



DANCE EXPRESSIONS

A dance school affiliated to
Drama Troupe School for the Performing Arts



DANCE IS THE HIDDEN LANGUAGE OF THE BODY AND THE SOUL
Martha Graham



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Dance Training for children, adults & young adults
Ballet, Jazz, Spanish, Zumba, Hip-hop & Contemporary

Melody Bear Movement & Melody Bear Junior Ballet www.melodybear.com For those kids who want to dance to develop their creativity

Melody Movement Early learning is a unique syllabus which addresses the needs of children from 'Little Bear Feet with Melody Bear' toddler classes to 'Junior Ballet for seven year olds. The concept encourages children to safely learn the basic steps of ballet, tap, music and movement in a way appropriate for the child's level of physical development. It is tailored to discovering and fulfilling the potential of each child nurturing their creative development, whilst supporting teachers with the tools to deliver effective and happy classes.

Loveable teddy, Melody Bear, is the focal point of the pre-school and early years syllabi, and all her activities, stories, ideas and dreams can be told through dance and movement. The all-encompassing curriculum means the classes are the ideal entry into the world of ballet and dance.

Who is Melody Bear? She is the loveable teddy at the heart of the Melody Movement Early Learning dance syllabus created by dance teacher, Jill Bridger. One day Jill was rushing to class when she realised that there was no 'show and tell' item to use that day. Jill quickly grabbed her son's bear, Melody, who proved to be a huge success with the children. By popular demand she started to come to class on a daily basis and soon became a regular feature. Melody Bear had arrived!

Jill's series of Melody Bear story books and teaching resources are now enjoyed by dance teachers across the UK and overseas including pupils at Dance Expressions. Melody Bear's adventures, stories, themes, action songs and music inspire children's natural zest for dance, movement and creative expression.

Little Bear Feet with Melody Bear classes are the perfect introduction to dance and movement for little girls and boys age 18 months upwards. The joys of dancing and singing are shared by teacher, parent and toddler as together they join Melody Bear in her journey to Nursery Rhyme Land. How will she get there? Will it be by aeroplane, car or flying carpet? Who will she meet? Will it be Humpty Dumpty or Mary Mary Quite Contrary? Delightful interpretations of traditional, familiar nursery rhymes together with new music and songs inspire children's natural zest for dance, movement and self expression. The use of props, mime, songs and rhymes enrich and charm the budding dancers as they take their first steps into the magical world of Melody Bear.

Little Bear Feet classes (18 months to 3 years) are the first step in the Melody Movement dance program. In addition to movement skills, children are introduced to other fundamental curriculum learning skills such as counting, colour and shape recognition, vocabulary and language skills. The strength of the system is that learning is achieved through imaginative movement which is enjoyable and fun. Melody Movement provides every child with the opportunity to discover and fulfil their own potential whilst nurturing creative development. The non-competitive award schemes motivate, delight and inspire the young dancers as they advance from Little Bear Feet classes to the Junior Ballet levels



Melody Movement (3-4 years) introduces children to dance and movement using the natural actions of the body such as running, walking, jumping, hopping, skipping and galloping.

It is structured to aid children's physical development, coordination, spatial awareness, sensory development, creativity and self-expression, working individually, with a partner, or as a group.

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which is enjoyable and fun. Jill says, "Melody Movement instils a love of dance making it a positive element of their early lives which stays with them. They learn from a young age how music, movement, dance and the imagination can be combined to tell a story and convey emotions."

The Melody Movement Early Learning First and Junior Ballet syllabus teaches children who do not necessarily want to follow the Cecchetti Exam syllabus, the basics of ballet and dance. In addition to simple barre and imagination centre practice ideas, the syllabus has creative themes such as: the Weeping Willow Fairy dance, the Magic Shawl dance Phoenix from the Fire, and the Woodland Ball with the wicked witch as our uninvited guest!

Children are also introduced the music of ballets such as Swan Lake, Giselle and Coppélia.

Learning is fun with the Junior Ballet Award scheme. Children can collect ballet vocabulary stickers, collect them in their Junior Ballet dictionary and work towards Level 1, Level 2 and Level 3 badges.



The Cecchetti Exam Syllabus leading to Graded Examinations



The Cecchetti method is known for its pure, classical technique created during the Romantic period of ballet.

