ABBOTSLEIGH



AbbSchool Activities 2027

For Abbotsleigh students, parents and friends in the wider community

ABBOTSLEIGH

Please scan the QR code to view information for each activity, including day, time, activity location and price per term.

Junior activity details

Senior activity details

Transition activity details

ELC activity details

Non-Abbotsleigh activity details

Adult activity details

If you are unable to scan the QR code please visit:
abbotsleigh.nsw.edu.au/abbschool-extended-tuition



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Welcome to AbbSchool

About AbbSchool

At AbbSchool, we are proud to offer a diverse and enriching co-curricular program across our Junior and Senior School campuses. These opportunities are an integral part of school life, complementing academic learning and supporting the development of well-rounded, confident and capable young ladies.

There is broad international recognition of the valuable role co-curricular participation plays in fostering students' social, emotional, physical and character development, with schools placing greater emphasis on providing opportunities that extend beyond the classroom.

A substantial body of research demonstrates that involvement in co-curricular activities positively influences many aspects of a student's educational experience. Participation helps cultivate curiosity, creativity, teamwork and a genuine love of learning. It encourages students to develop new skills, pursue personal interests and engage more deeply with their school community. Studies have also linked co-curricular involvement to increased school engagement, improved attendance, greater resilience, stronger academic outcomes and higher aspirations for further education.

Beyond these educational benefits, co-curricular activities provide valuable opportunities for personal growth and leadership development. Through participation, students learn the importance of commitment, collaboration, healthy competition and service to others. They gain confidence, develop interpersonal skills and learn to contribute positively to both individual and team success.

Co-curricular activities also play an important role in supporting student wellbeing. For many students, these experiences provide balance within a busy school life, offering enjoyment, friendship, purpose and a sense of belonging. They can become a source of identity and achievement, while also providing opportunities for relaxation, connection and stress relief.

Our program often sparks lifelong passions and uncovers talents, interests and skills that students may carry with them well beyond their school years. It also creates meaningful opportunities for students to connect with peers across different year groups, broaden their social networks and build enduring friendships.

Importantly, many AbbSchool co-curricular opportunities extend beyond our student body and welcome members of the wider AbbSchool community, including parents, siblings and friends. We believe that everyone can benefit from the enriching experiences and sense of belonging that AbbSchool activities provide.

We encourage every student to explore the wide range of opportunities available and to embrace the experiences, challenges and rewards that co-curricular involvement can offer.

Dates

Co-Curricular

Term 1: Monday 1 February to Saturday 10 April
Term 2: Wednesday 28 April to Saturday 26 June
Term 3: Tuesday 20 July to Saturday 25 September
Term 4: Tuesday 12 October to Saturday 27 November

Events

Senior School Drama Recital
Monday 6 September

Junior School Drama Recital
Monday 13 September

Dance Showcase
November (date to be confirmed)

Swimming and Diving

Term 1: Wednesday 27 January to Saturday 10 April
Term 2: Tuesday 27 April to Saturday 3 July
Term 3: Monday 19 July to Saturday 25 September
Term 4: Monday 11 October to Saturday 18 December



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 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 2-4 **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 or otherwise unable to attend her private lesson, 24 hours' notice must be given by contacting the AbbSchool office 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.

Contact details:

Junior School
02 9473 7615
abbschool@abbotsleigh.nsw.edu.au

Senior School
02 9473 7827
griffithsp@abbotsleigh.nsw.edu.au

Lessons and fees

- Fees for all Abbotsleigh students will be applied to the student's school account. ELC and non-Abbotsleigh students will pay on enrolment for Term 1 then by invoice on roll over into subsequent terms.
- 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 and Drama are taught on a 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 five 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 **4.45 pm** or **5.45 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 Dance!

The Dance Program is designed to nurture confidence, self-expression and technical growth in every dancer. With opportunities for all levels and styles, our classes focus on developing technique and choreography, while enhancing coordination, musicality, teamwork and performance quality. We maintain a broader focus on shaping well-rounded dancers by encouraging critical and creative thinking, supporting mental wellbeing and building strong physical awareness both in and out of the studio.

Our comprehensive program includes:

- General group classes
- Competitive teams
- Examinable syllabus classes
- Private dance classes
- Intensives and workshops

We encourage you to view enrolment in any dance class as an annual commitment. In order to develop girls' dance technique in a safe and logical way, we discourage movement between styles and classes termly.

