



2025 SENIORS Concert Handbook

Clocktower Centre
25th & 26th October 2025

STUDENTS / PARENTS

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WELCOME TO CONCERT TIME AT MAPA!

Our annual concert is one of the most exciting and memorable events of the year for students, teachers, and families! While it's an incredible experience, we know it can also feel a little overwhelming, especially if it's your first time.

This handbook has been created to give you all the information you'll need. A production of this size requires careful planning and teamwork, and we truly appreciate your support in reading through all the details to help everything run smoothly.

Please also make sure you have the **MAPA "Class Manager" Portal App** installed on your device so you can receive important updates and notifications. [DOWNLOAD HERE](#)

All students participating in the concert **must attend a DRESS REHEARSAL at the theatre** for each of their classes.

With over 50 routines this year, classes have been divided across three performances to help keep each show to a manageable length and ensure there's plenty of seating for families. Each show will run for approximately **two hours**, including a **20-minute intermission**.

Note: Please see pages 2-3 to confirm which show(s) each class is performing in.

CONCERT DATES & PERFORMANCE TIMES:

Saturday 25 th October:	6:30 PM
Sunday 26 th October:	12:30 PM & 6:30 PM

WHERE: Clocktower Centre - 750 Mt Alexander Road, Moonee Ponds

THEME & TITLE FOR THE CONCERT

"Express Yourself 2025"

MAPA places a strong emphasis on creating a safe and encouraging environment for our students to express themselves as individuals while being part of a group. It is crucial from a young age that children learn to follow their own dreams, goals, and desires, becoming confident in who they are. In the classroom and on stage, students are encouraged to explore and express the many emotions and feelings we all experience through their dancing. Through their commitment and practice, students build confidence and take pride in their achievements. We hope this production will reflect these values.

TICKET SALES & BOOKINGS

Tickets are booked directly through Clocktower Centre [HERE](#)

IN PERSON	PHONE	ONLINE
Clocktower Centre (Box Office) 750 Mt Alexander Road, Moonee Ponds	Phone: (03) 9243 9191	www.clocktowercentre.com.au

BOX OFFICE OPENING HOURS: Monday-Friday, 9am-5pm

TICKET PRICES:	ADULTS	\$55.00
	CONCESSION & CHLDREN	\$40.00

PARKING

Parking at Clocktower Centre is available in the surrounding areas, but please be mindful of time limits, as parking conditions can change. ALDI/Kmart has an undercover car park across the road with plenty of free space, though time restrictions do apply. Here is a helpful guide to [parking in the area](#)

CLASSES & CONCERT ALLOCATIONS

Please see below the breakdown of the class allocations for all classes in the school.

See pages 5-6 for Dress Rehearsal and Concert ARRIVAL and PICK-UP times.

TINY TOTS (3-5yrs)						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
WED	10:30 AM	BALLET & JAZZ	Sarah Ambrose			✓
WED	4:15 PM	BALLET & JAZZ	Sarah Ambrose	✓		
THU	10:30 AM	BALLET & JAZZ	Sarah Ambrose	✓		
SAT	9:15 AM	BALLET & JAZZ	Jade Peace		✓	

PRE JUNIOR (5-7yrs)						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
MON	4:00 PM	BALLET	Donna De Paoli			✓
MON	5:00 PM	JAZZ	Sarah Ambrose			✓
MON	5:45 PM	TAP	Sarah Ambrose			✓
TUE	4:00 PM	BALLET & JAZZ	Sarah Ambrose	✓		
THU	4:00 PM	HIP HOP	Samantha Bruzzese			✓
SAT	10:15 AM	BALLET & JAZZ	Jade Peace		✓	
SAT	11:45 PM	CONTEMPORARY	Angelica Low		✓	
SAT	12:30 PM	HIP HOP	Angelica Low		✓	

JUNIORS (7 - 10 yrs)						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
MON	4:00 PM	HIP HOP	Samantha Bruzzese	✓	✓	
MON	6:15 PM	JAZZ	Samantha Bruzzese	✓	✓	
WED	4:15 PM	TAP	Paige & Indi	✓		✓
WED	5:30 PM	CONTEMPORARY	Kalli Dikeos	✓		✓
WED	6:30 PM	HIP HOP	Anton & Cece	✓		✓
THU	5:30 PM	JAZZ	Samantha Bruzzese	✓		✓
THU	6:30 PM	MUSICAL THEATRE	Samantha Bruzzese	✓		✓
FRI	4:00 PM	ACCELERATE	Sarah Ambrose	✓	✓	✓
SAT	11:15 AM	HIP HOP	Anton & Cece		✓	✓
SAT	12:15 PM	TAP	Jade Peace		✓	✓
SAT	2:30 PM	JAZZ	Angelica Low		✓	✓
SAT	3:45 PM	CONTEMPORARY	Angelica Low		✓	✓

CLASS & CONCERT PERFORMANCE ALLOCATIONS

INTERMEDIATES (10 - 13 yrs)						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
MON	5:00 PM	JAZZ	Samantha Bruzzese	✓	✓	
WED	4:15 PM	CONTEMPORARY	Kalli Dikeos	✓		✓
WED	5:30 PM	HIP HOP	Anton & Cece	✓		✓
WED	6:30 PM	TAP	Paige & Indi	✓		✓
THU	6:30 PM	MUSICAL THEATRE	Samantha Bruzzese	✓		✓
FRI	4:30 PM	ACCELERATE	Sarah Ambrose	✓	✓	✓
SAT	9:15 AM	JAZZ	Angelica Low		✓	✓
SAT	10:15 PM	CONTEMPORARY	Angelica Low		✓	✓
SAT	12:15 PM	HIP HOP	Anton & Cece		✓	✓