- The Cecchetti method begins with Grade Level 1 and goes through Grade Level 8. Students study one class of work and perfect that class.
- This method provides serious ballet students with an opportunity to improve their ballet techniques and to develop poise and confidence.
- Students can experience a deeper dive into the technique of ballet — something that is not always possible in regular, ballet-technique classes.
- Students who would like to receive their certificates will be able to sit for an exam. Ballet exams are held in December and or May/June.
- A scholarship will be awarded yearly to a student who shows talent and dedication



The Cecchetti technique has been developed from the teachings of the great ballet master Enrico Cecchetti by the Cecchetti Society. It is a full syllabus designed to train dancers for professional work. One notable emphasis in the Cecchetti syllabus is that the arms flow and blend from position to position more than any other technique.



Our dance teachers are Cecchetti trained and possess all the necessary qualifications which will guarantee a solid foundation of proper ballet training. Because every student deserves individual attention, classes are limited to ensure that every student gets the amount of individual attention he/she requires

Our program is divided as follows:

1. Sessions commencing during the last two weeks of September and during the first week of October..
2. Students in September begin to study for the next level of work followed by preparing a dance for our Spring Dance Concert held at the end of March. Dancing live and on stage is a student's shining moment and a chance to display his/her hard work over the months. Our students will participate in original-story ballets, which will feature interaction with higher-level dancers and teachers to build confidence and technique.
3. Review classes that are held every other week, from March until the exam which is held in May/June or in December.
4. Parents are invited to watch their children during an open class which is held in December and or in May.

OTHER CLASSES



JAZZ

Jazz teaches dancers to move in different ways to ballet. This class gives the dancer the freedom in the upper body that a ballet-only student often has difficulty in achieving. These classes are great for core strength development and flexibility. This type of dance helps students use the weight and momentum of their bodies differently. It also emphasizes the use of "the centre" to improve the dancer's balance and control. Students may opt for the free Jazz class which focuses on stage technique and choreography or the Modern Dance ISTD class which can be taken from Primary to Advanced Levels.

We offer JAZZ CLASSES FROM age 6 to adult

CONTEMPORARY DANCE

Contemporary dance is characterised by its versatility, it can be danced to almost any style of music, or united with other dance forms to create new styles of movement. Contemporary seeks to work with the natural alignment of the body, and is therefore safe and accessible for beginners. At the same time, the ease of movement promoted by contemporary dance technique allows experienced dancers to push new boundaries of body movement.

We offer CONTEMPORARY DANCE CLASSES from age 12 to adult



HIP HOP



Fast paced and challenging, students are encouraged to use their bodies to develop many different stylish techniques. Whether we are creating new routines each week or building on previous work, all of our classes are high in energy and higher in enjoyment. We use current Hip Hop and RnB tracks keeping you up to date with what is hot in the industry.

We offer HIP HOP CLASSES from age 7 to adult

LYRICAL JAZZ

Lyrical is a creative style of dance that combines the expressive nature of modern dance with both the elegance of ballet and the rhythms of jazz. Lyrical combinations often depict a theme or story and are generally done to contemporary music. This class is perfect for those students who wish to break away from the rigid ballet syllabus and throw themselves into a dance style which uses the ballet techniques in a less rigid way

We offer classes for TEENS



Zumba is currently one of the World's fastest growing fitness programmes

Ditch the Workout.....Join the Party- This is the great way to work out, to Love working out and to get hooked.

ZUMBA- dance fitness program for all ages

Every class feels like a party! Join in this latest fitness craze. Latin and International music are fused to create an explosive booty shakin' party of a workout that **burns 400-1000 calories an hour** and leaves you on a high. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic fitness programme that will blow you away. Shake to Waka Waka, Loca, Batucada, Bad Romance and many other hits. You don't even have to know how to dance. Just move your body and follow the beat. The 55 minute lessons combine footwork and body movements from different dance styles. This fitness dance style includes movements that will tone up the entire body, legs, arms, hips, whole body – all to favourite songs. Guaranteed to send you home dancing.

Zumba classes are held twice weekly for 12+



AND FOR THE KIDS – NEW ON THE ISLAND – ZUMBATOMIC

This is a fast-forward fusion of the Zumba program's moves and high octane workout designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids will not wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

Zumbatomic classes are held twice weekly for 4 to 12 year olds

REPERTORIE AND PAS DE DEUX CLASSES

This course is designed for those dancers who have reached Elementary Grade Ballet and who would like to use their technique in the choreography of various classical, modern and contemporary pieces of Dance Repertoire. This intention of this class is of building a dance repertoire while giving the opportunity of doing what the dancer enjoys most- performing. Dancers will cover a range of classical variation/rep pieces which will be coached to suit the student's technical and artistic personality. Performance opportunities will also be given to those dancers who attain a certain level. Dancers will also have the opportunity of studying the art of partnering working on the techniques of balance, supporting and lifting.



