

BARRES

THE ART OF MOVEMENT



2024

Dance Prospectus

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WELCOME TO BARRES!

Thank you for taking the time to read this prospectus.

Barres offers classes in Kirstenhof, serving the communities of Kirstenhof, Tokai, Constantia, Lakeside, Muizenberg, Meadowridge, and Bergvliet. We want to share our passion for movement and art, encourage everyone to get involved, and live happily and healthily.

We offer a wide variety of dance forms, classes and packages for both children and adults. We are excited to be the only dance studio in South Africa to offer the Melody Movement Early Learning syllabus for children aged 3-8 years. We are accredited with AcrobaticArts (Internationally Recognised Acrobatics Association), SABOD (South African Body of Dance), SADI (Syllabi for Artists in Dance International), AAB (American Academy of Ballet), as well as MMEL (Melody Movement Early Learning).

At Barres we offer classes in; Contemporary, Acrobatics, Tap, Hip Hop, Ballet, and Barre. We have classes for everyone from tiny tots (3-years) all the way up to adults.

We welcome all newcomers to attend a trial class free of charge. We want you to ask us any questions, so feel free, our details are at the end of this prospectus.

At our studio, our dancers are taught life lessons of teamwork, commitment, responsibility, and work ethic through the art of dance. Our goal is to create a loving and supportive environment where all dancers are inspired and motivated to work towards reaching their goals.

New dancers must please register on the WEBSITE at www.barres.co.za/register/ to enrol for 2024. Dancers ID numbers must be completed during registration (these are used for examination and competition purposes). You will receive an email as confirmation upon successful registration.

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ABOUT THE DIRECTOR

Barres is owned and directed by Megg Geri.

Megg has been dancing from the age of three and started teaching as a teenager. Having realised that teaching dance was her calling, she started and ran Studio of Motion in Pretoria and Centurion, for 8 years, before moving to Cape Town.

During her time running Studio of Motion, Megg worked alongside and trained provincial, national, and international championship dancers, winning both Gold and Silver trophies in numerous International competitions. Including dancers who have since gone to study overseas, including at the Joffrey School of Ballet in New York.

Megg has trained through SADI (Syllabi for Artists in Dance International), SABOD (South African Body Of Dance), AFSA (Acrobatic Federation of South Africa), DanceCor, and Pilates Unlimited.

She is passionate about creating a love of dance within students and helping them achieve their dance goals.



WHAT WE OFFER?

Contemporary Dance

Contemporary dance is one of the most influential and popular forms of dance, even though it only developed in the mid-twentieth century. Contemporary dance combines elements of ballet, jazz, modern dance and lyrical. At Barres we make use of Horton, Graham, and Limon techniques. We use movements based largely on fall & recovery, release, flat-backs, suspension, and isolation. Principles such as; spatial awareness, the exploration of emotion, storytelling, and improvisation are also used. Dancers are required to take 2 x contemporary classes per week from Grade 3 upwards in order to take part in examinations and competitions.

Acrobatic Dance

Acrobatic dance (commonly known as Acro) combines elements of classical dance with the agility of Acrobatics. Acro dance includes subcategories such as contortion and tumbling. Acrobatics is the combination of balance, strength, flexibility, and agility. At Barres we do both group dances with large formations and solo Acro dances which are focussed on the dancer's ability. Dancers are required to take 2 x acrobatics classes per week from Grade 3 upwards in order to take part in examinations and competitions.

Hip Hop

Hip Hop dance is a street dance style which developed predominantly in the 1970's. Hip Hop includes elements of breaking, krumping, popping, and locking. Hip Hop is a high energy fast-paced class danced to Hip Hop music.

At Barres we focus on choreography and performance more than on freestyles and battles.

Tap Dance

Tap dancing is performed wearing shoes fitted with metal taps on both the heel and the ball of the foot. With the help of the tap shoes, dancers articulate rhythmic patterns through tapping, chugging, scuffing, brushing, and shuffling movements of the feet. Tap dancing is an exciting form of dance that was traditionally performed to jazz music but as the dance style has changed it is now performed to any music.

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Ballet

Our Ballet classes are designed around not only teaching fundamental Ballet techniques but also in fostering a love for dance from a young age. We follow the Melody Movement Syllabus from the United Kingdom where the dancers start their Ballet journey alongside a teddy bear named Melody Bear. As of 2024 we will run this syllabus in conjunction with the American Academy of Ballet's Performance Awards.

PBT

In 2024 we are also excited to be introducing PBT (Progressing Ballet Technique), which is a unique and innovation body conditioning and strengthening program designed to enhance technique, muscle memory, injury prevention, and rehabilitation too. PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory.

Barre Fit

Barre fit classes are a hybrid fitness class with the main focuses being core strength, balance, and control. Barre classes are a combination of Ballet, Pilates, and Dance techniques. Classes incorporate a ballet barre and use traditional dance moves like pile's, alongside static stretches and isometric contractions. At Barres we also include floor Barre in our Barre classes. In our Barre classes we often focus on high reps of small range movements.

Pilates

Our Pilates classes focus on clean technique and breathing while having fun. We offer Mat classes with the use of small props. Eccentric work helps to lengthen and create long lean muscle development. All our classes are offered online as well as in person.

WHY CHOOSE BARRES?

Accreditation

ACROARTS ~ AcrobaticArts (International Acrobatics Syllabus)

SABOD ~ South African Body of Dance

SADI – Syllabi for Artists in Dance International

MMEL ~ Melody Movement Early Learning

AAB – American Academy of Ballet

PBT – Prograssing Ballet Technique

SAPA ~ South African Pilates Association

We focus on excellent technique

At Barres we focus on the execution of dance moves with precision and excellent technique. Technique is an essential part of dance, and important as it assists in the longevity of the dancer. The use of good dance technique helps to prevent injuries, build strength and flexibility, as well as refine movements. Good technique as well as correct stance and posture are essential to perfect turns, leaps, and jumps.

