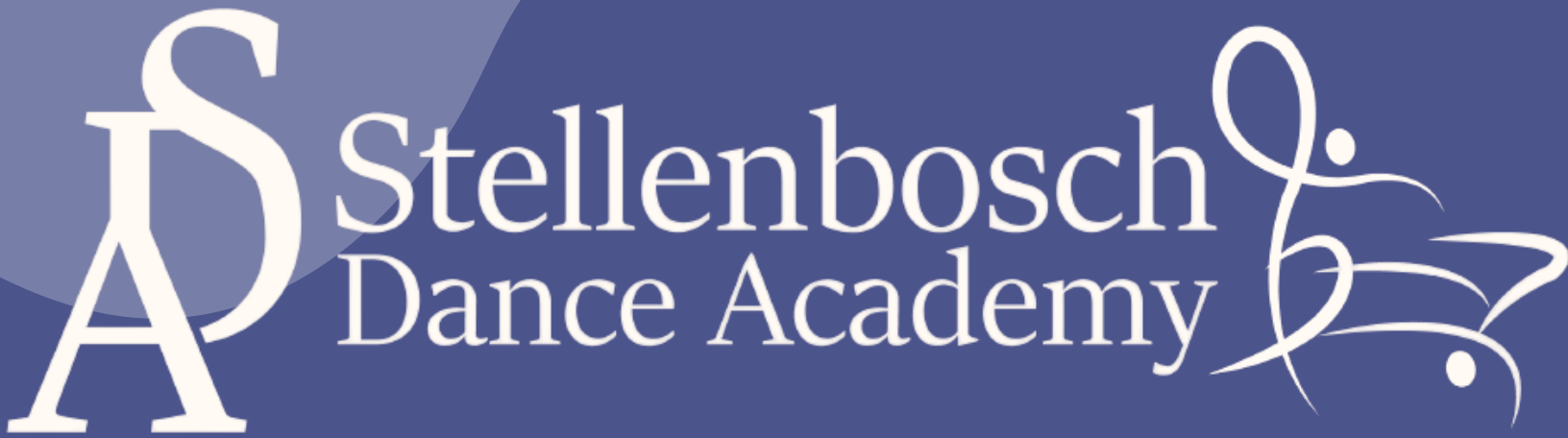




WELCOME TO THE  
STELLIES DANCE  
FAMILY



*Your Teachers*

# WELCOME



*Hi There!*

THE STELLENBOSCH DANCE ACADEMY WAS FOUNDED IN 1985 AND HAS GROWN FROM STRENGTH TO STRENGTH AS THE YEARS HAVE PASSED BY.

Modern, Hip Hop and Musical Theatre classes are offered to all age groups from the beginner to the advanced pupil.

We, as teachers, aim to encourage each and every dancer, regardless of their strengths and weaknesses. Each dancer is special in their own unique way, be it serious examination work or simply dancing for the love of dance. We look forward to working with you in this upcoming year in creating every opportunity possible for you to explore and love the world of dance, as much as we do!

*Let's do this!*

ELIZABETH, ANTHEA, LIZL & WIAAN

# WHY DANCE?

- You meet friends through the language of Dance.
- Dance is an expression of art that appeals to the emotions.
- Using the body as an instrument, you express yourself in an innovative and artistic way.
- Dancing provides physical/mental refreshment and relaxation
- The perfect way to feel good about yourself.
- Laughter and fun, as well a great form of exercise.
- Dance enhances skills of observation and concentration
- Through dance, students learn teamwork, focus, and communication skills.

*Our Motto*

TO TEACH DANCE IS MORE ABOUT BEING A POSITIVE ROLE MODEL WHO MENTORS, LEADS AND TEACHES YOUNG PEOPLE TO BE THE BEST THAT THEY CAN BE IN DANCE AND IN LIFE.

# STYLES WE TEACH

## MODERN DANCE

This genre of Dance emphasizes the creative process in both choreography and performance. It is a more relaxed and easy style of dance in which we, as teachers, use emotions and moods to choreograph our own steps. Compared to most other dance forms, it has a deliberate use of gravity. Modern dance for children is the connection between self-esteem and enrichment. It gives us never-ending pleasure to watch a shy child grow into a poised and confident young adult. Steps can be taught from the very young right up to advanced seniors.

