participate in intra-school assessment to gauge progress.

## INTENSIVE COURSES

These short-format courses are designed to provide complementary training for dancers, in an intensive setting. Courses may be 1-5 weeks in duration, with session details and fees to be released on a term basis. Courses will run subject to numbers.

## PRE-POINTE & POINTE CONDITIONING

### *Abbotsleigh girls Years 7-12*

With a background in RAD training and instruction, tutors of Pre-Pointe & Pointe Conditioning are able to safely guide dancers through the journey towards and beyond basic Pointe work. A holistic approach is taken to ensure that each student is adequately prepared for the challenges of dancing en pointe; from postural awareness and core strength, to turn-out, ankle-strength and intrinsic foot articulation. This class is compulsory for all students participating in RAD Grade 5, Grade 6, Intermediate Foundation, Intermediate and Advanced Foundation to prepare for pointe work or maintain pointe strength. It is also suited to non RAD dancers working towards pointe work or an increased classical load.

## TAP

### *Abbotsleigh girls Years K-2*

Tap dance is a fusion of Irish dance and the African shuffle. Tap can be performed to music or can be an innovative way of creating sound percussion, as demonstrated by the Tap Dogs. Girls will not be required to have tap shoes until Term 2. In Term 1 girls can wear sandshoes or school shoes. Correct tap shoes will assist students to perform steps accurately.

## WIGGLE AND WRIGGLE

### *Girls and boys aged 4-5*

Wiggle and Wriggle classes employ elements of dance, gymnastics, yoga and song to provide movement experiences that are fun and engaging. Lessons consist of freeform activities designed to build confidence, and are a gateway to building physical and social skills in your child. Children are encouraged to develop skills through a variety of activities including imaginative movement, props and instruments.

## Performance/Competitive Groups

*All groups will participate in the end-of-year event.*

AbbSchool Dance competitive groups perform at community and eisteddfod events over Terms 2-3. Groups are led by highly experienced and current instructors, with intensive workshop and masterclass opportunities offered to expand versatility, ability and knowledge. All competitive dancers will require a costume for performance work, at an additional cost. Specialised footwear may also be required for some classes.

Performance team auditions will be held across Term 4 and into Term 1.

Specific information about the audition process will be distributed via email.

For enquiries please contact the Dance Coordinator [dance@abbotsleigh.nsw.edu.au](mailto:dance@abbotsleigh.nsw.edu.au)

## GOLD CLASSES

### *Abbotsleigh girls Years 3-12*

By way of fostering a high level of performance quality and providing an enhanced level of challenge, additional performance opportunities will be available to Gold level classes in the styles of:

- Lyrical - Junior and Senior
- Contemporary
- Latin

Opportunities will likely include Sydney-based eisteddfods and local community events, all to proceed based on a combined class effort in Semester 1.

Entry into selective classes are via invitation or trial only. Trials are held in Weeks 2-3 of Term 1. Please indicate an expression of interest to trial via email to the Dance Coordinator.

Please note participation in additional performance work will require purchase

of costumes (approx \$150 in cost) around Term 2.

## HIP HOP REPRESENTATIVE TEAMS

### *Mini Crew, J-Crew, Crew*

Crew teams are competitive dance groups adopting elements of street, hip hop and break dance. All Crew members will have solid technical foundations and demonstrate a high level of understanding/skill in the hip hop genre. An ability to recall choreography and retain detail is essential. All Crew teams will perform at eisteddfods and community events.

*NB Mini Pop, Junior Hip Hop and Senior Urban are compulsory 'open' components for all Crew members*

## JAZZ TEAMS

*Infant Company **NEW** Junior Company, Senior Company, Elite Dance Group*

Company teams are competitive jazz groups. All Company members will possess high level jazz technique. Solid understanding of classical technique is also beneficial. All Company teams will perform at eisteddfods and community events.

*NB Jazz syllabus (ADV), Elite Technique or RAD/Open Ballet is a compulsory technical component for all Company members*

## ELITE DANCE GROUP

*Abbotsleigh girls Years 7-12, Knox/external boys Years 7-12*

A co-ed representative team with strong jazz foundations. Abbotsleigh girls' entry based on successful audition/entry to Senior Company.



Boys' entry based on successful video audition. This team will represent their respective schools at seasonal competitions and events, with theatrical pieces that highlight the depth of skill of male and female dancers equally and complementarily.

## Examinable/Syllabus Classes - RAD Ballet and ADV Jazz

*NB: RAD syllabus classes will not perform in the end of year event.*

Examinable, syllabus-based classes are a key component of the AbbSchool Dance program. These provide formal opportunities for dancers to have their training recognised by nationally and internationally recognised organisations, and provide invaluable and notable technical development.

Syllabus classes are led by dance-society certified instructors and trainers, who have a thorough working knowledge of the style, society and examination process. Our syllabus instructors hold CBTS (RAD) certification, Cert IV in Dance Teaching & Management (Jazz) and Cert IV in Training and Assessment qualifications, which are regularly updated through professional development activities and industry revisions.

Examination classes do not participate in the end-of-year performance, but may have viewing-class opportunities throughout the year.

### ROYAL ACADEMY OF DANCE (RAD)

#### *Abbotsleigh girls Years K-12*

The Royal Academy of Dance (RAD) syllabus is one of the most significant dance education organisations in the world, possessing a rich history. RAD maintains a presence across 83 countries

with patronage from HM King Charles III and Darcy Bussell (CBE) as President. The internationally recognised classical syllabi develop and challenge fundamental dance technique through beautifully choreographed exercises. The curriculum is grouped in two key classifications; 'Graded' and 'Vocationally Graded'.

