

Sally K DANCE

Flex.Ed.

Learn. Dance. Thrive.

What is Flex.Ed?

Sally K Dance's Flex.Ed, or Flexible Education program, is a hybrid distance education program designed specifically for young performers to balance academic learning and Dance/Performing Arts training. Through a partnership with Australian Christian College (or ACC), an accredited and well renowned distance-ed educational institution, we will provide a flexible academic structure that complements in-person dance and performing arts training. Students will complete their coursework online in a dedicated, supervised area under the guidance of an accredited teacher at the studio, and participate in a wide variety of dance and performance based classes in the studio – all within one comprehensive schedule.

Our distance-ed classes will be facilitated through Australian Christian College (ACC), which is an institution that specialises in online learning. Their team has an incredible wealth of knowledge in their subject areas and a range of strategies to make online learning engaging and informational. This will be complemented by in-person supervision onsite at SKD.

Our in-person classes will be taught by a range of Sally K Dance specialist teaching staff and will be complemented by visiting industry professionals, on a rotating schedule. This means Flex.Ed students will gain a wealth of knowledge, technique and perspectives from a variety of staff members, as well as keep up to date with latest industry trends and practices.

Our Mission

We believe flexibility matters – in your studies, your schedule, as well as your splits!

Our mission with the SKD Flex.Ed program is to empower students to pursue their passion for the Performing Arts without compromising their academic education. We strive to nurture well-rounded individuals by combining high-quality academic online instruction (with supervision from accredited teachers) with high-level Performing Arts training in a supportive learning environment.

Who is Flex.Ed for?

Flex.Ed is designed for dedicated and motivated school students (Years 5-12), who enjoy the Performing Arts and are looking for a more adaptable approach to academic education. Flex.Ed is for every dancer - whether dance is your career goal, or your creative outlet! Our program is designed to be the education that moves with you.

Benefits of Flexible Education

- **Custom scheduling:** Academic and Performing Arts schedules are coordinated, so students can focus on their training at peak times and complete schoolwork when it suits their rhythm.
- **Personalised learning:** Students work at their own pace during allocated time with guidance from accredited teachers and academic supervisors. Knowledgeable and passionate educators are easily accessible and contactable at all times.
- **Staying on track:** Our in-person academic supervisors are qualified educators and will help students stay on-task and assist with learning tasks when needed. Students will also have access to extra tutors should the need arise.
- **Wellness and support:** Flex.Ed fosters resilience and independence. Learning online allows students to cultivate self-discipline, time management, and problem-solving skills. Additionally, by removing the stress of juggling traditional school hours with Performing Arts training, Flex.Ed promotes a healthy work-life-dance balance!
- **Community:** A built-in community of performers and staff ensures that students stay motivated, balanced, and still have the opportunity to socialise, and develop and foster friendships.
- **Career readiness:** Whether preparing for a professional Performing Arts career or higher education, students graduate with the credentials they need to succeed. ACC offers VET Dance Courses for Stage 6 students, including a Certificate III and IV in Dance, a Certificate III in Assistant Dance Teaching, or a Certificate IV in Dance Teaching and Management.

Example of the Term 3 2026 Timetable

Timing	MONDAY	Timing	TUESDAY	Timing	WEDNESDAY	Timing	THURSDAY	Timing	FRIDAY
Staffing	Jordan	Staffing	Jade	Staffing	Jade	Staffing	Emma	Staffing	Jordan
8:45-9:00	Daily Rhythm	8:45-9:00	Daily Rhythm	8:45-9:00	Daily Rhythm	8:45-9:00	Daily Rhythm	8:45-9:00	Daily Rhythm
9:00-10:30	Distance Ed 9-9:45 M Tutoring 9:45-10:30 N Tut	9:00-10:30	Distance Ed 9-9:30 M Tutoring 9:30-10 E Tutoring	9:00-10:30	Distance Ed 10-10:30 N Tutoring	9:00-10:30	Distance Ed 9-9:45 N Tutoring 9:45-10:30 E Tut	9:00-10:30	Distance Ed 10-10:30 E Solo
10:30-10:45	Recess	10:30-10:45	Recess	10:30-10:45	Recess	10:30-10:45	Recess	10:30-10:45	Recess
10:45-12:30	Distance Ed 10:45-11:15 N Solo 11:15-12 E Tutoring	10:45-11:45 11:45-12:30	Repertoire Distance Ed	10:45-11:45 11:45-12:30	SSLT Technique Distance Ed 11:45-12:15 N Solo	10:45-11:45 11:45-12:30	Acro Distance Ed 11:45-12:15 M Solo	10:45-12:30	Distance Ed DanceStep Work
12:30-1:00	Lunch	12:30-1:00	Lunch	12:30-1:00	Lunch			12:30-1:00	Lunch
1:00-3:00	Jazz & Technique - Renelle J	1:00-1:45 1:45-2:45 2:45-3:00	Distance Ed 1-1:30 E Solo PBT – Legs & Footwork Daily Rhythm	1:00-1:45 1:45-2:45 2:45-3:00	Distance Ed Repertoire Daily Rhythm	1:00-1:45 1:55-2:45 2:45-3:00	Distance Ed 1-1:45 M Tutoring Flexible Dance Session Daily Rhythm	1:00-2:00 2:00	Dance Physiology - Matt M (EP) Early Finish