Starting Age: From 3yrs - Adult

SYLLABI TAUGHT: AIDT

Open Classes include: Mime, Music appreciation, Technique work & contemporary dance for seniors. Medal performances for all ages

## HIP HOP

A high energy, cardiovascular workout incorporating different styles like 'Breaking', 'Popping', 'Locking', 'Tutting', 'House', 'RNB' and 'Krumping'. Group work, partnership work and solo work is encouraged – the bigger the attitude, the better! Even the faint-hearted can attack this genre of dance with a sense of personal interpretation and fun.

Starting Age: From the year turning 7yrs - Adult (Beginner adults and students are welcome.)

SYLLABI TAUGHT: TDA & SABOD

Open Classes include: Music appreciation, Variety in styles, Technique. Medal performances for all ages.

## MUSICAL THEATRE

Musical theatre is a form of theatrical performance that combines songs, acting and dance. The story and emotional content of a musical – humour, pathos, love, anger – are communicated through words, music, movement and technical aspects of the entertainment as an integrated whole.

Starting Age: From the year turning 9yrs - Adult (Beginner adults and students are welcome.)

SYLLABI TAUGHT: TDA

Open Classes include: Mime, Music appreciation, Musicals. Medal performances for all ages

# DRESS CODE

Dancers need to be proud of their art and we hope to fuel that pride by encouraging the correct dress code. "Be a dancer - dress like a dancer"

**Modern and Musical Theatre:** tight pants with a tight top, or unitard / leotard

**Hip Hop:** Comfortable pants, takkies, top

Hair to please be tied back and out of face.

Please bring your marked water bottle and towel for our very hot summers

## PAYMENT DETAILS

PAYMENTS ARE TO BE MADE INTO THE RELEVANT ACCOUNTS.

### SDA – HipHop

Nedbank Cheque account

Acc # 1141 046 733

Br# 198765

### SDA - Modern

Nedbank Cheque account

Acc # 1071 337 386

Br# 107110

### SDA - Musical Theatre

Nedbank Cheque account

Acc # 1071 337 386

Br# 107110

Please submit confirmation of payment via WhatsApp or email

Fees are due in 90 days – please note 10% interest will be added for late payments on a termly basis.

10% Family discount is no longer applicable if payment is not received within the said term.

10% Discount for 2 or more genres, ONLY applicable to payments made within said term.

Monthly payments are also accepted. Please work this out over 10 months, so that all payments for the year are complete by beginning November.

If you wish to terminate your dance tuition, we require **one FULL term notice** in advance, or a full terms payment as per your signed registration form.



# RULES & REGULATIONS

- Please excuse yourself from your teacher if you are unable to attend class or running late.
- Please bring own marked water bottle
- Please go to the toilet before class, during class causes disruptions.
- **No parents are permitted to watch class.** Parents are more than welcome to attend the last class of every term. This will be communicated via the what'sapp groups
- Please use the waiting room to gain access to the big hall. **Please do NOT walk through a class.**
- All dancers to clean up after themselves, especially in the bathrooms, waiting room and halls. There are bins to throw your rubbish away.
- No gum is allowed while dancing, please dispose of before you come to class.
- Please note that if you break property on the premises or property belonging to the studio – you will be held responsible for the replacement thereof.
- Please make sure that you take all your belongings with you. There is a 'lost property cupboard' in the studio and it is up to you to go and check it regularly. Items are given to charity at the end of each term if not collected.
- Please come to class appropriately dressed.
- If classes are missed, please try to catch up from a friend or attend an extra class when possible. No classes will be held back due to absence
- The world can be a cruel place! Please arrange for the dancers to be collected immediately after class. Security is always our highest concern – unfortunately we cannot keep an eye on them if they are waiting outside.

We would all very much appreciate that all the rules and regulations are adhered to. A healthy respect for each other is what makes our studio happy and strong.

## CONTACT DETAILS

Elizabeth Beukes: 082 856 3625

Anthea Niehaus: 082 733 4551

Lizl Lindes: 083 215 1726

Wiaan Laing: 082 784 4698

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[IG: stellenboschdanceacademy](#)

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For any further information, please do not hesitate to contact any of the above numbers. Pricelist is available on request.