#### *Graded*

Graded levels (Primary, Grade 1 to Grade 6) incorporate ballet, free movement, and character, and are suitable for candidates from 6 years up. There is a focus on 'feeling before form', with elements of freer and progressive styles incorporated.

#### *Vocationally Graded*

Builds on the elements of the graded syllabus but with greater focus on technique, music and performance skills. Comprises levels from Intermediate Foundation through to Advanced Foundation. Suitable for the older ballet student (11 years up) through to advanced level.

An RAD-specific uniform will be required by each girl and closely monitored on a weekly basis. Annual RAD examinations occur mid-year – please consider your daughter's schedule to this end. Examinations occur on site at Abbotsleigh and will attract additional costs.

### **RAD curriculum and annual examination structure**

Due to annual examinations around May classes will use Term 1 for revision and formal assessment preparation.

### **RAD Primary Ballet**

#### *Abbotsleigh girls Years K-2 – minimum age of 6 years*

A suitable introduction for infant dancers wishing to discover the joys classical ballet. Students will learn the foundations of ballet technique, importance of rhythm and musicality while using colourful props and imaginative skills in a class setting.





The Beginner Ballet 1 or 2 open class is a compulsory 30 minutes of training each week for all Primary dancers.

### **Grade 1**

*Abbotsleigh Girls Years 1-2 – must be minimum of age 7 to meet RAD requirements*

A suitable starting course for Infant dancers who have studied Pre-Primary or Primary in Dance, or other non-syllabus beginner Classical classes. The Beginner Ballet 1 or 2 open class is a compulsory 30 minutes of training each week for all Grade 1 dancers.

### **Grade 2**

*Abbotsleigh Girls Years 1-2 – must be minimum of age 7 to meet RAD requirements*

Suitable for all dancers who have completed Grade 1. Direct entry into Grade 2 is possible based on assessment by the RAD instructor and Dance Coordinator. The Beginner Ballet 2 open class is a compulsory 30 minutes of training each week for all Grade 2 dancers.

### **Grade 3**

Suitable for all dancers who have completed Grade 2. Direct entry into Grade 3 is possible based on assessment by the

RAD instructor and Dance Coordinator. The Primary Ballet open class is a compulsory additional hour of training each week for all Grade 3 dancers.

### **Grade 4**

Suitable for all dancers who have completed Grade 3. Direct entry into Grade 4 is possible based on assessment by the RAD instructor and Dance Coordinator. The Primary or Advanced Primary Ballet open class is a compulsory additional hour of training each week for all Grade 4 dancers.

### **Grade 5**

Suitable for all dancers who have completed Grade 4. Direct entry into Grade 5 is possible based on assessment by the RAD Instructor and Dance Coordinator. The Advanced Primary Ballet Open class is a compulsory additional hour of training each week for all Grade 5 dancers. Pre-Pointe Conditioning is compulsory for Grade 5 dancers as they are working towards pointe for later grade.

*Please note pointe approval from a licensed physio is required for full pointe work.*

## Grade 6

Suitable for all dancers who have completed Grade 5. Direct entry into Grade 6 is possible based on assessment by the RAD instructor and Dance Coordinator. The Advanced Primary Ballet or Intermediate (Senior School) open class is a compulsory additional hour of training each week for all Grade 6 dancers. Pre-Pointe & Pointe Conditioning is compulsory for Grade 6 dancers.

## Intermediate Foundation

Intermediate Foundation is our suggested starting point for Senior dancers. Prior classical experience is recommended but not essential. Intermediate Foundation lessons should be viewed as the 'syllabus' component of a multi-class structure. The Intermediate/Advanced Open Ballet class is a compulsory component for all participants. Pre-Pointe & Pointe Conditioning is compulsory for Intermediate Foundation dancers.

## Intermediate

Suitable for all dancers who have studied Intermediate Foundation. Prior classical experience is essential. Direct entry into the Intermediate class is possible based on assessment by the RAD instructor and Dance Coordinator.

Intermediate lessons should be viewed as the 'syllabus' component of a multi-class structure. The Intermediate/Advanced Open Ballet class is a compulsory component for all participants.

Pointe Conditioning is compulsory for Intermediate students to assist with maintaining strong pointe work.

## Advanced Foundation

Suitable for all dancers who have studied Intermediate. Prior classical experience is essential.

Intermediate lessons should be viewed as the 'syllabus' component of a multi-class structure. The Advanced Open Ballet class is a compulsory component for all participants. Pointe Conditioning is compulsory for Advanced Foundation students to assist with maintaining strong pointe work.

## AUSTRALIAN DANCE VISION (ADV) JAZZ SYLLABUS AND AUSTRALIAN DANCE INSTITUTE (ADi) CERTIFICATES I-IV IN DANCE

The ADV syllabus is a fair and supportive examinable dance program, which evaluates the pathway of getting to the exam, not just the exam itself. Australian Dance Vision is the premier provider of professional dance education in Australia. Its courses were developed in response to the need for a fair and competency-based dance assessment program.

The ADV program encompasses not only the technicalities of a dance style but also anatomy and physiology, dance history, nutrition, safe dance, musicality and stage craft.

- advertisement -

Put your dance society certificates towards nationally recognised qualifications  
classical • jazz • tap • contemporary styles



RTO 91600  
ABN 13134699611

Students •CUADAN10113 Certificate I in Dance  
•CUADAN20113 Certificate II in Dance  
•CUADAN30113 Certificate III in Dance  
•CUADAN40113 Certificate IV in Dance

Teacher Training •CUA30313 Certificate III in Assistant Dance Teaching  
•CUA40313 Certificate IV in Dance Teaching & Management



Students of Abbotsleigh use their Dance Society syllabus technical examination results towards VET competencies contained within the CUA Certificates in Dance qualifications provided directly by Australian Dance institute RTO 91600.