SENIORS (13+ yrs)						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
TUE	4:30 PM	JAZZ	Emily Benck	✓	✓	
TUE	7:30 PM	CONTEMPORARY	Emily Benck	✓	✓	
WED	5:30 PM	TAP	Paige & Indi	✓		✓
WED	7:30 PM	HIP HOP	Anton & Cece	✓	✓	

SENIOR (Adv.) & INDUSTRY						
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 25 th OCT 6:30 PM	SUN 26 th OCT 12:30 PM	SUN 26 th OCT 6:30 PM
TUE	4:30 PM	BALLET	Sharlene Morgante	✓	✓	✓
TUE	4:30 PM	JAZZ (1)	Emily Benck		✓	✓
TUE	4:30 PM	JAZZ (2)	Emily Benck	✓		✓
TUE	7:30 PM	CONTEMPORARY	Emily Benck	✓	✓	
THU	5:45 PM	LATIN FUSION	Neville Parry	✓	✓	✓
THU	N/A	LYRICAL	Scott Pokorny			✓
THU	N/A	MUSICAL THEATRE	Carmelina Tammaro	✓	✓	✓
THU	N/A	FINALE	Sarah Ambrose	✓	✓	✓
THU	12:15 PM	HIP HOP	Anton Pulefale & Cece	✓		
SAT	12:15 PM	HIP HOP	Celina Torres		✓	✓
SAT	1:15 PM	CONTEMPORARY	Angelica Low	✓	✓	

OWN COSTUME ITEMS, UNDERWEAR, TIGHTS & SHOE REQUIREMENTS

PLEASE LABEL EVERYTHING (with full name) & ensure you have all necessary requirements below for Rehearsals & Concerts!

ALL Senior Students (except dancers in "Step Back In Time") need for the Finalé

- ☐ MAPA White T-Shirt
- ☐ MAPA Dance Shorts or Plain Black
- ☐ MAPA Basketball Shorts (Hip Hop ONLY)



This is worn on stage for the Finalé at the end of the show. Please don't forget!

Tuesday 4:30pm Senior JAZZ - "Ça Plane Pour Moi"

- ☐ Skin tone bodystocking OR ↴
- ☐ Skin tone seamless underwear & bra/crop
- ☐ Black Knee High Socks Available @ Kmart \$3
- ☐ Black Jazz Shoes Slip On



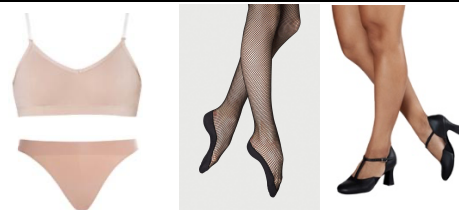
Tuesday 4:30pm Senior Adv. BALLET - "La Esmeralda"

- ☐ Skin tone bodystocking OR ↴
- ☐ Skin tone seamless underwear & bra/crop
- ☐ "Fiesta" Theatrical Pink Tights
- ☐ Pink Ballet Shoes (Canvas ONLY)



6:00 pm Senior Adv. JAZZ - "I Gotcha" & "You Really Got Me"

- ☐ Skin tone bra/crop & underwear
- ☐ 'Bloch' Performance Mesh Footed Tights (Black) Available @ MAPA Reception \$49.95
- ☐ 'Energetiks' Prima T-Bar Stage Shoe 3" Heel OR 'Bloch' Splitflex 2½" Heel (Black)



Tuesday 7:30pm Senior CONTEMPORARY - "Faun"

- ☐ Skin tone bodystocking OR ↴
- ☐ Skin tone seamless underwear & bra/crop
- ☐ 6 Pack Sheer to Waist Pantyhose Available @ Kmart \$5.50



Wednesday 5:30pm Inter/Senior TAP - "Abracadabra"

- ☐ Skin tone seamless underwear
- ☐ "Fiesta" Skin-Tone / Tan Tights
- ☐ Tan Tap Shoes



OWN COSTUME ITEMS, UNDERWEAR, TIGHTS & SHOE REQUIREMENTS

PLEASE LABEL EVERYTHING (with full name) & ensure you have all necessary requirements below for Rehearsals & Concerts!

