



studio of motion



DANCE PROSPECTUS 2010

Introduction

Dear dancers and parents,

Firstly I would like to thank you for taking the time to read this prospectus. Studio of Motion is a new and exciting studio based in both Waterkloof Ridge and Centurion. Our aim is to share our passion for movement and art and encourage people from all walks of life to get involved and live happily and healthily.

This prospectus has been designed with you (the parents and students) in mind, in order to present to you what our studio offers and how we can make a difference in your and your Childs life through dance.

Studio of Motion classes begins in January 2010 offering a wide variety of art forms, classes and packages for both students and parents. We are excited to be introducing a new syllabus (Melody Bear) into the South African market for children aged 2-8 years. Additionally we will be offering Pilates classes alongside various forms of Dance for tiny tots all the way up to adults.

We invite you to join us at the Studio of Motion and enjoy a cup of coffee with snacks while you wait for your children or even partake in some of the classes yourself.

If you have any questions about the information presented in this prospectus please feel free to contact us, our details are at the end of this prospectus. We look forward to hearing from you in the future.

Yours Truly

Megan Wilson

What we offer

Modern Dance

Modern Dance is an extremely relaxed, free style of dancing, in which choreographers make use of emotion and specific moods to design their own dance pieces on. Modern dance uses gravity to the body's advantage, unlike Ballet that goes against gravity in order to create a light and weightless feeling – almost like flying.

Modern Jazz

In Modern Jazz the control of the body's centre is essential as all movement originates from one's centre. Control of the body allows the maintaining of balance, while being able to execute powerful movements. Modern Jazz classes are based on a moderate amount of stretching. Studio of Motion's main form of stretching technique originates from the Pilates principles of elongating the muscles and strengthening the core.

Hip Hop

Hip Hop dance includes a variety of styles like, breaking, popping, and locking. Hip Hop is a very free style of dancing. Hip Hop is a fairly young form of dance, but is rooted in a long history of Hip Hop music.

Studio of Motion also makes use of Lyrical Hip Hop that focuses more on choreography and performance than on freestyles and battles.

Acrobatics

Acrobatics makes use of amazing features of the body, such as balance, agility, and motor coordination. Acro Dance combines dance technique with the accuracy of acrobatic fundamentals. Acro dance (better known as Acro by dancers and dance professionals) is defined by its athletic character, use of choreography and movement, as well as its use of acrobatics in a dance context.

Beginner Ballet

At the Studio of Motion we teach Beginner Ballet techniques from the ages of 2 until 8. Studio of Motion is the first dance school to introduce the Melody Movement syllabus from the United Kingdom into South Africa. Melody movement introduces children to dance and movement by making use of natural actions of the body.

Melody Movement is a structured syllabus designed to aid students in physical development, coordination, spatial awareness, creativity, and self expression both in group work and in individual work. It also helps students to develop skills such as colour and shape recognition, counting, and language skills.

Tap

Tap dancing is characterised by the tapping sound made by the dancers shoe's. Dancers wear specially designed shoes that have metal plates attached both to the balls and the heels of the shoe. When these metal plates are tapped against hard surfaces they create a percussion sound – creating the idea of the dancer being a musician.

Body Conditioning

Body conditioning is a type of physical exercise that is used to stretch and strengthen muscles, promote cardiovascular fitness and health, weight loss or maintenance, and for enjoyment.

Studio of Motion aims at helping each and every student with their individual needs. We make use of flexibility and aerobic exercises in our classes to enhance the body conditioning results.

Pilates

Pilates is a physical fitness system that was developed in the early 20th century by Joseph Pilates. Pilates focuses on principles such as breathing, centering, concentration, control, precision, efficiency of movement, and flexibility.

Why choose Studio of Motion?

Accreditation:

We are accredited through dance institutions recognised all over South Africa as well as internationally. Our syllabi are developed by leaders in the dance industry and are of a very high quality. Accredited by AFSA, SADI, SADTA, Melody Movement.

We focus on excellent technique:

Technique is the foundation for all dance movement. Technique is an essential part of dance, used often to perfect turns, leaps, and jumps. Correct stance or posture is essential to properly execute dance moves. Technique is essential for leaps and turns, where correct posture is essential to properly execute such moves.