The certificate system is available to students from Level 3 up. Completion of an annual yearly examination is required in order to complete certificate courses.

There are 13 levels of the jazz syllabus. Age and experience will determine which level a student is most suited to (each year students will progress to the next level).

### **Assessment**

Each week the teacher will record attitude marks, which will take into account a student's grooming, ability, concentration, effort, uniform and classroom etiquette. This mark is scaled against an overall ability mark and contributes directly to the end grade in annual assessments.

In the VETAB system, students are assessed against a set criteria, which is competency based.

Students beginning syllabus classes in February will sit an assessment at the end of Term 3 or beginning of Term 4. Assessments are optional and incur an additional cost. Students younger than the listed age recommendations may be granted entry into a particular level based on their dance ability and experience. Please apply in writing to the Dance Coordinator for special consideration.

***NB Jazz syllabus classes will not perform in the end of year event.***

### **Level 1**

#### ***Abbotsleigh girls Years 1-2***

In this foundation level, students are introduced to syllabus work via technical jazz exercises and basic theoretical worksheets on history and body science. Level 1 is an ideal starting point for infant dancers new to the structure of syllabus

work or with aims of recognition for their dancing via examinations.

### **Level 2**

#### ***Abbotsleigh girls Years 2-3***

In this class, students step into full syllabus work, with strong emphasis on jazz elements such as terminology, barre work, progressions, as well as dance history and body science study. This level can be taken over two years to ensure students have adequate grasp of both practical and theoretical elements before moving into the Certificate 1 levels.

### **Level 3**

#### ***Abbotsleigh girls Years 3-4***

This syllabus class focuses on the various elements of jazz and works on improving students' jazz technique and theory knowledge through their studies. In this class, students work on elements of jazz that will assist them with working towards their VETAB nationally accredited Certificate I in dance that is completed during their Level 4 year of studies.

### **Level 4 (Cert I)**

#### ***Abbotsleigh girls Years 4-6***

Level 4 is the entry level for Certificate I. Students wishing to complete their Certificate I must have completed their Level 3 ADV examination prior to entry into Level 4. All Certificate I theory work must be completed in 12 months.

### **Level 5**

#### ***Abbotsleigh girls Years 5-10***

In Level 5, practical sessions will involve exercises challenging core strength, posture and alignment, along with progressions requiring both technical and expressive skill. Students enrolled in Level 5 will work towards their VETAB nationally accredited Certificate II in dance that is completed during their Transition studies.



## Level 6 (Cert II)

### *Abbotsleigh girls Years 6-12*

Level 6 is the entry level of study for Certificate II in Dance. It explores more intricate body science subjects, with the aim of ensuring dancers are well equipped with nutritional and anatomical information. Students wishing to complete Certificate II must have completed their Level 5 examination prior to entry into Level 6. All Certificate II theory work must be completed in 12 months.

## Major 1

### *Abbotsleigh girls Years 7-12*

Major 1 is a pre-professional level. The syllabus involves increased elements of student composition, solo and improvisation alongside detailed history and physiology theory. Students enrolled

in Major 1 will work towards their VETAB national accredited Certificate III in Dance that is completed in their Major 2 studies.

## Major 2 (Cert III)

### *Abbotsleigh girls Years 7-12*

Major 2 is the entry level of study for Certificate III in Dance. Students wishing to complete this course must have completed their Major 1 examination prior to entry into Major 2. All Certificate III theory work must be completed in 12 months.



## Private Dance Classes

*NB: Solo and duo dancers will not perform in the end of year event.*

### SOLO AND DUO LESSONS

#### *Abbotsleigh girls Years 3-12*

Students wishing to further their dance skills can apply for individual training in the form of solo or duo lessons. The aim of these lessons is to provide students with one-on-one technical training OR suitable choreography with which to enter their chosen competitions, auditions and eisteddfods. Students and teachers collaborate on music choices and choreographic style, producing a piece that best enhances each student's strengths and interests.

Students and their parents will be responsible for both entering and providing costumes for external events, although teachers will be able to offer advice. A handbook will be provided to assist with solo/duo objectives and performance work.

**Lessons will be scheduled around group classes after school. Select lunchtimes may also be available but we do not offer morning sessions.**

#### *Solo & Duo Recital*

A solo and duo recital evening is planned for late Term 3 on the Senior campus. This will be an intimate and supportive performance opportunity for all performance-based solo and duo dancers. Parents and friends are invited to share in the recital event.

Participation in the recital is strongly encouraged, but optional for all solo and duo dancers.

## ALL ABOUT DANCE EXTERNAL STUDIO

### *External students aged 3-9*

Saturdays are abuzz with our All ABBout Dance program. External students have the opportunity to point, pop and plié their morning away within the extensive Abbotsleigh dance venues, overseen by the experienced and friendly AbbSchool staff.

Ballet and jazz/JFH options are available from beginner level through to intermediate/advanced level. Combine back to back classes to provide a well rounded dance experience. Students will have the opportunity to perform during a low key open day event. No special rehearsals or expensive costumes needed!

# Dramatic arts

Drama, prose, poetry, musical theatre, playwriting, physical theatre, stage combat are some of the many performing and creative arts programs offered in AbbSchool's dramatic arts courses, along with the Trinity College London syllabus.

We encourage you to view enrolment in any Drama class as an annual commitment, due to the performance goals/outcomes for most classes.

## TRINITY COLLEGE LONDON

Communication skills, speech and drama, Shakespeare, performing arts, musical theatre and world dramatists are taught using the internationally recognised 'Trinity College' methodology.