Wednesday 7:30pm Senior Hip Hop - "Push-2-Start"

- ☐ Skin tone bra/crop (clear straps) - GIRLS
- ☐ Skin tone seamless underwear - GIRLS
- ☐ Black Briefs - BOYS
- ☐ White crew Socks
- ☐ Clean White High-Top Sneakers



Thursday 5:45pm Senior Adv. LATIN FUSION - "100% Pure Love"

- ☐ 'Energetiks' Professional Fishnets (Sun Tan)
Available @ Energetiks \$47.95 or Order @ MAPA
- ☐ 'Energetiks' Prima T-Bar Stage Shoe 3" Heel
OR 'Bloch' Splitflex 2½" Heel (Black)
- ☐ Stick on Bra/Tape OR Nipple Covers



Thursday Senior Adv. LYRICAL - "A Rose Told Me About Love"

- ☐ Skin tone bra/crop (clear straps)
- ☐ Skin tone seamless underwear
- ☐ 'Energetiks' Classic Footless Tights (Salmon Pink)



Thursday Senior Adv. MUSICAL THEATRE- "One Short Day"

- ☐ Skin tone bra/crop (clear straps)
- ☐ 'Energetiks' Professional Fishnets (Sun Tan)
Available @ Energetiks \$47.95 or Order @ MAPA
- ☐ 'Energetiks' Prima T-Bar Stage Shoe 3" Heel
OR 'Bloch' Splitflex 2½" Heel (Tan)



Thursday Senior Adv. COMMERCIAL JAZZ - "Step Back In Time"

- ☐ Skin tone bra/crop (clear straps)
- ☐ Skin tone seamless underwear
- ☐ Shoes (as discussed with Ms Sarah to suit costume)



Saturday Senior Adv. HIP HOP - "A Day In The Office" & "Déjà Vu"

- ☐ Skin tone bra/crop (clear straps)
- ☐ Skin tone seamless underwear
- ☐ White crew Socks
- ☐ Clean White High-Top Sneakers
- ☐ Own Costume Items (as discussed)



HAIR & MAKE-UP CHECKLIST - WHAT SHOULD I BRING?

PLEASE LABEL EVERYTHING (with full name) & ensure you have all necessary uniform requirements for Rehearsals & Concerts!

HAIR KIT ITEMS

MAPA Bun Kits are available at Reception in *Blonde, Brown or Black*. Includes 3 hair ties + 10 bobby pins + 10 U-Pins + 2 Bun Nets inside a pink MAPA Tin. Refill packs of Hair ties, pins and bun nets are also available at Reception for \$3 each.

- ☐ Hairspray and/or Hair Gel
- ☐ Small spray bottle
- ☐ Hairbrush
- ☐ Hair Ties (*to match hair colour*)
- ☐ 15 or more Bobby Pins
- ☐ 15 or more U-Pins (*CONTEMPORARY*)
- ☐ 3 x Bun Nets (*CONTEMPORARY*)



MAKE-UP KIT ITEMS

RECOMMENDED BRAND/ITEMS:

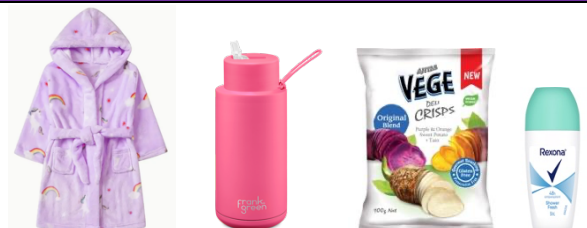
If you're looking for a cruelty free, vegan, 100% natural cosmetic brand, then we recommend "Eco Minerals" or "Inika" Organic make-up. They are however more expensive than your regular chemist or Priceline brands.

- ☐ Moisturizer & Matte Primer (optional)
- ☐ Matte Foundation and concealer
- ☐ Translucent setting powder
- ☐ Blush (pink or peach)
- ☐ Eye Shadows (Ivory/Biege, Tan, Brown, etc)
Optional: Shimmer (champagne or gold)
- ☐ Eyebrow pencil or powder
- ☐ Eyeliner
- ☐ Black Mascara
- ☐ False Eyelashes
- ☐ Longwear Lipstick '**Crimson**' by MAPA
- ☐ Makeup Brushes to apply
- ☐ Baby wipes or makeup remover



MISCELLANEOUS ITEMS

- ☐ Dressing Gown/Robe (can be worn over costumes to keep warm)
- ☐ Water Bottle (water only)
- ☐ Dry Snacks (nothing that may stain costumes)
- ☐ Deodorant (if applicable)



DRESS REHEARSAL DETAILS (SENIORS)

Clocktower Centre – 750 Mt. Alexander Rd, Moonee Ponds | **Enter through Stage Door at back of theatre on Pascoe Vale Rd**

WHAT TO WEAR TO REHEARSALS

Arrive to all rehearsals wearing skin-tone bodystocking or underwear, and white MAPA T-Shirt. A zip-up Jacket can be worn over the top to keep warm backstage and keep costumes clean. All shoes and tights should be labelled clearly and be packed in bags. Don't forget to also bring a drink bottle and snacks. **Please arrive with hair done for rehearsals.** Make-Up is not required for Wed/Thu rehearsals, only concert day. Students in multiple classes requiring different hairstyles on a particular day should arrive with the required hairstyle for the first class listed in the table below. Ensure all hair/bun kit items are in bag. See Costume change details for hairstyle information.

REHEARSAL ARRIVAL & PICK UP TIMES

IMPORTANT NOTE: If in multiple classes, there may be overlapping arrival and pick up times. Please check ALL rehearsal times carefully for each of your enrolled classes, referring to the earliest arrival time and latest pick-up time on each day.