SHOWCASE

Our eagerly awaited Dance Showcase is an exciting and inspiring biennial event; a culmination of our dance students' work throughout the year, presented as a formal, theatrical show with full stage lighting and sound. Professionally filmed, it will be made available for all dance families to enjoy again and again.

Showcase 2027 will be held in November (details to be advised). Stage rehearsals and photo opportunities will be scheduled beforehand.

Please note: students will require a costume for each class they are in, which will incur an additional cost.

General class program

Our general dance classes are led by teachers with extensive experience in their chosen genre. Students will progress their technical and performance skills in the style chosen throughout the course of the year.

JAZZ

Abbotsleigh girls K-12

Jazz dance classes offer a fun and engaging way to develop strength, coordination, flexibility and confidence. Girls will work on the foundations and progressions of jazz technique to upbeat music, focusing on kicks, turns and leaps.





THEATRE JAZZ

Abbotsleigh girls K-6

Develop theatrical jazz stylisation and performance quality in a theatre-inspired class, focused on modern and classic musicals.

HIP HOP

Abbotsleigh girls K-12

Students learn the foundations and develop their knowledge of grounded movement, isolations, popping, locking and break that make up the hip hop style, taught in an age-appropriate setting for all dancers.

BALLET

Abbotsleigh girls K-12

Ballet is a classical dance form, characterised by grace and precision of movement. Students will work to improve their posture, turnout, coordination, musicality and technique – all translatable to other classes and giving dancers a strong technical foundation. Open Ballet classes accommodate a range of ages and abilities. See Examinable Syllabus classes for RAD Ballet classes.

POINTEWORK

Abbotsleigh girls Years 7-12

Students may take part in the Prep for Pointe class from Year 7 (or earlier by invitation) where they will focus on strengthening for pointework including intrinsic foot muscles, calf work, postural awareness and core strength. Following teacher approval and clearance from a licensed physiotherapist, girls may progress to Pointe class.

CONTEMPORARY/LYRICAL

Abbotsleigh girls Years 7-12

A combination class drawing on a fusion of both Contemporary/Lyrical technique. This class will explore use of body weight, release, floor work and fluidity in an expressive style.

LYRICAL

Abbotsleigh girls K-6

Lyrical is rooted in jazz technique, but combines elements of ballet to create a softer, freer, more expressive style. Lyrical dance is melodic, usually slow, and often tied to lyricism in music.



DANCE PROJECT

ABBOTSLEIGH GIRLS – ‘LEND A HAND’ VOLUNTEER OPPORTUNITIES

St Lucy’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 dance with us each week, assisted by St Lucy’s Dance Artists and Abbotsleigh Dance Assistants.

Abbotsleigh students who are interested in helping out or 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**

Volunteer hours contribute to The Duke of Edinburgh’s Award requirements.

ACRO

Abbotsleigh girls K-12

Acrobatics classes focus on combining dance with gymnastics and contortion. Dancers of all levels will progress at a pace appropriate to them, learning handstands, walkovers, flips and more.

POM

Abbotsleigh girls K-2

Pom is hard hitting, energetic and upbeat. Dancers will develop coordination, teamwork and synchronicity as they learn the fundamental body positions, technique, and key steps that form pom dance.

K-POP

Abbotsleigh girls K-12

K-Pop is an abbreviation for Korean Pop. Meet other K-Pop fans and learn choregraphed routines from your favourite K-Pop groups.

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.

Competitive teams

Abbotsleigh Dance offers competitive teams across Jazz, Hip Hop and Lyrical. Dancers must also enrol in the corresponding Open class for their genre to complete their pre-requisite weekly training hours.

Competitive teams perform at community and eisteddfod events throughout the year. These classes are fast-paced and challenging, designed to push high-level dancers and provide them with extension opportunities in their training.

All competitive teams are entry by audition or trial only. Competitive team auditions are held across the end of Term 4 and start of Term 1. Specific audition information will be distributed via email. For enquiries please contact the Dance Coordinators: **dance@abbotsleigh.nsw.edu.au**

Please note: all competitive teams will require a costume for performance work, at an additional cost.