Trinity's assessment of ability in speech, spoken interaction and dramatic performance offers a varied and in-depth study of performance and communication. The program provides a structured set of learning outcomes designed to help students develop a confident manner and a full, forward and free voice. In addition, it allows students to progress in a systematic way as their interest and aptitude for communication, speech and drama develop.

Students may complete voluntary individual or group examinations in Semester 2 to achieve Trinity certification. These examinations incur an additional cost.

Trinity exams also provide invaluable experience for class assessments and the HSC. Performing and being examined in front of an unknown examiner is important practice for working on pre-exam preparation, controlling nerves, warming

up and confidently being in control of the pressure of presenting a year's work in one sitting.

All students in these programs are given the opportunity to take part in a variety of performance opportunities.

## Private and shared private lessons

### *Abbotsleigh girls Years K-12*

Private and shared private lessons are offered in two strands: speech and drama and communication skills.

## SPEECH AND DRAMA

This program focuses on developing a wide knowledge and appreciation for prose, poetry and drama. Emphasis is placed on voice and voice production through activities involving breathing, articulation and projection. Lessons will include a range of strategies including vocal exercises, theatrical games and performance activities.

Private lessons are available for Junior School students and private or shared private lessons for Senior School students. All students are enrolled on a semester basis, with 32 lessons provided each year.

Students enrolled in private or shared private lessons, after consultation with their teacher, may elect to study one of the following options:



### **Acting**

This course is designed for those students who wish to focus entirely upon the process of drama, and includes related performance skills such as improvisation and mime, and the opportunity to devise and develop original scripts. It looks at character development, transition and tools used to create a full, rounded performance.

### **Performance arts**

This course provides an exciting way to learn how to use the ability of several art forms with confidence. Various acting tools are mixed, ranging from mime, puppetry, clowning, juggling, combat skills, physical theatre, musical instruments, music and pantomime to blend into a scene.

### **Musical theatre**

The three disciplines examined in this syllabus are singing, acting and movement but, as is the nature of musical theatre, candidates need to demonstrate their ability in these skills through integrative performance.

At all levels, the syllabus offers a wide choice for selection of performance material, which may include material from the candidate's own country or culture.

### **COMMUNICATION SKILLS**

This program is designed to enhance a student's ability to communicate in a variety of contexts and circumstances, including preparing and delivering speeches, interactive speaking, storytelling, persuasive speaking, initiating conversation and social speaking. As students progress through the grades, they will develop an intuitive feel for public and interpersonal communication and will be able to use language with increasing ease, confidence, subtlety and appropriateness.

Private lessons are available for Junior School students and private or shared private lessons for Senior School students. All students are enrolled on a semester basis, with 32 lessons provided each year.

## Private drama performance opportunities

Private and shared private students are invited to perform at the annual drama recitals where parents and friends can come and enjoy the pieces students have worked on all year.

The Junior School Recital for students in Years 4-6 will be held in Everett Hall on Monday 16 September. The Senior School Recital for Years 7-8 will be held in the Drama Studio on Monday 23 September. All students may sit the Trinity exam in October/November.

## Group lessons

### LITTLE DRAMA FUN

*Girls and boys aged 4-5*

In this class, children will delight in creating characters through voice and movement, experiment and play using costumes and props, whilst being taught how to move and use stage space. Through drama games and re-enactment, children will work on following stage directions, expressing their ideas, and using their imaginations. Children will have a taste of poetry, storytelling, myths and legends along with play-building skills and improvisation. This class will boost children's stage presence, build confidence and encourage their creativity.

### OPEN GROUP DRAMA

*Abbotsleigh girls Years K-3*

This program has an emphasis on confidence building and provides students with the necessary skills for effective communication. Using theatre games, improvisation, devised work and recital techniques, students encounter poetry, plays, prose and musical theatre. Care is given to gently encourage less confident

students and provide opportunities for budding actors. Girls experience both solo and group work. Most importantly at this level, open drama classes are designed to be fun! Students do not sit a Trinity examination.

### TRINITY GROUP DRAMA

*Abbotsleigh girls Years 4-10*

This course will provide girls with the opportunity to interact with their friends and create a fulfilling and dramatic performance in a relaxed and enjoyable environment. The program involves a deeper focus on drama and constructing a performance for examination in Term 4. Each group will be assessed as a whole by the examiner who will provide a written report with each student receiving an individual certificate.

Performance opportunities include the Junior School and Senior School recitals held in September. All students may sit the Trinity exam in October/ November.

### TRINITY MUSICAL THEATRE

*Abbotsleigh girls Years 6-7*

Students will develop the ability to integrate singing, acting, movement and dance into a sustained and convincing performance, and will be encouraged to develop confidence, expression and their ability to cooperate and negotiate during this course. Performance opportunities include the Junior School and Senior School recitals held in September. All students may sit the Trinity exam in October/November.

### DEMYSTIFYING SHAKESPEARE

**NEW**

*Abbotsleigh girls Years 7-9*

William Shakespeare is widely considered the greatest dramatist of all time as well as the most influential writer in the history of the English language. His characters have an emotional reality that transcends time, and his plays depict familiar experiences, ranging from family squabbles to falling



in love to war. This course will also help students extend their understanding of Shakespeare's drama and language. Students will learn to love the intricate themes, tension and character arch as they bring to life scenes from some of Shakespeare's most famous plays. Students will sit a Trinity Group Drama exam in Term 4 where they will perform in front of the examiner.