RSD Assistant Teaching: Monday E 9:30-10:30am, Tuesday N 9:30-10:30am, Friday M 9:30-10:30am.

**Term dates for SKD's FlexEd program will align with SKD & ACC's term timetable. The above timetable is subject to change.

Schedule Components

- **Daily Rhythm:** A time for students to ease into and out of the day, build connections with peers and their academic supervisor, and mentally prepare for learning and creative work.
- **Distance Ed Classes:** Supervised time for students to complete their online academic courses through ACC. They can receive assistance with their work and 1:1 tutoring as needed from their supervisor.
- **Visiting Guest Professionals:** This session is set aside for students to learn from visiting industry professionals - whether they be dance teachers, personal trainers, dieticians, physiotherapists, makeup artists, or others. These visitors will bring knowledge and experience from a variety of backgrounds to enrich the FlexEd experience and help students connect their dance training and academic studies to real-world career paths.

- **Ready Set Assistant Teaching:** FlexEd students have an exclusive opportunity to assist in teaching our weekday Ready Set classes, supporting the development of their teaching skills and confidence in a practical, hands-on environment (optional).

Dance Styles Overview (these rotate termly)

- **Ballet & PBT (Progressing Ballet Technique):** The core of all technique in dance begins with ballet. With a combination of RAD graded work and open classes, ballet is essential for developing confident dancers with beautiful technique. PBT is a strength and conditioning program used to build foundational skills needed in all dance styles, through the lens of Ballet.
- **Contemporary:** Using the style of contemporary adopted by Sydney Dance Company, dancers will fuse athleticism and expressive movement, emphasizing fluid floorwork, dynamic phrasing, and physical storytelling.
- **Lyrical:** A style of dance that focuses on conveying emotion and storytelling through movement. One of our core focuses for this style is developing dancers' performance quality.
- **Jazz:** Throughout the year, dancers will be taught a variety of styles of jazz, including Broadway, classic, commercial, JFH, and more. Each of these classes focuses on the specific techniques and movement of the style. These classes are helpful for developing skills for dancers looking to pursue performance careers.
- **Tap:** When looking to develop as a dancer or pursue a performance-based career, tap is an incredibly versatile style of dance that is useful for future employment and develops knowledge about rhythm, timing, and dynamics.
- **Hip Hop:** A high-energy urban dance class focusing on rhythm, freestyle, and street-dance techniques.
- **Repertoire:** Students learn concert routines and special pieces for SKD's Performance Team, building performance quality and versatility. It develops musicality, precision, and stage presence while preparing dancers for real performance experiences.
- **Musical Theatre & Singing:** In our Musical Theatre & Singing classes, students receive specialized training in vocal performance, acting, and movement, all tailored to the demands of stage musicals. Emphasis is placed on vocal technique, acting through music, and learning choreography, providing a well-rounded experience.

Dance Basics

- **Technique – Stretch, Strength, Leap, Turn:** Dedicated time to refine fundamental dance techniques and strength across styles, including the basics and extensions of our favourites - kicks, leaps, and turns.

- **Improvisation & Composition:** This combined theory & practical class offers a unique experience for dancers to break out of their comfort zone and become more confident with improvisation. They will also learn techniques behind choreography, how to choreograph their own routines, and what makes good choreography!
- **Pilates:** Pilates supports dancers to become stronger, more controlled, and better aligned, enhancing overall technique and performance. It builds core stability, flexibility, and body awareness, helping dancers move more efficiently and reduce the risk of injury. Taught by Miss Jordan & Miss Emma, our qualified Pilates instructors.

Staffing

Principal – Sally Foster

Sally is a highly accomplished High School teacher and has been a dance teacher for over 30 years, offering an incredible wealth of knowledge. She will be supervising and assisting with the program.