CLASSES FOR STUDENTS WHO HAVE REACHED AN ELEMENTARY DANCE LEVEL

Repertoire

MUSICAL THEATRE PERFORMANCE DANCE

Musical Theatre Dance



A fusion of singing and dancing styles, Musical Performance takes you to inspirational heights. During our classes we work on techniques to improve how you move and how you sound, adding movement to create song and dance routines. We use many different styles of music to expand your repertoire! Whether you want to be the next big thing in the charts or just love singing and dancing & being on the stage, Musical Performance is the one for you.

We offer MUSICAL THEATRE PERFORMANCE CLASSES from age 11 to adult, with specialist adult only classes.

DANCE ATTIRE

BALLET

Melody Movement , First Ballet, Junior Ballet, Primary, Grade 1

Light Blue leotard and skirt, pink socks, pink ballet shoes, light blue hair band

Grade 2,3,4

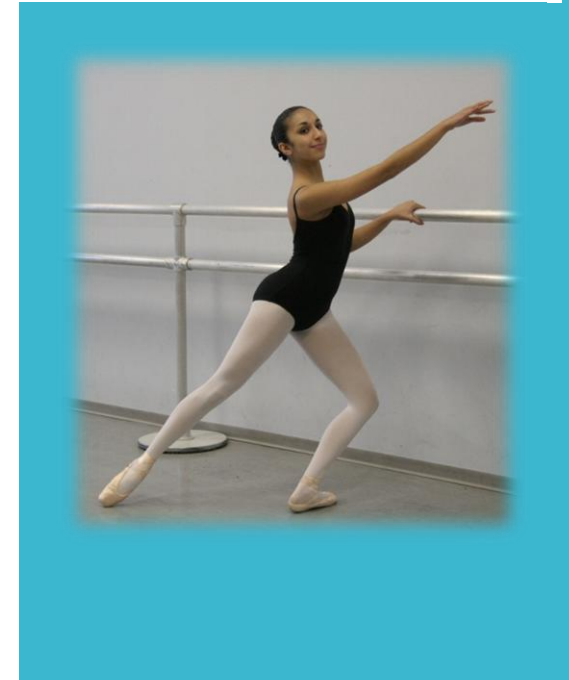
Purple leotard, tights, ballet shoes

Grade 5 and above

Black leotard, tights, ballet shoes

Boys

White T-shirt, black tights or biker pants, white socks, ballet shoes



JAZZ /CONTEMPORARY

Girls

Leotard or half top

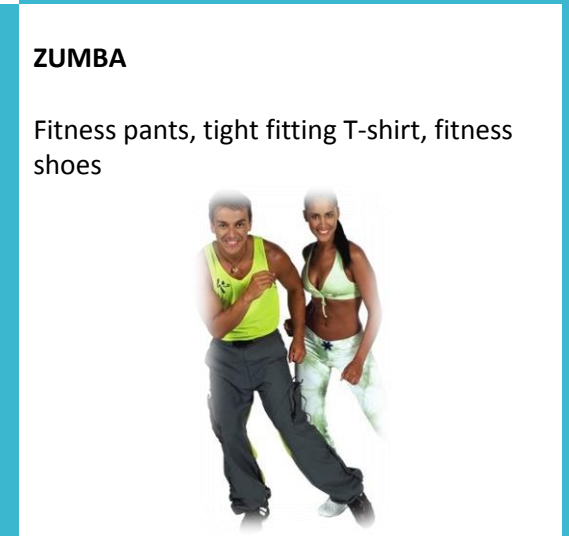
Black jazz pants, jazz shoes. Hair tied back.

For contemporary no shoes are required.

Wearing socks is recommended.

Boys

Same but with a T-shirt instead



ZUMBA

Fitness pants, tight fitting T-shirt, fitness shoes

- REGULATION WEAR AVAILABLE FROM THE DANCE STUDIO , SLIEMA ROAD, KAPPARA SAN GWANN www.dancestudiomalta.com

Try your first class FREE!

- **Contact us** for a class recommendation or to let us know which class you've selected from the current schedule. Your appointment will be confirmed by phone or email.
- **Complete** the **application form** and bring it with you to your trial class.
- **Wear all black** dance attire to your trial class: If you don't yet own dance attire, wear black fitness attire and take any trial class barefoot.
- **Arrive 5-10 minutes early** and present your completed Form at the reception desk where you will be given a trial class card.

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