Wednesday 22 nd October (REHEARSAL TIMES)		
CLASSES & ROUTINES BEING REHEARSED	ARRIVAL TIME	PICK UP TIME
Wednesday 5:30pm TAP – “Abracadabra”	4:00 PM	5:45 PM
Tuesday 4:30pm JAZZ – “Ca Plane Pour Moi”	4:00 PM	6:00 PM
Tuesday 7:30pm CONTEMPORARY – “Faun”	4:00 PM	7:00 PM
Tuesday 6:00pm JAZZ (Adv.) – “I Gotcha” & “You Really Got Me”	4:00 PM	7:45 PM
Wednesday 7:30pm HIP HOP – “Push-2-Start”	6:15 PM	7:45 PM
Saturday 12:15pm HIP HOP (Adv.) – “A Day In The Office” & “Déjà Vu”	5:00 PM	8:00 PM

Thursday 23 rd October (REHEARSAL TIMES)		
CLASSES & ROUTINES BEING REHEARSED	ARRIVAL TIME	PICK UP TIME
Tuesday 4:30pm BALLET – “La Esmeralda”	4:00 PM	5:30 PM
Thursday MUSICAL THEATRE – “One Short Day”	4:00 PM	6:15 PM
Thursday CONTEMPORARY – “A Rose Told Me About Love”	5:30 PM	7:15 PM
Thursday LATIN FUSION – “100% Pure Love”	5:30 PM	8:00 PM
Thursday COMMERCIAL – “Step Back In Time”	5:30 PM	8:00 PM

Saturday 25 th October (REHEARSAL TIMES)		
CLASSES & ROUTINES BEING REHEARSED	ARRIVAL TIME	PICK UP TIME
Saturday 1:15pm CONTEMPORARY – “Gravity”	2:30 PM	After Concert
ALL Senior Adv. Students Please arrive with Hair & Make-Up Done ready to re-run any routines needing additional rehearsal time, we will also be filming these rehearsals.	2:30 PM	After Concert

VOLUNTEERS

Without the invaluable assistance of our volunteers, we could not put on a successful show. We generally need 2-3 parents per group, depending on the number of students and their ages, to assist backstage during both the Dress Rehearsal and the Concert. Volunteers help with costume changes and ensure all our dancers make it on stage on time! If you can help, please sign up at <https://mapa.com.au/volunteers/>.

CONCERT DETAILS

Clocktower Centre – 750 Mt. Alexander Rd, Moonee Ponds | **Enter through Stage Door at back of theatre on Pascoe Vale Rd**

NOTE: Parents are not permitted backstage unless volunteering. Parents must sign their children in and out when entering and leaving backstage. Our staff and volunteers will direct students to their dressing rooms to join their groups. All volunteers are required to hold a current and valid Working With Children Check. **In case of emergency or if you have any issues on the day, please call (03) 8560 4334. All calls on these days will be redirected to a mobile phone that a staff member will be able to answer.**

CONCERT ARRIVAL TIMES

Students must sign-in to the theatre **no later than 4:30 PM** before the evening shows and **no later than 11:00 AM** for the Sunday Matinee Show. All performers will rehearse the Finalé on stage together before we open the doors and begin the show!

WHAT TO WEAR

Please arrive with hair and make-up done, wearing skin-tone bodystocking, tights (if applicable), black shorts & MAPA T-shirt. Students who attend Hip Hop, should wear their MAPA basketball shorts & white MAPA T-Shirt.

WHAT TO BRING

Refer to Pages 10-11 for checklist

REMINDER: All students wear their white MAPA T-shirt and black shorts on stage for the finale... **Don't forget these!**

CONCERT FINALÉ

All performers will come on stage for the finale at the end of the show. We have only one opportunity to rehearse this number with all performers at the theatre. **This rehearsal will take place immediately after students sign-in for the concert.**

All students will go straight to the stage for our finalé rehearsal. Once we finish, the doors will open for the audience to take their seats, and the performers will head backstage to change into their first costumes.



Students wear the official white MAPA Studio T-shirt with black dance shorts for the finale of the show. Hip Hop students wear the MAPA T-shirt with their MAPA basketball shorts.

With all students in their uniforms, we can pack bags and costumes before the show ends, making it quicker and easier for you to collect your children after the performance.

PRE-ORDER YOUR ROSES

Giving flowers after a performance is a lovely way to celebrate our students' hard work and dedication throughout the year. We're offering the option to pre-order single stem roses from a local florist, which will be delivered to the theatre for easy pickup. It's a wonderful opportunity to add a special touch to their night!

If you'd like to order a rose, simply go to mapa.com.au/roses-order/, and we'll have a beautifully wrapped single stem rose ready for you on performance night, complete with an attached "MAPA Congratulations" card tag for you to add your own personal message.

COSTUMES

All concert costumes are rented from MAPA and have been included in your Term 3 invoice. Your child's costume(s) will be hanging backstage at the theatre upon arrival. **Please note that costumes are NOT to be taken home.** If you accidentally end up with a costume item in your bag, please ensure it is returned.

We ask that you emphasize the importance of caring for the costumes with your children. Please discuss their responsibilities, including returning costumes to their hangers when not in use and refraining from eating or drinking while wearing them. We also recommend bringing a dressing gown to wear over the costumes to keep warm while waiting and to help keep the costumes clean.

BACKSTAGE CONDUCT & SAFETY

All performers and helpers backstage must remain quiet at all times to ensure stage calls and directions can be heard. It can get hectic backstage, so we appreciate everyone's cooperation to keep things running smoothly.

