



e.motion 21[®]

moving bodies moving boundaries

Program Information

Who we are

We are a not-for-profit organisation that provides Australian-first, evidence-based dance, fitness and performance learning programs for children and young adults with Down syndrome.

e.motion21 is a registered disability service provider under the National Disability Insurance Scheme (NDIS) and is accredited under the National Standards for Disability Services (NSDS, 2013 C'th) and the Human Services Standards (HSS, 2011 Vic).

Our vision

To enhance lives and change perceptions of Down syndrome within society through dance, fitness and performance.

We achieve this by:

Moving bodies: providing programs to children and young adults with Down syndrome in supportive and social environments tailored to meet their specific learning needs.

Moving boundaries: engaging positively with individuals, families and communities through our programs, performances and media to uncover new potential, promote understanding and raise expectations.



Our core values

Our team of experienced, specialist teachers are trained in e.motion21 syllabus and teaching methods to deliver a meaningful experience for all participants. Our teachers are supported by trained volunteers and together we are committed to delivering world-standard programs for maximum outcomes and benefits.



Our program

- **Dance Classes:** e.motion21 uses the latest research and techniques to teach dance and performance programs. We offer kinder, primary, tweens, teens and adult classes.
- **Beat Fit™:** A fast-paced group fitness program that combines traditional aerobic moves, the rhythm of drums, energetic music and moderate-vigorous physical activity such as squats and lunges.



Outcomes

Outcomes for participants

- **Social:** making and being with friends
- **Physical:** improved health, fitness and motor skills
- **Wellbeing:** confidence and self esteem
- **Learning:** growth in a supportive and enriching environment
- **Achievement:** being successful and accepted

Outcomes for families/ care givers

- Weekly peer support, relationship building and social networks.
- Information sharing opportunities with other carers of children with Down syndrome.
- Feeling of belonging, part of a like-community.



Our class rules

Class rules form an important part of e.motion21 classes. They are positive statements to support acceptable behaviour. They establish boundaries that create a safe environment and protect the wellbeing of all participants. Rules are re-enforced verbally and visually throughout the class. Please support us, and your child, by reinforcing these rules at home and before class.



Kinder

- Listen to teachers
- Join in
- Have fun no silliness
- Hands to yourself

Primary

- Listen to teachers
- Dance as a team
- Have fun dancing no silliness
- Hands to yourself

Tweens

- Listen to teachers
- Dance as a team
- Dance on feet
- Have fun dancing no silliness
- Hands to yourself

Teens & Adults

- Listen to teachers
- Dance as a team
- Dance on feet
- Have fun dancing
- Hands to yourself

Your rights

e.motion21 Charter of Rights

e.motion21 respects the rights of any child/adult/family who chooses to access our services and the rights of our staff, contractors and volunteers. e.motion21's Charter of Rights is to be read in conjunction with the Disability Act (2006, Vic) Statement of Rights and the Victorian Charter of Human Rights.

Universal rights

At e.motion21 we believe and uphold that every child, adult, family, staff member, contractor and volunteer has the universal right to be safe, to be treated with respect and have their dignity upheld.

Advocacy

e.motion21 will provide assistance and support to ensure that:

- The rights of people with a disability are upheld as valued members of the community.
- People with a disability actively participate in decision making processes, particularly those where the outcomes impact on their lives.

The need for advocacy can be identified in a number of ways. Advocacy is provided when requested by people with a disability. Family or carers might also request advocacy support, when appropriate.

- At any stage during your interaction with e.motion21 should you wish to use the services of an advocate please contact the Office of the Public Advocate on 1300 309 337 or via their website on www.publicadvocate.vic.gov.au

The Victorian Public Advocate is empowered by law to promote and safeguard the rights and interests of people with a disability.

- There are a number of other specific advocacy agencies funded through the OPA. They can be found on the Department of Human Services, Victoria website – please click on the link below: <http://www.dhs.vic.gov.au/for-service-providers/disability/protecting-rights/disability-advocacy/disability-advocacy-organisations>

FAQs

Q How can I enroll in classes?

To enroll, please go to our website emotion21.org.au where you can complete the online enrolment and service agreement form. You will be contacted by an e.motion21 staff member to confirm your start date and answer any further questions you may have. Enrolment is required before participating in class, including a trial class, due to regulations.

Q Can a new participant attend a free trial class before committing to the program?

Yes, we would encourage any new participant to trial their first class to see if they like and enjoy it before committing. Depending on the individual, it may take a few weeks for the new participant to feel completely comfortable. After an initial trial class e.motion21 will confirm your enrolment.

Q As a parent/carer am I able to watch the classes?

We understand the desire to watch the weekly classes, however the presence of parents/carers in the room can be distracting to the participants and inhibit learning. We will hold a 'viewing performance' each term, inviting parents/carers to see their participants' progression.

Q May we enrol a new participant mid-term?

While we encourage everyone to participate, e.motion21 builds on skills and choreography each class throughout a term so it is often best for the participant to start at the beginning of a new term. However, if you would like to start midterm please contact us.

Q What does a participant need to bring to weekly classes?

All participants must bring a named water bottle and present themselves in full uniform.

Q How many community performances will there be each year?

An important component of the e.motion21 program is engaging with community through performances. All participants will have many opportunities to perform in their local community plus participate in an annual concert.



FAQs (pt 2)

Q Why do participants wear a uniform?

At e.motion21 we believe it's important for participants to feel part of a team. Wearing the uniform also facilitates a memory and positive mindset to movement following e.motion21's ethos and syllabus.

Q What is the e.motion21 uniform?

The uniform consists of:

- Black e.motion21 t-shirt (purchased online)
- Black dance pants
- Black jazz shoes and black socks (can be purchased from dance supply shops)
- Bare feet for Kinder participants

Q How much does it cost to be a participant at e.motion21?

We try very hard to keep the costs to a minimum as we want e.motion21 to be accessible to all members of the community. Payment terms can be found in the e.motion21 enrolment and service agreement form, found on our website emotion21.org.au

Q Can I use my NDIS support package to pay for e.motion21 dance and fitness classes?

Yes. e.motion21 is a registered NDIS provider. e.motion21 programs meet the criteria for support item: group based community, social and recreational activities.

Feedback

e.motion21 respects the right of its service users to provide feedback on its programs. We welcome your feedback via our online feedback form on our website emotion21.org.au

+61 3 9854 7100
info@emotion21.org.au

emotion21.org.au

NDIS Provider: 67285627
A0053863C
ABN: 54 462 854 410



Donations over \$2 are tax deductible

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