Academic Supervisor – Jordan Mills

Jordan is an accredited teacher with a Bachelor of Education in K-12 teaching & a Cert IV in Dance Teaching & Management, completed with Sydney Dance Company. Her High School specialist areas are English, Drama, and Dance. She has a special interest in Musical Theatre and Contemporary, & was part of Sydney Dance Company's Youth Ensemble in 2018.

Academic Tutor – Emma Tarbert

Emma is currently studying at the University of Western Sydney. In addition to being a highly popular dance teacher at SKD, after successfully completing 4-Unit Math & Advanced English in addition to other subjects as part of her HSC, Emma has been privately tutoring students who have seen radical improvement in their grades.

Academic Tutor – Jade Anderson

Jade is currently studying Physiotherapy at university, combining her passion for dance with an in-depth understanding of the human body and movement. As a qualified RAD Ballet and Progressing Ballet Technique (PBT) teacher, she is passionate about helping every dancer grow in confidence, develop strong technique, and reach their full potential.

Other Teachers

Our in-person classes will be taught by a range of SKD staff members and visiting industry professionals. This includes:

- Renelle Jones: Renelle holds a Bachelor of Dance from AMPA and was a Grand Finalist on So You Think You Can Dance Australia in 2014. She has a wealth of professional performance experience and has worked on shows such as The Voice and X Factor. Since finishing her professional performance career, she now teaches workshops and adjudicates all across Australia. Renelle hopes to encourage all her students to move powerfully and energetically with authenticity, to inspire others to perform wholeheartedly, and embrace every opportunity to learn and grow.
- Matthew Mendham: Matt is an Accredited Exercise Physiologist and ASCA Level 2 Strength & Conditioning Coach with extensive experience across elite sport, injury rehabilitation and clinical practice. He has worked with NSW State of Origin, A-League footballers, CrossFit Games athletes and American collegiate athletes, using evidence-based coaching to help people move better, recover stronger and perform at their best.
- Ella Mendham: Ella is a professional vocalist, pianist, and vocal coach with extensive performance experience across Australia and internationally, including jazz performances throughout New York and Boston. She has spent many years performing at weddings, festivals, carols events, and in Musical Theatre, having performed roles including Dorothy in The Wiz, Peep-Bo in Hot Mikado, and July in Annie. Ella has taught singing and piano for over 10 years and has accompanied more than 25 students through their HSC Music performance examinations. She achieved a Band 6 in HSC Music and is passionate about helping young performers develop healthy vocal technique, musical confidence, and a genuine love of singing.

Additional Information

- Students will need to provide their own laptop (a requirement of ACC - Apple preferred) and noise cancelling headphones for online distance ed classes.
- Attendance at onsite sessions is mandatory for distance education classes, as each participant requires an allocated academic supervisor to ensure personalised support and guidance throughout the course.
- To ensure a positive and supportive online learning experience, all participants must abide by our online safety guidelines and code of conduct, treating others with respect and kindness in all communications.

- If you decide to withdraw from the program, any fees paid are non-refundable, and any outstanding fees will be due according to the terms of the FlexEd agreement.

Inclusions of the Program

- ALL fees are inclusive and covers;
 - Daily academic supervision
 - 2-3 individual academic tutoring sessions per week
 - 1 x seasonal Flex.Ed uniform (and discounted SKD uniform for Flex.Ed students & siblings)
 - Daytime performing arts classes
 - Regular SKD afternoon & weekend dance classes
 - Specialist classes such as Acro & Performance Team
 - DanceStep Program

Exclusions

- ACC fees
- Laptop, headphones, stationery, & book supplies
- Afternoon / weekend solo lessons
- Costumes
- Exams & competitions
- Uniform (Flex.Ed discount is applicable)

Testimonials

Student – Natalie Burke

I absolutely love Flex.Ed! I genuinely look forward to coming to school each day because I can work at my own pace and adjust my learning to suit how I'm feeling. It feels less like a traditional school and more like a close-knit community – even a family. I feel valued

as an individual, rather than just another student in a classroom. My teachers truly care about me. They take the time to get to know me, show genuine interest in my life outside of school, and adjust their teaching to support my individual needs.

Over the past six months, I've seen huge improvements – not only in my academics and dance, but also in my confidence as a person. With so much encouragement and support, I've been able to push past the limits I once placed on myself and achieve things I never thought possible.