If your child falls ill or sustains an injury while backstage, we have several registered first aiders among our staff and teachers who can assist. If the situation is more serious, we will notify you immediately via SMS. If your child is at risk of anaphylaxis and may require an EpiPen, please inform us in advance so we can assign a first aider to monitor them backstage.

If your child is not participating in many routines, please ensure they bring something to keep them occupied (e.g., books, games, toys, or pencils for drawing—no markers or pens, please).

FOOD & DRINKS BACKSTAGE

Please pack LOTS of healthy food & snacks for your child. All snacks must be nut free. We do have anaphylactic sufferers amongst our students so please respect the importance of this. Please also make sure they are light dry snacks, pop-top drink bottles with water only. **Students must bring all food & drink bottles in a separate bag from their dance attire.**

AFTER THE SHOW

We are expecting each show to go for approximately 2 to 2.5 hours (including a 20min interval). After the show, please wait in the foyer near stage door to collect your children. We will be releasing students' class-by-class, starting with the Tiny Tots. To ensure everyone's safety you **MUST** sign your child out from backstage upon collection.

MAPA "Express Yourself 2025" SHOW RUNNING ORDER

SHOW 1 - Saturday 25th October | 6:30pm

#	TITLE	PERFORMERS	TEACHER/CHOREOGRAPHER
1	ESMERELDA	Tue Senior Adv. Ballet	Sharlene Morgante
2	THE ROSE	Thu Tiny Tots Ballet	Sarah Ambrose
3	BEAUTY & THE BEAST	Tue Pre-Junior Ballet	Sarah Ambrose
4	CANNED HEAT	Mon Inter Jazz	Samantha Bruzzese
5	BORN TO BE BRAVE	Mon Junior Jazz	Samantha Bruzzese
6	I GOTCHA	Tue Senior Adv. Jazz	Emily Benck
7	ÇA PLANE POUR MOI	Tue Senior Jazz	Emily Benck
8	FAITH	Thu Junior Jazz	Samantha Bruzzese
9	MONOLITH	Wed Inter Contemporary	Kalli Dikeos
10	WAKE ME UP BEFORE YOU GO GO	Wed PM Tiny Tots Jazz	Sarah Ambrose
11	A DAY IN THE OFFICE	Sat Senior Adv. Hip Hop	Anton Pulefale & Celina Torres
12	WE CAN'T BE FRIENDS	Wed Junior Contemporary	Kalli Dikeos
13	THERE'S HOPE	Mon Junior Hip Hop	Samantha Bruzzese
14	HATERZ	Fri Accelerate Commercial Jazz	Sarah Ambrose
15	100% PURE LOVE	Thu Senior Adv. Latin Fusion	Neville Parry
INTERVAL (20 MINUTES)			
16	ONE SHORT DAY	Accelerate & Seniors MT	Carmelina Tammaro
17	DO YOU LOVE ME	Thu Tiny Tots Jazz	Sarah Ambrose
18	HARD KNOCK LIFE	Tue Pre-Junior Jazz	Sarah Ambrose
19	COLOURS OF THE WIND	Wed PM Tiny Tots Ballet	Sarah Ambrose
20	ABRACADABRA	Wed Inter & Senior Tap	Paige Pote & Indi Kalkbrenner
21	EASE ON DOWN THE ROAD	Wed Junior Tap	Paige Pote & Indiana Kalkbrenner
22	FAUN	Tue Senior Contemporary	Emily Benck
23	FEEL GOOD 4 EVER	Wed Inter Hip Hop	Anton Pulefale & Celina Torres
24	GRAVITY	Sat Senior Contemporary	Angelica Low
25	MINI G'S	Wed Junior Hip Hop	Anton Pulefale & Celina Torres
26	PUSH-2-START	Wed Senior Hip Hop	Anton Pulefale & Celina Torres
27	STEP IN TIME	Thu Junior/Inter MT	Samantha Bruzzese
28	STEP BACK IN TIME	Accelerate & Industry	Sarah Ambrose
29	FINALE	All Performers	N/A

COSTUME & HAIR CHANGE DETAILS

SHOW 1 - Saturday 25th October - 6:30pm

Students in many routines will rehearse their quick changes at the studio in the lead up to our stage rehearsals, to get comfortable and familiar with their costume, tights, shoes and hair for each routine! The order of routines for each show, along with details of their tights, shoes and hair changes are as follows:

Saturday, 25 th October - ACT 1				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
1.	"LA ESMERALDA"	White Skirt with tie around scarf, corset/belt & leotard	Shoes: Ballet Shoes Tights: Ballet Tights	High Bun with hairpiece
2.	"I GOTCHA"	Black velvet dresses	Shoes: Black Chorus Heels Tights: Black Fishnets	Low Bun with sequin tie & hat
3.	"ÇA PLANE POUR MOI"	Black trousers with suspenders, white shirts with red sequin crops	Shoes: Black Jazz Shoes Socks: Black knee high socks	High Ponytail with diamante hair tie
4.	"A DAY IN THE OFFICE"	Grey suit pants, white shirts with own neck tie	Shoes: White Sneakers Socks: White Crew Socks	Mid Ponytail
5.	"100% PURE LOVE"	Black Fringe Skirt & Neon Crops	Shoes: Black Chorus Heels Tights: Tan Fishnets	Mid Ponytail