K-2:
Mini Dance Co. (Jazz/Hip Hop combination)

Years 3-6:
Junior Company (Jazz), J Crew (Hip Hop), Junior Ensemble (Lyrical)

Years 7-12:
Senior Company (Jazz), Senior Crew (Hip Hop), Senior Ensemble (Contemporary/ Lyrical)

Examinable syllabus classes

ROYAL ACADEMY OF DANCE (RAD) BALLET

Syllabus classes provide formal opportunities for dancers to have their training recognised by international organisations, and provide invaluable and notable technical development. Teachers are qualified and registered within the syllabus, and complete professional development throughout the year.

The Royal Academy of Dance (RAD) ballet syllabi is one of the most significant dance education organisations in the world, with a presence across 83 countries, and patronage from HM King Charles III. The internationally recognised syllabus develops and challenges fundamental ballet technique through graded and vocational examinations in set exercises.

Examinations occur onsite at Abbotsleigh mid-year and will incur additional costs.

New dancers to the RAD program should contact the Dance Coordinators for an informal assessment of an appropriate grade to enter at: **dance@abbotsleigh.nsw.edu.au**

GRADED EXAMINATIONS

Primary, Grade 1 to Grade 8

Graded examinations incorporate ballet, free movement and character. There is a focus on 'feeling before form', as dancers progress through the foundations of classical ballet technique.

Dancers must enrol in Open Ballet as a prerequisite for RAD Ballet classes, in order to meet the minimum training hours requirement. Dancers in Grade 5 and above are also required to enrol in the Prep for Pointe class.

VOCATIONAL EXAMINATIONS

Intermediate Foundation – Advanced 2

Vocational examinations focus more heavily on technique, music and performance skills, for the more advanced dancer. Vocational examinations incorporate pointework. Suitable for dancers aged 11 upwards, subject to invitation or trial.

Dancers must enrol in Open Ballet as a prerequisite for RAD Ballet classes in order to meet the minimum training hours requirement, as well as a compulsory Pointe class to support their training.



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.



ALL ABBOUT DANCE

EXTERNAL STUDIO

External students aged 3-6

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 options are available. 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 and stage combat are some of the many performing and creative arts programs offered in 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 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 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 and 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 and Senior recitals will be held at the end of Term 3. All students can sit the Trinity exam in 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 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 4-8

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 can 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 can sit the Trinity exam in October/November.

UNSCRIPTED

Abbotsleigh girls Years 7-8 NEW

Semester 1 only

In this dynamic weekly workshop, offered in Semester 1 only, students will develop the confidence, creativity and adaptability that are at the heart of improvisation. Using many of the Impro Australia's TheatresportsTM games, performance challenges and collaborative activities, students will learn to think on their feet, trust their instincts, communicate effectively and work as part of a team. Along the way, they will discover how to transform unexpected moments into engaging performances and gain valuable preparation for the AbbLib competition in Term 3.

Students will build the techniques needed to create compelling stories, communicate through both verbal and non-verbal expression, fine-tune listening skills, adapt confidently to changing situations and collaborate with others in a supportive environment. These experiences foster resilience, creative thinking and confidence, all of which are valuable for school, future study, careers and everyday life.

No scripts. No rehearsed lines. No exam. No pressure to be perfect. Just creativity, teamwork, plenty of laughter and a powerful opportunity to develop essential life skills.

Masterclass

CREATIVE WRITING FICTION

Abbotsleigh girls Years 5-6: Terms 2 and 3
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.

MASTERING PUBLIC SPEAKING

NEW

Abbotsleigh girls Years 3-8
Term 1 Year 6
Term 2 Year 5
Term 3 Years 3 and 4
Semester 1 Years 7 and 8

This workshop is ideal for students who are uncomfortable with public speaking. The aim is to build confidence in a supportive environment. Speaking in front of an audience can be a stressful and nerve-racking event but understanding the key elements of a good speech and learning how to use those butterflies to your advantage are effective tools for life.

This course will look at the planning and preparation of a speech, content, tone and length, as well as knowing your audience, practising your speech, vocal variety and speech delivery, body language, posture and gesturing. Presentation and physical appearance, eye contact and controlling your nerves will also be addressed. Students will develop confidence and have a better understanding of public speaking tools.





Tennis

At Abbotsleigh, tennis is more than just a sport – it's a passion.