Flex.Ed has genuinely improved my quality of life. Even my parents have commented on how much happier I am since making the switch. The peer pressure and judgement I used to experience at school are no longer part of my everyday life, and I finally feel comfortable being my authentic self. For example, I don't feel the need to wear makeup to school anymore because I know I'm accepted exactly as I am.

I also love being able to support my classmates and celebrate their growth alongside my own. Choosing Flex.Ed has been one of the best decisions I've ever made, and I wouldn't change it for the world.

Staff – Jordan Mills

The Flex.Ed program is something I genuinely wish had existed when I was growing up. I always struggled to find the balance between schoolwork and dance, wanting to give 100% to both but often feeling like I had to compromise. Flex.Ed gives students the opportunity to excel academically while still dedicating meaningful time to their dance training.

In just a short time, I've seen our Flex.Ed students achieve fantastic academic results while making incredible progress in the studio. Their technique has improved dramatically – they're stronger, more confident, consistently achieving triple pirouettes, bigger leaps, cleaner technique, and a maturity in their dancing that comes from regular, focused training.

Watching these students thrive both in the classroom and in the studio has been so rewarding, and I truly believe Flex.Ed is an invaluable opportunity for young dancers who want to pursue their passion without sacrificing their education.

FAQ's

Will my child be studying the same curriculum as students in a traditional school?

Yes! Australian Christian College (ACC) follows the New South Wales curriculum, meaning students complete the same syllabus outcomes as their peers in mainstream schools. They work through the same curriculum, complete assessments and examinations aligned with NSW requirements & at the same dates/times as on-campus ACC students,, and remain on track academically for their year level.

If our circumstances change, can my child transition back to a traditional school?

Definitely. Because students are studying the NSW curriculum through ACC, transitioning back into a mainstream school is generally a straightforward process. Should your family's circumstances change, your child can return to a traditional school while continuing their education at the appropriate stage for their year level.

Can my child still work towards HSC or university pathways?

Yes. ACC provides an accredited education pathway, allowing students to work towards their HSC and pursue university, TAFE, or other post-school opportunities.

Can students join Flex.Ed mid-year?

Yes! Students are welcome to commence Flex.Ed during the school year. In fact, ACC often recommends a mid-year start, as it allows students time to adjust to the different style of learning, establish routines, and become comfortable with the Flex.Ed schedule before beginning a new school year. We encourage families to contact us to discuss the best entry point for their child.

Will my child still have opportunities to socialise and participate in special events?

Absolutely! Flex.Ed students are an important part of the SKD community and enjoy a range of social and performance opportunities throughout the year, including SKD Formal, ACC's Dance Camp, concerts, competitions, performances, and other studio events. They also build strong friendships by learning and training alongside like-minded dancers every day.

Photo Gallery

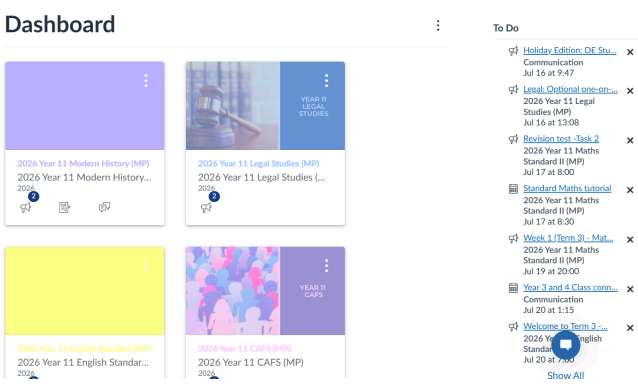
Flex.Ed Students Working



Reformer Pilates Class with Jordan!



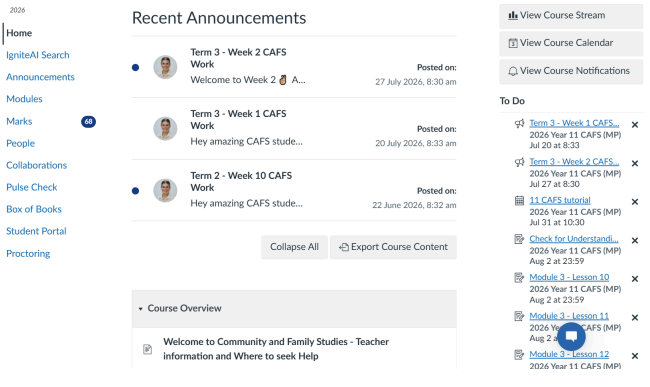
ACC Canvas Homepage



Dietician Talk with Sarah!



ACC Subject Homepage



Jazz & Technique with Renelle!