Saturday, 26 th October - ACT 2				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
6.	"ONE SHORT DAY"	Various green costumes	Shoes: Tan Chorus Heels Tights: Tan Fishnets	Various with green hairpieces
7.	"ABRACADABRA"	Black rhinestone Leotard & skirt	Shoes: Tan Tap Shoes Tights: Tan Tights	High Ponytail
8.	"FAUN"	Black Leotard with cut pantyhose worn as shorts & top	Shoes: Bare Feet Tights: N/A	Low Bun
9.	"GRAVITY"	Blue Leotard and dress	Shoes: Bare Feet Tights: N/A	Low Ponytail
10.	"PUSH-2-START"	Khaki Parachute Pants with Cream T-Shirt & White shirts	Shoes: White Sneakers Socks: White Crew Socks	Low Ponytail with hats
11.	"STEP BACK IN TIME"	Various 70's costumes	Shoes: Various Tights: Various to suit costume	Own Hairstyle

MAPA "Express Yourself 2025" SHOW RUNNING ORDER

SHOW 2 – Sunday 26th October | 12:30pm (Matinee)

#	TITLE	PERFORMERS	TEACHER/CHOREOGRAPHER
1	LA ESMERELDA	Tue Senior Adv. Ballet	Sharlene Morgante
2	BUNNIES	Sat Tiny Tots Ballet	Jade Peace
3	SWAN LAKE	Sat Pre-Junior Ballet	Jade Peace
4	ANGEL BY THE WINGS	Sat Inter Contemporary	Angelica Low
5	DEEP END	Sat Junior Contemporary	Angelica Low
6	YOU REALLY GOT ME	Sat Senior Adv. Jazz	Emily Benck
7	HERE COMES THE SUN	Sat Pre-Junior Contemporary	Angelica Low
8	BREAK FREE	Sat Junior Jazz	Angelica Low
9	PUSH-2-START	Wed Senior Hip Hop	Anton Pulefale & Celina Torres
10	CANNED HEAT	Mon Inter Jazz	Samantha Bruzzese
11	DEJA VU	Tue Senior Adv. Hip Hop	Celina Torres
12	THERE'S HOPE	Mon Junior Hip Hop	Samantha Bruzzese
13	HATERZ	Fri Accelerate Commercial	Sarah Ambrose
14	100% PURE LOVE	Thu Senior Adv. Latin Fusion	Neville Parry
INTERVAL (20 MINUTES)			
15	ONE SHORT DAY (FROM WICKED)	Accelerate & Senior MT	Carmelina Tammaro
16	CARTOON HEROES	Sat Tiny Tots Jazz	Jade Peace
17	I WILL SURVIVE	Sat Pre-Junior Jazz	Jade Peace
18	MATERIAL GIRL	Sat Junior Tap	Jade Peace
19	STRONGER	Sat Inter Jazz	Angelica Low
20	FAUN	Tue Senior Contemporary	Emily Benck
21	BORN TO BE BRAVE	Mon Junior Jazz	Samantha Bruzzese
22	PINKY PROMISE	Sat Inter Hip Hop	Anton Pulefale & Celina Torres
23	GRAVITY	Sat Senior Adv. Lyrical	Angelica Low
24	ISLAND TIME	Sat Junior Hip Hop	Anton Pulefale & Celina Torres
25	DOWN	Sat Pre-Junior Hip Hop	Angelica Low
26	<u>ÇA PLANE POUR MOI</u>	Tue Senior Jazz	Emily Benck
27	STEP BACK IN TIME	Accelerate & Industry	Sarah Ambrose
28	FINALE	All Performers	N/A

COSTUME & HAIR CHANGE DETAILS

SHOW 2 - Sunday 26th October - 12:30pm

Sunday 26 th October MATINEE- ACT 1				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
1.	"LA ESMERALDA"	White Skirt with tie around scarf, corset/belt & leotard	Shoes: Ballet Shoes Tights: Ballet Tights	High Bun with hairpiece
2.	"YOU REALLY GOT ME"	Black & White Stripy jumpsuits with Red V	Shoes: Bare Feet Tights: N/A	High Ponytail
3.	"PUSH-2-START"	Khaki Parachute Pants with Cream T-Shirt & White shirts	Shoes: White Sneakers Socks: White Crew Socks	Low Ponytail with hats
4.	"DEJA VU"	Green denim & White costume	Shoes: White Sneakers Socks: White Crew Socks	Low Ponytail
5.	"100% PURE LOVE"	Black Fringe Skirt & Neon Crops	Shoes: Black Chorus Heels Tights: Tan Fishnets	Mid Ponytail

Sunday 26 th October MATINEE - ACT 2				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
6.	"ONE SHORT DAY"	Various green costumes	Shoes: Tan Chorus Heels Tights: Tan Fishnets	Various with green hairpieces
7.	"FAUN"	Black Leotard with cut pantyhose worn as shorts & top	Shoes: Bare Feet Tights: N/A	Low Bun
8.	"GRAVITY"	Blue Leotard and dress	Shoes: Bare Feet Tights: N/A	Low Ponytail
9.	"ÇA PLANE POUR MOI"	Black trousers with suspenders, white shirts with red sequin crops	Shoes: Black Jazz Shoes Socks: Black knee high socks	High Ponytail with diamante hair tie
10.	"STEP BACK IN TIME"	Various 70's costumes	Shoes: Various Tights: Various to suit costume	Own Hairstyle