Tennis plays a significant role in our sporting culture, with numerous competitions throughout the year. The highlight for our senior girls is the prestigious Tildesley Shield, one of the major carnivals on the IGSA calendar.

From juniors to seniors, we are committed to identifying and nurturing talent at every age. This dedication keeps our tennis staff actively engaged all year round, ensuring every player has the opportunity to grow and excel.

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

Red, Orange and Green

Boys and girls K-6

The Hot Shots squads are offered in Terms 1 to 3. These squads complement our group and private lessons, and focus predominantly on gameplay and drilling. Enrolment in these squads is by invitation only; however, anyone wishing to trial for a place in these squads or to express interest contact the Head Coach, Brendon Rose: **roseb@abbotsleigh.nsw.edu.au**

JUNIOR MATCH PLAY

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. Junior Match Play is offered in Terms 2 and 3 only.

SENIOR TRAINING SQUADS

Abbotsleigh girls Years 7-10

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.

SENIOR DEVELOPMENT SQUADS

Abbotsleigh girls Years 7-12

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.

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 multiple weekday mornings from 9.45-10.45 am, subject to enrolment numbers. We also offer adult group lessons on Monday evenings at 6.45 pm.

Please note, numbers in our adult groups are limited to four adults per coach. Group lessons are purchased as a 10-lesson card.

SCHOOL HOLIDAY CLINICS

Boys and girls K-6

Abbotsleigh girls Years 7-12

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 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 five 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 enquiries:
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 K-6

Abbotsleigh's popular Artistic Gymnastics is facilitated by the highly regarded Manly Warringah Gymnastics Club and combines strength, flexibility, balance and coordination through age-appropriate activities and skill progressions. MWGC accredited coaches will provide a dynamic, engaging, and tailored gymnastics program for Abbotsleigh students, designed to guide participants from developing foundational skills through to competing at the highest level. The program will follow the WAG Australian Levels Program and will take students through all fundamental stages to Level 3 in the competitive framework and will provide a pathway to IPSHA competition levels. It has been adapted to ensure that students progress in a safe and steady manner, whilst fostering enjoyment, confidence, and teamwork.



RHYTHMIC GYMNASTICS

Open program for girls K-12

Discover the fun, challenge and creativity of rhythmic gymnastics with Le Ray Gymnastics at Abbotsleigh.

Combining dance and gymnastics with the skilful use of rope, hoop, ball, clubs and ribbon, this exciting sport offers students the opportunity to develop new skills in a supportive and encouraging environment.

Classes incorporate stretching, dance and movement, ballet, acrobatics, skipping, circuits and more, helping gymnasts build strength, flexibility, coordination and confidence.

Our program supports development beyond physical skills, encouraging focus, problem-solving, goal-setting, teamwork and time management.

Directed by Sydney 2000 Olympian Danielle Le Ray and delivered by a team of qualified coaches, the program welcomes girls who would like to continue their gymnastics beyond IPSHA and IGSA participation.

New for 2027 — Junior School Walking Group

A walking group will depart from Everett Hall/After School Care in the Junior School at 3.45 pm, accompanying students to the Senior School for their gymnastics classes.

Enrolment enquiries:

Contact the Le Ray Gymnastics office

02 8328 0676
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.

VOLLEYBALL

Abbotsleigh girls Years 7-12, Terms 1-3

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 Term 4.

GOLF

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

AbbSchool Robotics

LEGO® JUNIOR

Abbotsleigh girls Years 1-2

This fun and hands-on program is the perfect introduction to robotics and STEAM for our youngest learners. Using LEGO® SPIKE™ Essentials, students in Years 1–2 will begin their journey into the world of design, building, and creative problem-solving.

Through playful exploration, students will create simple models and start to understand how things work. Along the way, they'll build confidence, teamwork, and a love of learning that will grow with them throughout their robotics journey.

LEGO® EXPLORE

Abbotsleigh girls Years 3-4

LEGO® Explore is an exciting, hands-on learning program where students work together to solve challenges, design and build models, and explore robotics using LEGO® SPIKE™ Prime. Through engaging, play-based activities, students develop the fundamentals of STEAM (Science, Technology, Engineering, Arts and Mathematics) while building their creativity, curiosity and problem-solving skills.