## Masterclasses

### MASTERING THE SHORT STORY – WRITING FICTION

*Abbotsleigh girls Year 8-11 | Term 3*

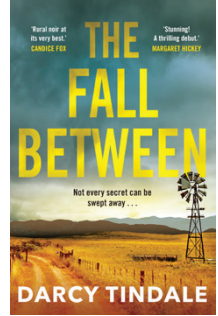
Darcy-Lee Tindale's short stories have been published in The School Magazine, Celapene Press, Tincture, ZineWest, Black & Blue Publications, Penguin Books, Bumples Magazine, Newcastle



anthology, Stringybark Publications, Birdcatcher Books, Hatchlings anthology, McGraw Hill Education, Curiouser Magazine, and Storm Cloud USA. Her children's books are published with McGraw Hill Education and middle-grade reader Thumb Pickles and Other Cautionary Preserves published by Woodslane Publishers.

Darcy was one of six finalists announced in the 2022 Penguin Books Literary Prize for her Adult Crime Novel, *The Fall Between*. As a flow on from this honour, she has been offered a literary contract with Penguin Books for her Detective Giles series. Darcy's first two novels have since been signed and her first novel, *The Fall Between* was released in 2023; her second novel *The Fall Out*, to follow in 2024.

Darcy's passion for the short story will take students on the journey of writing a strong plot, fully rounded characters, imagery, mood and atmosphere, tension and story arch. Students will work on their story to polish and enter their short story in a competition for under 18-year-olds.



### CREATIVE WRITING FICTION

*Abbotsleigh girls Years 5-6 | Term 2*  
*Years 3-4 | Term 3*

John Larkin is the much-loved author of more than 25 published books for teens, adults and children. His books for young people include *The Shadow Girl*, *Growing Payne*, *Spaghetti Legs*,



*The Pause* and *Zombies vs the Illuminati*. John has degrees in English Literature and Education, a Masters in Creative Writing and is the writer in residence at Knox Grammar School. His workshops allow students the opportunity to work in a supportive and encouraging environment as they build a portfolio of original work. Students who are interested in the craft of writing will learn how to write a more sophisticated piece of work, along with receiving supportive feedback to help them develop and take more risks in their writing.

# Tennis

At Abbotsleigh we are very passionate about tennis. Tennis is an important part of our sporting landscape with many competitions; Tildesley shield being the biggest for our senior girls and one of the major carnivals on the IGSA calendar. Whether it be for junior or senior girls, identifying and developing talent in girls of any age is of utmost importance and keeps the tennis staff busy all year round!

## Coaching

These lessons are available to both Abbotsleigh and non-Abbotsleigh students of all ages including adults.

### PRIVATE COACHING

*All ages | 30 or 60 minute sessions*

Private coaching allows for customised sessions to develop the skill level of individual students in a one to one or two to one format. This can range from teaching the basics to the more advanced tactics of the game. This lesson is tailored to the student's individual needs.



### HOT SHOTS GROUPS

*Boys and girls aged 4-12*

Tennis Hot Shots lessons are for all children looking to start their tennis journey. Each lesson is run in a nurturing environment which promotes participation and inclusion.

They are run in small groups where children will learn a sport they can play for life. The groups encompass each of the stages – launch pad, red, orange and green.

The program is designed so that any child, no matter their age or ability, can jump in and start playing tennis. All equipment and courts are modified to make starting tennis as easy as possible.

### HOT SHOTS SQUADS

The Hot Shots Squads complement group or private lessons and are focused predominantly around gameplay and drilling. The squads are invitation only; however, anyone wishing to trial for a place in these squads may contact the Head Coach, Brendon Rose, at [roseb@abbotsleigh.nsw.edu.au](mailto:roseb@abbotsleigh.nsw.edu.au) to express interest.

**Junior** Red, Orange and Gold

### JUNIOR MATCH PLAY **NEW**

*Abbotsleigh girls Years 1-6*

Match play is an integral part of a child's tennis development where students are able to refine their skills and enhance their game experience. Each week girls will play fun, competitive games in a round robin format, collecting points each week which culminates in an end-of-term winner. To be eligible for this activity, students must be doing either a group or private lesson at Abbotsleigh or externally.

## SENIOR TRAINING SQUADS

These are our entry level squads. The sessions provide an interesting and enjoyable introduction to tennis, and as the students progress they cover all aspects of technical, tactical and game play.

## TENNIS INTENSIVE SQUADS

These squads offer an intensive training program for the more advanced tennis player and are only available by invitation from the Head Coach. Students need to show a strong commitment to their tennis as positions in these squads are reviewed each semester. In addition to participating in these squads, it is highly recommended that players also enrol in private or shared private tennis lessons for more refined stroke production techniques. As recommended by Tennis Australia, our squads have a game-based approach with students learning through match play and a focus on the game itself, rather than emphasising technique alone.

The levels for our tennis squads are:

**Senior** Gold, Silver and Bronze

## ADULT TENNIS PROGRAM

### Private lessons

Private lessons are available for both 30 and 60-minute sessions. Lessons can be purchased as either a four-lesson package card or a 10-lesson package card. Lessons will cater to the needs of the individual, whether it be a beginner starting out or an advanced player looking to improve a particular area of their game.

## Group lessons

These classes cater to all levels of ability, with players grouped with others of similar ability. Our daytime adult group lessons will continue to be offered on weekday mornings from 9.45-10.45 am, subject to enrolment numbers. We will be introducing adult group lessons on Monday and Tuesday evenings from 7.15-8.15 pm. Please note, numbers in our adult groups are limited to four adults per coach, therefore a late cancellation policy will apply to the evening groups. Group lessons can be purchased as a 10-lesson package card.

## SCHOOL HOLIDAY CLINICS

School holiday clinics will run throughout each of the term breaks and aim to provide students with an intense day of tennis to complement their regular lessons throughout the school term. The clinics will cater for all levels of players and are offered to both Senior School students in Years 7-12 and Junior School students in Years K-6. The clinics are run separately on different days throughout the holiday breaks and are advertised towards the end of the school terms.