MAPA "Express Yourself 2025" SHOW RUNNING ORDER

SHOW 3 – Sunday 26th October | 6:30pm (Evening)

#	TITLE	PERFORMERS	TEACHER/CHOREOGRAPHER
1	ESMERELDA	Tue Senior Adv. Ballet	Sharlene Morgante
2	THE ROSE	Wed AM Tiny Tots Ballet	Sarah Ambrose
3	PURE IMAGINATION	Mon Pre-Junior Ballet	Donna De Paoli
4	MONOLITH	Wed Inter Contemporary	Kalli Dikeos
5	WE CAN'T BE FRIENDS	Wed Junior Contemporary	Kalli Dikeos
6	A ROSE TOLD ME ABOUT LOVE	Thu Senior Adv. Lyrical	Scott Pokorny
7	FAITH	Thu Junior Jazz	Sam Bruzzese
8	ANGEL BY THE WINGS	Sat Inter Contemporary	Angelica Low
9	BREAK FREE	Sat Junior Jazz	Angelica Low
10	I GOTCHA	Tue Senior Adv. Jazz	Emily Benck
11	STRONGER	Sat Inter Jazz	Angelica Low
12	ISLAND TIME	Sat Junior Hip Hop	Anton Pulefale & Celina Torres
13	MY LIFE BE LIKE	Thu Pre-Junior Hip Hop	Sam Bruzzese
14	HATERZ	Fri Accelerate Commercial	Sarah Ambrose
15	100% PURE LOVE	Thu Senior Adv. Latin Fusion	Neville Parry
INTERVAL (20 MINUTES)			
16	ONE SHORT DAY	Accelerate & Senior Adv. MT	Carmelina Tammaro
17	I LIKE TO MOVE IT	Wed AM Tiny Tots	Sarah Ambrose
18	CAT IN THE HAT	Mon Pre-Junior Jazz	Sarah Ambrose
19	EASE ON DOWN THE ROAD	Wed Junior Tap	Paige Pote & Indiana Kalkbrenner
20	PINKY PROMISE	Sat Inter Hip Hop	Anton Pulefale & Celina Torres
21	YOU REALLY GOT ME	Senior Adv. Jazz	Emily Benck
22	MATERIAL GIRL	Sat Junior Tap	Jade Peace
23	ABRACADABRA	Wed Inter & Senior Tap	Paige Pote & Indiana Kalkbrenner
24	DEEP END	Sat Junior Contemporary	Angelica Low
25	BOOGIE SHOES	Mon Pre-Junior Tap	Sarah Ambrose
26	MINI G'S	Wed Junior Hip Hop	Anton Pulefale & Celina Torres
27	FEEL GOOD 4 EVER	Wed Inter Hip Hop	Anton Pulefale & Celina Torres
28	DEJA VU	Sat Senior Adv. Hip Hop	Celina Torres
29	STEP IN TIME	Thu Jnr/Int Musical Theatre	Samantha Bruzzese
30	STEP BACK IN TIME	Senior & Accelerate Commercial	Sarah Ambrose
31	FINALE	All Performers	N/A

COSTUME & HAIR CHANGE DETAILS

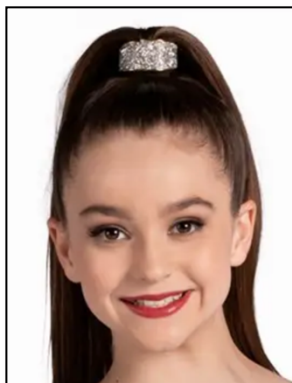
SHOW 3 - Sunday 26th October - 6:30pm

Sunday, 26 th October EVENING – ACT 1				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
1.	"LA ESMERALDA"	White Skirt with tie around scarf, corset/belt & leotard	Shoes: Ballet Shoes Tights: Ballet Tights	High Bun with hairpiece
2.	"A ROSE TOLD ME ABOUT LOVE"	Skin Tone Leotard, Rose Print Dress	Shoes: Bare Feet Tights: Footless Salmon Pink	Low Bun
3.	"I GOTCHA"	Black velvet dresses	Shoes: Black Chorus Heels Tights: Black Fishnets	Low Bun with sequin tie & hat
4.	"100% PURE LOVE"	Black Fringe Skirt & Neon Crops	Shoes: Black Chorus Heels Tights: Tan Fishnets	Mid Ponytail

Sunday, 26 th October EVENING – ACT 2				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
5.	"ONE SHORT DAY"	Various green costumes	Shoes: Tan Chorus Heels Tights: Tan Fishnets	Various with green hairpieces
6.	"YOU REALLY GOT ME"	Black & White Stripy jumpsuits with Red V	Shoes: Bare Feet Tights: N/A	High Ponytail
7.	"ABRACADABRA"	Black rhinestone Leotard & skirt	Shoes: Tan Tap Shoes Tights: Tan Tights	High Ponytail
8.	"DEJA VU"	Green denim & White costume	Shoes: White Sneakers Socks: White Crew Socks	Low Ponytail
9.	"STEP BACK IN TIME"	Various 70's costumes	Shoes: Various Tights: Various to suit costume	Own Hairstyle

STEP BY STEP HAIR INSTRUCTIONS

PONYTAIL



STEP 1: Start with Damp Hair (2-3 days after washing)

Lightly spray the scalp with a spray bottle filled with water to dampen the roots. Hair is generally easier to manage when it hasn't been recently washed.