Students learn to plan, test ideas, experiment with different solutions and improve their designs through trial and error. They also develop early coding and engineering skills, strengthen their logical thinking and learn how to approach challenges with confidence and resilience. Working collaboratively encourages students to communicate their ideas, listen to others, share responsibilities and work towards common goals.

These experiences support students' overall learning by developing critical thinking, independence, teamwork and a growth mindset. Students learn that mistakes are valuable opportunities to improve, helping them become more confident, adaptable and capable learners both in the classroom and beyond.

LEGO® LEAGUE

Abbotsleigh girls Years 5-6

LEGO® League is an exciting, hands-on robotics program that encourages young learners to explore, create and innovate through the world of LEGO®. Students design, build and program LEGO® SPIKE™ Prime robots, developing valuable skills in problem-solving, creativity and computational thinking while having fun along the way.

Through the LEGO® League Challenge, students explore an inspiring real-world theme each year, designing and programming robots to complete a range of exciting missions. They also undertake a research project related to the theme, encouraging curiosity, critical thinking and creative problem-solving as they explore ideas and discover new possibilities.

The program culminates in a regional competition in November, where students showcase their robots, present their projects and celebrate their achievements alongside other teams. High-performing teams may also progress to the National Championships and beyond.

Through LEGO® League, students develop essential STEAM skills while discovering the joy of innovation, learning from mistakes and turning their ideas into reality.

FIRST TECH CHALLENGE

Abbotsleigh girls Years 7-8

This exciting new robotics program for Years 7-8 introduces students to the world of advanced engineering and design through the FIRST Tech Challenge (FTC). Students will learn the full engineering process – from concept to competition – as they design, build, and program robots to complete a series of real-world challenges.

Throughout the year, students will gain hands-on experience in 2D and 3D modelling, 3D printing, and robotics programming, developing skills in problem-solving, critical thinking, and collaboration. Using industry-relevant tools and technology, they will bring their ideas to life and prepare for the high-energy FTC season.

The program culminates in a regional competition in November, where teams present their innovative solutions and compete with their custom-built robots. High-performing teams will have the opportunity to progress to the National Championships, and potentially the FIRST Championship on the global stage.

This is a fantastic opportunity for aspiring engineers, programmers, and innovators to explore STEAM in a fun, competitive, and supportive environment.

THE ABBOTSLEIGH ROBOTICS TEAM – ARTEMIS

Abbotsleigh girls Years 9-12

ARTEMIS is the Abbotsleigh Robotics Team, named to reflect their mission: 'STEAM for a fairer world.' The team provides students with the opportunity to engage in real-world engineering through participation in global robotics competitions.

In the first half of the year, students focus on the FIRST Robotics Competition (FRC) – an international challenge where teams have just six weeks to design, build, and program a full-scale robot to compete in a brand-new game released each January. This fast-paced and intensive build season teaches students critical technical, project management and teamwork skills.



In the second half of the year, students shift focus to the FIRST Tech Challenge (FTC), where they continue developing their robotics knowledge by building a smaller-scale robot to complete intricate tasks. The FTC season culminates in a regional competition in November, with top-performing teams progressing to the National Championships, and potentially the FIRST Championship.

Beyond competition, ARTEMIS is committed to outreach, mentoring younger students, and promoting STEAM in the wider community. Since its founding in 2015, the team has earned numerous awards and continues to welcome new members with passion, purpose and a spirit of innovation.

Students must attend a minimum of six hours per week during the build season (January-March) and four hours per week at other times.

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 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

SOCIAL CHESS

Abbotsleigh girls Years 1-6

Social Chess is a much-loved Junior School favourite. Each session begins with fun and interactive theory, taught by Sydney Chess Academy expert chess coaches, followed by gameplay where students put their new strategies into action. Girls will learn chess fundamentals, tactics and opening principles while developing valuable skills such as problem-solving, decision-making, patience, sportsmanship and chess etiquette. Lessons are engaging, stimulating and open to all levels of ability – from beginners to budding grandmasters!

Please note: Competition Chess will continue to be offered separately in the Junior School co-curricular program.



Sports precinct

Social sport competition

The Abbotsleigh Sports Precinct includes the award winning Sports Hall where we host Social Badminton, which is 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, from 8-10 pm every Monday. Bring your racquet and have some fun.

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 please contact the Property Manager on **9473 7926**





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