

A DISTINGUISHED DANCE STUDIO

While competitive dance studios have become well-known through television fame, the Manchester School of Dance Arts deliberately focuses on technique not competing. “While many dancers may enjoy dance competitions, we find the focus on the art of dance and the discipline needed to achieve one’s personal best to be more fulfilling without the stress of competition,” says Studio Owner, Miss Cherie Manna.

One of the things that distinguishes the Manchester School of Dance Arts from other studios is the two annual productions, “Christmas Spectacular” in December and the recital – “Show Stoppers” in June. Each year, a ballet choreographed by artistic director Miss Cherie is featured in both the Christmas show and recital. This ability to transition from the classroom to the stage is key to the dancer’s experience. In fact, over the years, many of Miss Cherie’s students have received nominations and awards. This gives testimony to the fact that the skills learned at the Manchester School of Dance Arts gives students the foundation for success.

Miss Cherie Manna and her staff – Mr. Charles Lipka, Miss Kim Nelson, Miss Tielar Brown, Miss Kelly Sobol, and Miss Sarah St. John – are true professionals that provide a fun atmosphere for dancers of all abilities so that they may progress at their own rate. Their program helps dancers develop good habits and learn the art of dance, including technique and terminology. One of the main objectives of each class is to assistance students in building confidence and achieving excellence.

Another benefit to the approach of Miss Cherie and her staff is small class size. This provides each student the opportunity to be observed closely. In a smaller class, it’s difficult for students to hide and therefore risk getting left behind. Fewer students means that each student gets attention from the

teacher, and they are encouraged and coached to do their best and hone their skills. Not only do students learn more in small classes, they also learn faster. This means the class progresses through the course material more quickly. With fewer students per class, individuals can connect more closely with their peers. These connections lead to lasting friendships. In learning environments with a limited

number of students, teachers can spend more time teaching the material and can also cater to students' different learning styles and ensure that they stay engaged and



understand the material. Students and teachers at Manchester School of Dance Arts often work together one-on-one, which gives teachers the opportunity to customize instruction and guidance, and students receive their instructors' undivided attention.

Miss Cherie and her staff are dedicated to the studio families to ensure parents are kept well-informed of the progress of their dancer. The staff believes open communication and encouragement both at home and within the dance studio will promote a stronger self-worth within each child. They are strong believers that children learn by example. Therefore, they promote strong values and a sense of perseverance. The success of each dancer is the result of great teamwork between the dance studio and dance studio families.

The entire studio staff is dedicated to teaching, sharing, and encouraging a passion for the art of dance and performance. Their aim is to train and educate dancers to the highest standards so that they are encouraged to have a lifelong love for the art of Dance. Their highly skilled teachers are committed to creating a fun and safe learning environment for children and adults alike. By inspiration, determination, and discipline, Manchester School of Dance Arts aspires to provide students of all ages an opportunity to develop their gifts and talents in the following disciplines:

BALLET. The curriculum at the Manchester School of Dance Arts is based on the form and technique that is learned from the art of ballet. Having a strong ballet technique is the key to excellence in many dance forms therefore the ballet program is offered to all students. This dance form is taught using proper terminology, classical music and traditional dance steps. Each week students follow a properly structured technique class including barre, center work, strengthening exercises, stretching, turning progressions, and leaping across the floor. Students develop grace, poise, rhythm and the ability to perform with confidence.

POINTE. After several years of ballet training and upon achieving the form, strength, and alignment needed to make a successful transition into pointe work, our students have the opportunity to learn the proper technique to be able to properly rise on their toes with pointe shoes without the risk of injury.

MOVEMENT. This is the beginner ballet program designed to help the student develop coordination, rhythm, and self-discipline as they express themselves through movement. Teaching tools include scarves, tambourines, bean bags and hula hoops. Students learn to listen and follow instructions, as well as basic locomotor movements, simple dance terminology and concepts while being exposed to different types of music and rhythm.

LYRICAL. This form of dance fuses ballet, modern dance, and jazz. It requires excellent technique to perform, as the moves are often difficult and precise. Students are taught to convey the emotion of song lyrics. Intense emotional expression of the face and body are necessary to tell a story that evolves along the lines of the song to which lyrical dance is performed. Students participating in a lyrical class must also enroll in a ballet technique class.

TAP. This exciting form of dance allows dancers to use their feet like drums to create rhythmic patterns and timely beats. The focus is on the total body movement, placing emphasis on proper technique while executing the steps. Beginners start with simple steps and then progress to more intricate patterns.

JAZZ. These high energy classes offer a style that relies heavily on originality and improvisation, while focusing on classic jazz technique. Dancers have the opportunity to mix different styles into the choreography incorporating their own expression. The blend of upbeat music and dance makes this art form worthy of study.

CONTEMPORARY. For our more advanced level students, with Ballet training, Contemporary is now offered at the studio. This dance form stresses versatility and improvisation as dancers focus on floorwork, using gravity to pull them down to the floor. Many different styles of music are explored during class as Contemporary is an expressive dance that combines elements of several dance genres including Modern, Jazz, Lyrical, and Ballet. Dancers strive to connect the mind and body through fluid dance movements.

HIP-HOP. Students are taught specific body isolations which help them execute various moves such as breaking, popping, locking. Improvisation and personal interpretation are essential to hip-hop dancing.

The Manchester School of Dance Arts, located at 613 East Middle Turnpike in Manchester, emphasizes proper technique, while encouraging creative expression. It is their belief that a child's self-esteem and identity are enhanced through dance and it is their goal to promote a positive self-image. Parents can rest assured that all classes, at the Manchester School of Dance Arts, are conducted in an age appropriate, technical manner. This studio provides students with a nurturing, rewarding and productive environment.

Come experience the *art* of dance at the Manchester School of Dance Arts. Classes begin Monday, September 11. New student registration will be held at the studio, located at 613 East Middle Turnpike in Manchester, on Monday, August 21 from 4pm to 6pm, Wednesday, August 23 from 4pm to 6pm. Returning students may register by phone, August 21 through September 8. For more information please visit their website, www.manchesterdance.com