# Swimming and diving

## Learn to swim and elementary stroke correction

There are five levels of graded ability in the learn to swim and stroke correction program.

### STARFISH

*30 minute class | Max four students*

This course is a general introduction to water confidence and safety, working towards swimming 5 metres unaided on front and back.

### GOLDFISH

*30 minute class | Max four students*

Goldfish work to develop skills in floats, torpedoes and straight leg kicking practice, as well as freestyle and backstroke arms.

### AQUA DUCKS

*30 minute class | Max five students*

The main emphasis is correct body position, arm action and kick for freestyle and backstroke. Bilateral breathing, breaststroke kicking and the dolphin action are introduced.

### SEA TURTLES

*30 minute class | Max six students*

Sea turtles will be able to swim continuously for 12.5 metres while demonstrating smooth technique in freestyle and backstroke. Breaststroke and butterfly are developed.

### SWORDFISH

*30 minute class | Max seven students*

All four competitive strokes continue to be developed, emphasising correct technique and building strength to progress to squad program. Two lessons per week are highly recommended.

## Squad program

The squad program consists of six graded ability levels, plus a specialty starts, turns and finishes session.

### MARLINS

*45 minute class | Target age 6-11  
Limited places*

Marlins need to be proficient in all four strokes over a 25 metre distance. This class introduces training in a squad format and puts a strong emphasis on technique development, dives, streamlining and tumble turns. Endurance sets are introduced. Two sessions a week are recommended for optimum progress.

### JUNIOR AND SENIOR CHALLENGE SQUADS

*60 minute class  
Junior Challenge | Target age 8-12  
Senior Challenge | Target age 12+*

Interval training sets in all four competitive strokes are used to develop speed and endurance. Graded lane space, use of a pace clock and a variety of drills help to improve racing skills and technique. Challenge squad swimmers work together in an enjoyable group environment.



## SWIMFIT

*60 minute class | Target age 13+*

Swimfit is a non-competitive squad designed for swimmers who wish to maintain a healthy lifestyle while developing technique and endurance in all four strokes. Two sessions a week are recommended for optimum fitness benefits.

## WHITE

*90 minute class | Target age 9-13  
Limited places*

The white squad refines technique in all four strokes and develops competitive skills such as starts, turns, finishes and underwater strokes. Squad training disciplines, use of a pace clock, programs and training activities are encouraged. White swimmers must join the Abbotsleigh Swimming Club and commit to a minimum number of sessions per week. There are also dry land session requirements in this squad.

## BLACK AND GOLD

*1.5-2 hour sessions  
Black Squad | Target age 13-17  
Gold Squad | Target age 14+*

This squad offers advanced training for swimmers in school (IGSA), state and national competitions. There are dry land session requirements in these squads. Black and Gold swimmers also learn about nutrition, race preparation and psychology, strength, flexibility, goal setting and reaching one's full potential. Selection into the Black and Gold squads is at the Head Coach's discretion. Consideration is given to how many sessions each swimmer takes per week, competitive experience and success.



## Diving

Boys and girls from beginner to elite can dive on 1 metre and 3 metre springboards in a fun and safe environment. The competition program is flexible to deliver personal goal oriented outcomes for the individual athlete. The dry land program uses mats and a harness to teach aerial awareness.

## Holiday program

### SWIMMING AND DIVING

The Aquatic Centre provides holiday swimming and diving programs for boys and girls aged four years and up. Bookings can be made in person at the front desk towards the end of each term.

### LEARN TO SWIM

Classes are conducted in our purpose built 12.5 metre learn to swim area. There are five levels of tuition starting with water confidence classes through to mini squad level. There is an emphasis on safety, correct body positions and stroke correction. All learn to swim staff are Austswim qualified.

### SQUAD TRAINING

Squad swimmers train in our 25 metre pool with qualified coaches. There are six squad levels ranging from junior through to elite. Carnival preparation and starts, turns and finishes classes are also offered.

### DIVING

Small group sessions take place for beginners through to elite divers. Divers enjoy qualified coaching using our two 1 metre springboards and our 3 metre board. There is an emphasis on safety, technique and enjoyment. Holiday diving is very popular, so bookings should be made well in advance.

### FOR FURTHER INFORMATION CONTACT:

02 9473 7830

#### General inquiries:

Jo Wheatley, Aquatic Centre Manager  
wheatleyj@abbotsleigh.nsw.edu.au

#### Learn to Swim:

Lyndall Wells, Learn to Swim Coordinator  
wellsl@abbotsleigh.nsw.edu.au

#### Squads:

Amanda Isaac, Head Swimming Coach  
isaaca@abbotsleigh.nsw.edu.au



# Sport

## ARTISTIC GYMNASTICS

### *Abbotsleigh girls Years K-6*

These popular gymnastics classes will be gym fun/gym skills based and will focus on building strength, coordination and flexibility. Girls will learn gymnastics skills, incorporating beam, floor, bars and vault, as well as tumbling activities. Each week students will build on their basic skills on each apparatus to develop sequences and routines. Students will be grouped according to their skill level and previous gymnastics experience.

## RHYTHMIC GYMNASTICS

### *Open program for girls Years K-12*

Rhythmic gymnastics offers students a fun, challenging and exciting experience. Training involves a variety of activities, including stretching, dance and movement, ballet, acrobatics, skipping, circuits and lots more. Rhythmic gymnastics combines dance and gymnastics in the manipulation of apparatus including Rope, Hoop, Ball, Clubs and Ribbon.

Le Ray Gymnastics @ Abbotsleigh aims to not only train the body but the mind as well. Training encourages left and right brain integration, hand-eye coordination, problem-solving skills, goal-setting, team work and time management.