Everyone is included

At Barres we pride ourselves in including all dancers (new and experienced) in our classes. We welcome dancers from all backgrounds. And at Barres we aim to accommodate all our dancers and families to our best ability.

Creativity

At Barres creativity is an essential component of all our classes. We encourage creative expression during class and our students are invited to take part in choreographic exploration.

Professionalism

At Barres professionalism and integrity are important to us. We aim to always be professional in all that we do -- from our dancing performances to the way the studio is run.

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Performance Groups

The studio will hold auditions for special competition and performance teams. However, all student will have the opportunity to partake in the studio show and examinations.

GENERAL INFORMATION

Term	Dance studio term	Dates closed during term
Term 1	22 January – 15 March	20,21 March
Term 2	8 April – 14 June	27, 28 April, 1 May, 16 June *our dancers will also be travelling overseas at the end of June for a dance tour and these dates may slightly affect the term dates. Tbc.
Term 3	9 July – 20 September	9 August, 24 September
Term 4	11 October – End November	*Studio Closes with the End Year Show

*Please note that compulsory rehearsals may be arranged during the school holidays. Notification will be given in advance.

**The first week of dance classes is our OPEN week (22 - 26 January 2024). Dancers are welcome to come and try out all classes and styles of dance. Dancers are also welcome to bring a friend with to class.

2024 CLASS FEES

Pricing: Dance Classes		Pricing: Barre Classes
Classes	Cost	Drop-in
1	{R970 p/t}	Per Class/Week
2	{R1550 p/t}	R80 p/c cash
3	{R1900 p/t}	R150 (2 classes p/w) cash
4	{R2100p/t}	Per Month
5	{R2300p/t}	1 class: R320 / 2 classes R480
6	{R2400 p/t}	*Cash is preferred for all Barre classes. Please add R20 to all EFT/Snapsan payments.

*p/w = Per week | p/t = per term | p/c = per class

**All dance classes are charged per term. Our terms average 9 weeks long.

***Fees are compulsory for classes, whether attended or not.

****All fees are payable the first week of the term. A penalty of R40 will be charged on late payments, charged per week overdue.

ADDITIONAL COSTS

Yearly Club Fee/Registration Fee

All new students

R350 club fee & registration fee

Total: R350

*All new students will receive a studio freebie. Freebies are made on order – allow processing time. Examples of studio merch are; tote bags, lanyards, bottles, etc.

** Studio t-shirts are compulsory for all dancers. Order your t-shirt upon registration.

All current students

R250 club fee (yearly fee payable by all students – new & old)

Total: R250

Private Classes / Choreography

If a student partakes in a solo, duet, trio, or quartet (outside of their group item), they will require extra choreography classes. Please book in advance.

1½ hour	R250	1½ hour Private class for solo's, and d,t,q's
40 min	R400	1 hour Private class for solo's, and d,t,q's
Performance ready	R250	30 minute private class

Clothing

All students are responsible for the cost of clothing for any studio event. The studio t-shirt is compulsory for all students upon registration and is to be worn at all studio events.

Assessments

All students are responsible for extra costs related to any internal/external assessment including MMEL (modern, tap, ballet) award schemes, AAB Progress Awards, MyAcroApp rental fee R120 per term (for all acrobats).

Competitions, Eisteddfods, Festivals & Exams

All students are responsible for extra fees with regard to competitions, eisteddfods, festivals & exams (including choreography, entry fees, clothing, food, transport, accommodation, etc)

CLASS SPECIALS

Family Discount

10% discount is given to all family members from the same household on class fees

Year payment discount

Pay for the whole year upfront and receive 5% off your yearly class fee!

Early bird discount (Register by 15 Dec)

Register for 2 or more classes and receive a free class.
*Valid for current dancers only

STUDIO DRESS CODE

It is preferred for all students to wear their studio clothing and/or black dance attire.

Contemporary

Studio leotard, ¾ tights, full length tights, or hot pants. Dance Paws or Bare feet. Hair neatly fastened out of face into a bun.

Hip Hop

Any comfortable dance attire, studio t-shirt or jacket, and black sneakers.

Acrobatics

Studio leotard, ¾ tights, full length tights, or hot pants. Dance Paws or Bare feet. Hair neatly fastened out of face into a bun.

Tap

Studio leotard, ¾ tights, full length tights, or hot pants. Tap shoes with solid taps. Hair neatly fastened out of the face.

Ballet

Studio leotard and skirt, long ballet stockings/socks. Ballet pumps. Hair neatly fastened out of face into a bun.

Barre Classes

Any comfortable (preferably tight fitting) fitness 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.

BANKING DETAILS

Account Name: Barres

Bank: First National Bank

Account Number: 62243146306

Branch Name: 250655

*Please use student name as a reference and for what the payment is for eg: VSmithTerm1, RSmithClothing, VSmithComp, RSmithExam

HOW TO FIND US

We offer classes in our fully equipped dance studio In Kirstenhof. .

41 Lente Street, Kirstenhof, Southern Suburbs.

REGISTRATION

Please complete the registration form on our website at www.barres.co.za/register/

CONTACT US

If you are as excited as I am to get started contact us or if you have any questions we would be more than happy to answer them.

Phone: +27 060 786 8557

Email: hello@barres.co.za

Website: www.barres.co.za