Everyone is included:

Whether you are new to dance or fully experience there is a place for you in our studio. We welcome people from all walks of life and will always accommodate everyone to our best abilities.

Creativity:

Creative expression is encouraged in all our classes and all students are invited to take part in the creation of dance masterpieces.

Professionalism:

We strive for the utmost professionalism in everything we do, from our dancing performances to the way the studio is run. We aim to set an example to the dance community in South Africa.

Studio wear

Modern Dance	Tight fitting dance attire (unitard, leotard, tights or hot pants). Dance Paws or Bare feet. Hair neatly fastened out of face.
Modern Jazz	Tight fitting dance attire (unitard, leotard, tights or hot pants). Dance Paws or Bare feet. Hair neatly fastened out of face.
Hip Hop	Any comfortable dance attire with sneakers.
Acrobatics	Tight fitting dance attire (unitard, leotard, tights or hot pants). Dance Paws or Bare feet. Hair neatly fastened out of face.
Beginner Ballet	Studio Ballet leotard with ballet skirt, pink tights or socks. Split sole ballet shoes with elastic. Hair neatly fastened out of face.
Tap	Tight fitting dance attire. Tap shoes with solid taps. Hair neatly fastened out of face.
Body Conditioning	Any comfortable dance wear. Bare feet. Hair neatly fastened out of face.
Pilates	Any comfortable dance wear. Bare feet. Hair neatly fastened out of face.

Please note: This is not the dance attire for shows, competitions, festivals or examinations. Specific dance wear will have to be purchased for these events.

Pricing

(p/m = per month, p/t = per term)

	Pre-School
1 Item	R140 p/m – R420 p/t
2 Items	R260 p/m – R780 p/t
3 Items	R380 p/m – R1140 p/t

	Juniors	Seniors & Adults
1 Item	R160 p/m – R480 p/t	R180 p/m – R540 p/t
2 Items	R300 p/m – R900 p/t	R340 p/m – R1020 p/t
3 Items	R440 p/m – R1320 p/t	R460 p/m – R1380 p/t
4 Items	R580 p/m – R1740 p/t	R660 p/m – R1980 p/t

	Juniors, Seniors & Adults
Conditioning Class*	R80 p/m – R240 p/t

* Conditioning classes are highly recommended to students who are serious about their dancing as they help strengthen bodies and prevent serious injury.

Registration Fee

Registrations are now open and you are able to take advantage of the early bird discounts. Upon registration, you will be required to pay a fee of R120. This fee is used for all administrative expenses, such as ink, paper, student affiliation fees, etc.

Discounts

1. An Early Bird Registration will apply for the first 3 months (first term). If you register in October and pay your first month's fees you will receive a 10% discount; registrations in Nov/Dec will receive a 5% discount.
2. A family discount is also available: If more than one household family member dances or does Pilates at the studio a 10% discount will be given on the total class fees of all participants.

Additional required items to be purchased

Item	Dance Form	Price
Studio Unitard	Modern, Acrobatics, Tap	R280*
Hip Hop Gear	Hip Hop	R250*
Ballet Outfit	Ballet (Melody Bear)	R200*
Studio T-shirt	All	R100*

*Prices are subject to change

Class structure

Pre-school	Each class for pre-school students is 30 minutes long. Classes are designed to be done in two consecutive sessions, if the student enrolls for more than 1 item.
Juniors	Classes are 45 minutes long.
Seniors & Adults	Classes are 1 hour long.

How to find us

We offer classes in both Waterkloof Ridge and Centurion. Please see the last page of the prospectus for a map. Contact us for further directions.

Registration

There are two ways in which you can register. You can either request a registration form to be sent via post or email (please contact us – contact details are below) or you can register via the web at www.studioofmotion.co.za

Contact us

If you are as excited as I am about the dance classes for 2010 get in contact with us or if you have any questions we would be more than happy to answer them.

Phone: +27 82 428 0447

Email: contact@studioofmotion.co.za

Website: www.studioofmotion.co.za

Studio 1 – Waterkloof Ridge



Studio 2 - Centurion