Our Rhythmic program is directed by Danielle Le Ray (Olympian, 2000), and facilitated by Head Coach Magda Atcheson, along with a team of qualified coaches. Gymnasts choosing to participate beyond IPSHA and IGSA, are welcome to join this class.

For enrolment enquiries, contact the Le Ray Gymnastics office on (02) 8328 0676, or email [enquiries@leraygymnastics.com.au](mailto:enquiries@leraygymnastics.com.au).

## BADMINTON

### *Abbotsleigh girls Years 7-12*

Play the world's fastest racquet sport. Badminton, an Olympic sport since 1992, incorporates fitness, speed, power, flexibility, accuracy, skill, tactics and intelligence. Participants in this course have the opportunity to play for fun or to compete in inter-school competitions.

## FENCING

### *Abbotsleigh girls Years 5-12*

Fencing is a foundation sport of the modern Olympic Games. Europe's original martial art, it is an exciting, dynamic sport that combines agility and athleticism with technical skill and quick tactical decision-making. Fencing is a workout for the mind as well as the body. The School has a rich tradition in fencing and has won numerous team events at both state and national schools championships.





## SELF DEFENCE

### *Abbotsleigh girls Years 7-12*

AbbSchool Self Defence classes provide the opportunity for students to learn valuable skills and improve physical conditioning with realistic application for self defence. Students discover that self defence and self discipline are fun. The program also teaches rhythm and motor skills while enhancing strength, flexibility, balance and muscle tone.

## VOLLEYBALL **NEW**

### *Abbotsleigh girls Years 7-12, Terms 1 and 2*

Volleyball has surged in popularity in Australia in recent years with its dynamic gameplay and team fun, catering to a range of both new and experienced participants. This activity aims to encourage and facilitate the development of volleyball skills in a fun and enjoyable learning environment and can also lead into school sport volleyball which will be offered in Terms 3 and 4.

AbbSchool Volleyball will be offered in Terms 1 and 2 only and it is expected girls will enrol for both terms.

## PICKLEBALL **NEW**

### *Abbotsleigh girls Years 7-12, Terms 3 and 4*

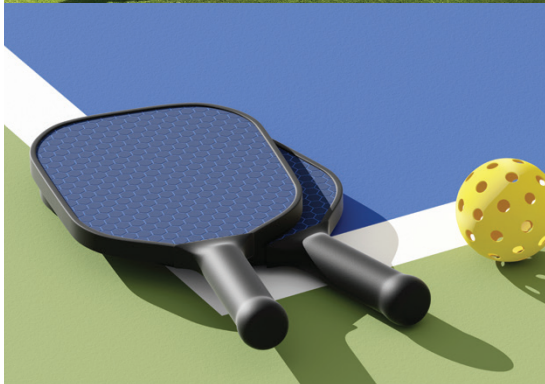
Pickleball is an addictive, fast-paced, fun-fuelled game which develops dexterity, agility and physical fitness. One of the fastest growing sports in Australia today, it is both fun and challenging with a combination of long rallies and a blend of soft and rapid-fire shots, where the best athlete must earn their points not purely by athleticism, power and speed, but also through the use of positioning, patience, tactics and touch.

AbbSchool Pickleball will be offered in Terms 3 and 4 only.

## GOLF **NEW**

### *Abbotsleigh girls Years 7-12, Terms 1 and 4*

Travel to the stunning Pymble Golf Club to learn the fundamentals and foundations of golf. Students will be taught all aspects of the game including driving, chipping, putting and the short game. Led by golf professionals at Pymble Golf Club, students will also learn about the rules of play. AbbSchool Golf will be offered in Terms 1 and 4 only.



# STEAM

## YOUNG ENGINEERS

*Abbotsleigh girls Years 1-2*

The Young Engineers course teaches Science, Technology, Engineering, Arts and Maths (STEAM) through a fun and entertaining environment. We call that E2. Learnings include STEAM principles from structural and mechanical engineering, software engineering, mathematics and general science. Students will start each lesson with a STEAM learning theme of the day and then use Lego® building and motorized system to build real-world models.

Bricks Challenge is our foundation STEAM enrichment program where students learn the fundamentals of structural and mechanical engineering by building a new motorized/functional model each week. We also introduce Scratch Jr coding based on the models that we build.

At Young Engineers we pride ourselves on our educational based program. Our project/team based learning model reinforces task preparation, planning and execution and our product and spiral based concept ensures iterative learning based on real world applications.

## FIRST ROBOTICS LEGO® LEAGUE



*Abbotsleigh girls Years 3-4*

FIRST LEGO® League (FLL) for Years 3-4 students is an exciting and engaging program where students work together to solve challenges and build models using LEGO® SPIKE® robots. FLL has a focus on teamwork, innovation and fun. Girls will learn the fundamentals of STEAM and apply their skills while building habits of learning, confidence and collaboration skills along the way. For more information, visit [www.firstlegoleague.org](http://www.firstlegoleague.org)





## FIRST ROBOTICS LEGO® LEAGUE

### *Abbotsleigh girls Years 5-7*

FIRST LEGO® League (FLL) is an exciting, fun, and engaging program involving designing, programming and competing with LEGO® EV3 robots. Every year a new game with a new theme is released where students design, build and program a robot to complete specific challenges. The students also complete a research project based on the game's theme. It culminates in a competition in November where students compete with their robot and present their project. FLL has a focus on teamwork, innovation, and fun. For more information, visit [www.firstlegoleague.org](http://www.firstlegoleague.org)

## FIRST ROBOTICS COMPETITION

### *Abbotsleigh girls Years 8-12*

The Abbotsleigh Robotics Team: Engineering, Mathematics, Inspiration and Science, or ARTEMIS, is a team that embodies their mission statement 'STEAM for a fairer world'. They compete in the FIRST Robotics Competition, an international competition where teams must build a robot to compete in a new game released in early January each year. Students develop a multitude of technical and interpersonal skills while building the robot, and then use those skills by volunteering in the community and spreading their love of STEAM.

