



2026 Dance Prospectus

BARRÉS

THE ART OF MOVEMENT



WELCOME TO BARRES DANCE STUDIO – 2026

Where passion meets pliés, and sweat meets sparkle.

We're so glad you found us! Whether you're brand new to the dance floor or basically live in 5th position, welcome to BARRES! The home of bold movers, fierce performers, and big dreamers.

Based in Kirstenhof, we proudly serve our local dance community from Tokai, Constantia, Lakeside, Muizenberg, Meadowridge, and Bergvliet. We're all about creating a space where dancers of every age can move, grow, and shine.

At Barres, we believe dance isn't just an activity, it's an attitude. It builds confidence, strength, discipline, and that unbeatable rush you get when the music hits just right.

WHAT WE OFFER

We keep things fresh, fierce, and fun by offering a mix of classic technique and contemporary for dancers of all ages:

Dance Styles:

- Ballet
- Contemporary
- Acrobatic Dance
- Tap
- Hip Hop
- Barre Fitness

We've got something for every body and every dancer, from our tiniest 3-year-old beginners to adults who just want to move, sweat, and feel alive.



OUR ACCREDITATIONS

We don't just move, we move with purpose.

Barres is proudly accredited by top local and international dance organisations, including:

DASA - Dance Academy of South Africa
AcrobaticArts - Internationally Recognised Acrobatics Association
SABOD - South African Body of Dance
SADI - Syllabi for Artists in Dance International
AAB - American Academy of Ballet
MMEL - Melody Movement Early Learning
APDA - Asia Pacific Dance Association
PBT - Progressing Ballet Technique
Tap Roots - International Tap Curriculum
PBT - Progressing Ballet Technique

JOIN THE BARRES FAMILY

New here? You're invited to try a free trial class, no strings attached, just pure dance joy.

Our friendly team is always happy to help with questions, class placements, and guidance.

At Barres, it's not just about perfecting your technique, it's about growing as a person. Our dancers learn discipline, teamwork, commitment, and confidence, all while building lifelong friendships (and killer legs).

READY TO DANCE?

Register now for 2026 at barres.co.za/register
Please include your dancer's ID number for exam and competition entries.

We can't wait to welcome you to BARRES DANCE STUDIO ~ where we train hard, dance a lot, and dream even bigger.

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ABOUT THE DIRECTOR

Meet Megg Geri; the heart, hustle, and heartbeat of Barres.

Megg has been dancing since she was three years old (long before she knew what turnout was) but definitely old enough to fall in love with the magic of movement. By her teens, she was already teaching, and it didn't take long for her to realise what everyone else already knew: *she was born to lead dancers.*

Before bringing her talent (and her signature sass) to Cape Town, Megg ran two studio's in Pretoria and Centurion for eight years. During that time, she trained dancers who achieved provincial, national, and international championship titles, and even coached students who later went on to train abroad at the iconic Joffrey Ballet School in New York.

Her teaching style blends discipline with heart, technique with artistry, and a whole lot of "you've got this!" energy.



TRAINING & QUALIFICATIONS

Megg has trained through multiple recognised bodies, including:

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- DASA (Dance Academy of South Africa)
- SABOD (South African Body of Dance)
- SADI (Syllabi for Artists in Dance International)
- AFSA (Acrobatic Federation of South Africa)
- DanceCor
- RAD (Royal Academy of Dance)
- Pilates Unlimited

This broad professional background allows her to train dancers in a way that is technical, safe, and versatile, while keeping the Barres environment uplifting and fun.

HER MISSION AT BARRES

To grow strong dancers. To grow kind humans. To grow a community that moves together, celebrates together, and takes pride in every step, big or small.

Megg is passionate about building a space where dancers feel seen, supported, and inspired. Whether it's a tiny tot discovering first position, a teen working toward an exam, or an adult returning to dance just for joy, she pours love, knowledge, and intention into every class.

At Barres, she teaches more than steps. She teaches confidence. She teaches resilience. She teaches passion.

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WHAT WE OFFER

A dance menu designed to grow confidence, strength, artistry, and a whole lot of joy. Whether you're stepping into the studio for the first time or perfecting your triple pirouette, Barres offers classes that challenge, uplift, and inspire dancers at every level.

BALLET

The foundation of all great dance training. Ballet at Barres builds technique, posture, lines, musicality, and discipline, all wrapped in classical elegance. From our tiny dancers learning with Melody Bear to our senior ballet students working toward advanced exams, we train clean technique with big artistry.

CONTEMPORARY

Fluid, expressive, grounded, and athletic. Contemporary at Barres explores creativity, connection, and storytelling through movement. Expect release work, floor work, dynamics, musicality, and space to truly feel your dancing.

ACROBATICS

Strength meets flexibility meets wow factor. Our acro program builds solid technique, safe progressions, core strength, balance, and partnering skills. Perfect for dancers who want to flip, twist, and push their bodies to new limits.

TAP

Rhythm, precision, and personality. Tap teaches dancers to be musicians with their feet, building timing, coordination, speed, and confidence, all while making a whole lot of noise (the fun kind).

HIP HOP

Energy. Power. Groove. Our hip hop classes blend old-school foundations with new-school style for dancers who love bold movement, killer beats, and expressive performance.

BARRE FITNESS

A full-body conditioning workout inspired by ballet technique. Expect burn, sculpt, sweat, and those delicious shaky legs we secretly love. Barre is perfect for adults wanting strength, tone, flexibility, and the confidence of a dancer.



OUR VALUES

What makes Barres, Barres?