STEP 2: Apply Gel

Take a generous amount of thick gel and apply it to the roots of the hair. This will help slick the hair down and keep it in place.

STEP 3: Brush Hair Back and Up

While the hair is still wet, use a brush to pull the hair back and up.

STEP 4: Secure the Ponytail

Gather the hair into a ponytail at the crown of the head using strong hair elastics. It is recommended to use two or three hair elastics to (depending on thickness of hair), this will help keep the hair secure while dancing.

STEP 5: Check Visibility

For a high ponytail, ensure the top of the ponytail is visible when viewing the dancer at eye level. This helps any hairpieces or accessories stand out on stage (see picture above).

BALLET BUN

STEP 1: Create a Ponytail

Follow the same steps as for the ponytail above.

STEP 2: Twist the Hair

Depending on hair length, twist the ponytail and spiral it around the elastic. For fine hair, you can back-comb the ponytail a few times to create more volume, then twist and spiral to create the bun.



STEP 3: Use a Bun Net

Cover the bun with a bun net one or two times, ensuring all hair is tucked inside. Then wrap the excess net in a circle underneath the bun to conceal it.

STEP 4: Shape the Bun

Use your fingers to squish and blend the hair into a large, flat circular shape.

STEP 5: Secure the Bun

Press the bun against the head and use U-pins to secure it first. Follow with bobby pins until all areas are secure. Use additional bobby pins for any loose strands, especially around the ears or nape of the neck.

STEP 6: Finish with Gel or Hairspray

Apply more gel or hairspray to keep everything in place.

Note: Please do NOT use hair donuts. A Classical Ballet bun should be quite flat and not stick out too much.

STEP BY STEP MAKE-UP INSTRUCTIONS

Stage makeup is essential for enhancing facial features and expressions under bright stage lights, ensuring visibility for the audience. Keep in mind that standard makeup may get washed out, so a more pronounced application is necessary. Here's a simple guide for parents to help apply dance stage makeup.

STEP 1: Prepare the Face

- Start with a clean and moisturized face. We also recommend the 'Milk' brand Matte Primer to help makeup last longer.
- Apply a matte finish foundation that is slightly darker than the dancer's skin-tone, to counteract stage lights. Blend evenly.
- Use concealer to cover any blemishes or under-eye circles, blending well.

STEP 2: Set the Makeup

- Lightly dust translucent setting powder over the foundation and concealer to reduce shine.

STEP 3: Apply Blush

- Choose a natural-looking blush and apply it to the apples of the cheeks, blending outward towards the temples.

STEP 4: Eyeshadow Application

- **Base Colour:** Apply a light neutral shadow (such as Ivory or beige) to the entire eyelid and up to the brow bone to create a base.
- **Transition Colour:** With a fluffy brush, apply a medium shade (such as tan or light brown) into the crease to create depth.
- **Defining Colour:** Use a darker brown eyeshadow to define the outer corner of the eye and the crease, blending well for a smooth look.
- **Highlight Colour:** Apply a light shadow (such as ivory or white) to the inner corner of the eye and just under the brow bone to brighten the eyes. A shimmery white or champagne shadow can be applied to the inner corner of the eye.
- **Shimmer/Metallics (optional):** For extra sparkle, apply a light shimmer/metallic eyeshadow (such as champagne or gold) to the centre of the eyelid for a touch of shimmer and blend. Avoid dark metallic shades.



Step 5: Eyeliner

- Apply black eyeliner along the upper lash line for definition. A slight wing can be added to extend the eye.

Step 6: Mascara & Lashes

- Apply a few coats of mascara though lashes starting at the base. This will help the false lashes to stick to your natural lashes. Finish by applying your false lashes carefully to your upper lash line.

Step 7: Lips

- Line the lips first for a more defined shape, then apply a deep red/burgundy long-lasting lipstick, ensuring even coverage.

Step 8: Final Touches

- Check the overall look in natural light if possible and make any necessary adjustments.
- Ensure all makeup is set and looks vibrant, as stage lights can wash out colours.

Note: If you're not confident applying stage makeup, there are MANY great tutorials on YouTube. Have a search online and practice at home. Like everything, it get's better and easier with practice!



FINAL NOTE

On behalf of all the staff and teachers, I want to express our gratitude to all our students for their hard work so far. As parents, we encourage you to support them in continuing their practice, so they can improve and feel proud and confident on stage.

All concert songs have been edited and are available online for practice at our concert page: mapa.com.au/expressyourself2025

Our students have made incredible progress this year, and we're sure you'll be extremely proud of their accomplishments– we certainly are! We also want to extend a heartfelt thank you to all parents and family members for supporting your children in their passions and for choosing MAPA.

If you have any questions, please don't hesitate to email us at admin@mapa.com.au. We'll do our best to respond as soon as possible, and we welcome your feedback on how we can enhance your experience with us.

In case of an emergency or any issues on concert day, please call (03) 8560 4334. All calls on that day will be redirected to a mobile phone that a staff member will answer.

We look forward to sharing this exciting time with all of you!

Sarah Ambrose
Principal Director