The team has won a multitude of awards since its inception in 2015 and is always enthusiastic to take on new members. For more information, visit [www.firstaustralia.org/programs/first-roboticscompetition/](http://www.firstaustralia.org/programs/first-roboticscompetition/)



# Creative arts and education

## **SEWING STUDIO**

### *Abbotsleigh girls Years 5-6*

This primary course will introduce the basics of sewing, simple garment construction and machine operation. The girls will be encouraged to experiment with fabric, colour and ideas under the guidance of our experienced and enthusiastic teachers.

## **TEXTILES STUDIO**

### *Abbotsleigh girls Years 7-12*

Beginner to experienced sewers will develop and refine their skills throughout this course. Girls will be encouraged to experiment with fabrics, trimmings and patterns, enabling them to put individual flair into each garment. Students are taught the basics of working to a pattern and are given assistance with complex design and garment assembly.

## **ART SPACE JUNIOR**

### *Abbotsleigh girls Years 3-6*

Art Space Junior inspires creativity by providing the opportunity to develop artworks in a relaxed studio atmosphere. Students will discover a range of materials and mediums, with historical and contemporary artists being introduced as a valuable resource for broadening their understanding of art. Painting and drawing (using acrylic and watercolour paints, oil and chalk pastels, ink, lead pencils and aquarelles) are encouraged through traditional and experimental techniques. Collage, printmaking and sculpture (working with felt, tapestry thread, cardboard, wool and modelling clay) will also be explored. Various themes and

subjects offer a starting point for self-expression and skill development, while the creative play of ideas could also take the form of collaborative group works.

## **ART SPACE SENIOR**

### *Abbotsleigh girls Years 7-12*

Art Space Senior encourages students to expand their creativity by pursuing their individual interests in visual art in a relaxed and supportive studio atmosphere. They are invited to extend their knowledge and techniques in painting with oil, acrylic and watercolour on canvas and paper, as well as investigate printmaking methods, mixed media collage and working with fabric and recycled materials. Students may choose to consolidate their drawing practice with a variety of pencils, pens, charcoal and pastels, while sculptural pieces could be created using cardboard or found objects. Smaller artworks or studies can be completed each week or one major work developed over several weeks.

## **CERAMICS**

### *Abbotsleigh girls Years 3-12*

Make your own art from start to finish in a relaxed and creative environment. Students will learn how to use a range of hand building techniques and express visual ideas effectively. You will be provided with the inspiration, clay, tools, workspace and glazes for your creations, and work at your own pace. Get one-on-one instruction in a variety of ceramic techniques, from three-dimensional modelling, pinch, coil and slab construction, to moulded forms. Create your own functional and sculptural works.



## MANDARIN

### *Abbotsleigh girls Years T-4*

Young people have an incredible ability to learn a second language, which becomes even easier when it is fun! The Mandarin program is set in an immersion-based environment for students to explore Mandarin and Chinese culture in an interactive and engaging setting. This innovative program is suitable for beginners or for those with more language competency.

Younger students learn through flashcards, stories, rhymes, singing and dancing activities, puppet shows and plays, and arts and crafts. Throughout the program, there is a focus on developing strong listening and speaking skills. Students also learn about Chinese characters, reading and writing skills and pinyin (spelling/sound system). Chinese folklore, art, painting, kung fu and contemporary culture are also studied.

*Please note: This class is not offered to Abbotsleigh girls Years 5-6 as Mandarin is offered as part of the School curriculum*



# Sports precinct

## Social sport competitions

The Abbotsleigh Sports Precinct includes the award winning Sports Hall where we host social sport competitions such as netball and badminton that are open to all members of the local community.

### MONDAY NIGHT SOCIAL BADMINTON

Whether you are an avid player or beginner, everyone is welcome to come and play.

Come with friends or by yourself and enjoy playing badminton in a social environment. 8 pm till 10 pm every Monday. Bring your racquet and have some fun.

### TUESDAY NIGHT NETBALL COMP ARE YOU READY TO TAKE THE COURT.

The sports precinct runs three comps throughout the year. Summer (Feb to Apr), Winter (May to Aug) and Spring (Sep to Dec). Term time only. Offering a mixed comp or Ladies comp division A to D. Make a team with your friends and join us on a Tuesday night. Match start times vary each week from 7 pm through to 9.15 pm. New team registrations are always welcome.

## Facility hire

The Abbotsleigh School Assembly Hall, Chapel, and Concert Hall are available to host your next event. Capacity ranging from 350 in the Concert Hall to 900 capacity in the Assembly Hall we can help you host your event. Hire includes use of all professional stage lighting and sound systems.



## ENQUIRIES

For further information on these competitions or to enquire about hiring of facilities please contact the Property Manager on 9473 7926 or visit [www.abbotsleigh.nsw.edu.au/community/social-sport-competitions](http://www.abbotsleigh.nsw.edu.au/community/social-sport-competitions)









ABBOTSLEIGH



# AbbSchool

Locked Bag 1666, Wahroonga NSW 2076  
02 9473 7827 | [abbschool@abbotsleigh.nsw.edu.au](mailto:abbschool@abbotsleigh.nsw.edu.au)  
[www.abbotsleigh.nsw.edu.au/abbschool](http://www.abbotsleigh.nsw.edu.au/abbschool)