TECHNIQUE THAT MATTERS

We train strong dancers from the ground up. Proper technique prevents injuries, builds longevity, and creates dancers who move with clarity, confidence, and control. Clean basics = limitless potential.

INCLUSIVITY ALWAYS

Every dancer belongs here. Whether you're new to dance or have been training for years, Barres is a studio where everyone is celebrated, welcomed, and supported.

CREATIVITY AT THE CORE

Dance is an art. Our classes nurture imagination, expression, and originality. We give dancers space to explore, create, and find their own movement voice.

PROFESSIONALISM YOU CAN TRUST

From the way we teach to the way we run our studio, professionalism and integrity guide everything we do. Your training is in good hands.

PERFORMANCE OPPORTUNITIES

Every dancer deserves a moment to shine. Select dancers will form part of our performance and competition teams, but all students have the opportunity to take part in medal tests, exams, star awards, and our End Year Show.

GENERAL INFORMATION

DRESS CODE

Look the part. Feel the part. Dance the part.

At Barres, we believe dressing like a dancer sets the tone for how you train. The right attire helps us correct alignment, ensures safety, and boosts confidence. When you look ready, you *dance* ready.

Our Dress Code Essentials:

Hair up and out of the face - every style, every class.

No loose jewellery - it's distracting and dangerous.

No gum - trust us, it never ends well.

No jeans, school clothes, or baggy tees - you need to move, stretch, turn, and jump without restriction.

We have both male and female dancers in classes, and proper attire ensures everyone feels comfortable, respected, and ready to work.

Looking sharp isn't about vanity. It's about discipline, pride, and professionalism.

FEES & ACCOUNTS

- Fees are charged *per term*.
- All accounts must be settled in the *first week of each term*.
- Invoices go out at the *end of every month*.
- Late payments will incur *late fees* (we'd rather avoid them, promise!).
- All outstanding accounts from previous years must be *paid in full* before re-enrolling.

We keep our accounting transparent and our expectations clear so we can focus on what we love most, *teaching dance*.

SOLOS, DUETS, TRIOS & QUARTETS

For dancers ready to step into the spotlight.

Students who wish to compete with their own solo, duet, trio, or quartet outside of their group piece must attend *additional choreography sessions*. These sessions ensure the choreography is polished, technical, and performance-ready.

Important: Only qualifying dancers will be approved for individual competition items.

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CHOREOGRAPHY FEES

- R500 per hour – Custom choreography session
- R200 – Edited music + written choreography notes + video recording
- R200 – 30-minute choreography check-in session
- Studio hire: R100 per hour / R60 per 30 minutes for private practice (*supervised, but not coached*)

All choreography fees are payable *in cash on the day*.

COMMUNICATION & ATTENDANCE

Let's keep each other in the loop.

If your dancer is unable to attend class due to illness or another reason, please *WhatsApp us directly*. Clear communication keeps classes running smoothly and helps us support each dancer's progress.

We use *WhatsApp groups* for class updates, reminders, practice notes, important announcements, rehearsal schedules, and anything else you need to know.

For dancers aged 10+, we highly recommend keeping a dance journal. It's perfect for tracking progress, choreo ideas, goals, feedback, and learning how to take ownership of their training.

STUDIO T-SHIRTS & APPAREL

Barres merch = mandatory magic.

Our studio t-shirts are *compulsory* for all events, festivals, competitions, and shows and they are designed to make our dancers look and feel like part of the Barres family.

T-shirts are R150 and new stock arrives throughout the year.

We also offer a range of beautiful, high-quality dance wear including:

- Leotards
- Hot pants
- Crop tops
- Leggings
- Studio jackets
- Wrap jerseys

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Everything is carefully selected (and designed) to keep dancers comfortable, confident, and stylish.

END YEAR SHOW

The highlight of our year.

Our End Year Show usually takes place during the *last week of November*.

Please keep this week open, it is one of the most important events in our studio calendar.

Every routine is choreographed with each dancer in mind, and the dancers pour their hearts into their performances. It's emotional, exciting, and unforgettable every single year.

We can't wait to see your dancer shine.

2026 TERM DATES

Term	Dance studio term	Dates closed during term
Term 1	19 January – 20 March	21 March
Term 2	8 April – 19 June	18, 21, 27, 28 April, 1 May, 16 June
Term 3	22 July – 25 September	9 August, 24 September
Term 4	13 October – End November	

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 (19 - 23 January 2026). 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.

2026 CLASS FEES

Pricing: Dance Classes		Pricing: Barre Classes
Classes	Cost	Drop-in
1	{R1300 p/t}	Per Class/Week
2	{R1900 p/t}	R120 p/c cash
3	{R2400 p/t}	Cash is preferred for all Barre classes. Please add R20 to all EFT/Snapscan payments.
4	{R2700p/t}	
5	{R3000p/t}	
6	{R3100 p/t}	
7	{R3200 p/t}	
8	{R3300 p/t}	

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 10% will be charged for late payments.

ADDITIONAL COSTS

Yearly Club Fee/Registration Fee

All new students

R400 club fee & registration fee

Total: R400

All students will receive a yearly studio gift.

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

All current students

R300 club fee (yearly fee payable by all students – new & old)

Total: R300

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	R300	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
Preformance 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!

STUDIO DRESS CODE

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

Contemporary

Studio leotard, $\frac{3}{4}$ 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, $\frac{3}{4}$ tights, full length tights, or hot pants. Dance Paws or Bare feet. Hair neatly fastened out of face into a bun.

Tap

Studio leotard, $\frac{3}{4}$ 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: 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.

Whatsapp: +27 060 786 8557

Email: hello@barres.co.za

Website: www.barres.co.za