

Manchester School of Dance Arts – Celebrating 15 Years of Excellence



The Manchester School of Dance Arts makes students feel at home. They treat all their students like family. Once you get to know the parents and staff, the studio will begin to feel like your home away from home. Feeling comfortable and supported, allows dancers to focus and advance.

While competitive dance studios have become well-known through television fame, the Manchester School of Dance Arts deliberately focuses on technique rather than 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.

Miss Cherie Manna and her staff: Miss Tielar Brown, Miss Kiera Cecchini, Mr. Charles Lipka 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 rates. 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 assist students in building confidence and pursuing excellence.

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.

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

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 being left behind. Fewer students means that each individual receives attention from the teacher, and all students 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 and can also cater to students’ different learning styles, ensuring 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

For the past fifteen years, the entire studio staff has been 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. Through 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 properly rise on their toes in 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.

This year, the Manchester School of Dance Arts is happy to offer the following new classes:

DANCE WITH ME. This is a creative movement class suitable for ages 18-36 months. It is perfect for the child who needs a little more time before separating from the parent or caregiver. Parents or caregivers participate actively in the class as the children learn basic dance steps and terminology through songs, stories, and play. This class will build self-confidence and coordination. A great introduction for future dance lessons!

ADULT HIP HOP/ CARDIO. This class merges high energy, easy to follow hip hop style choreography with short, fast, explosive movements for an increased calorie burn. Fun, upbeat music fills the studio as we strengthen, stretch, and have a blast!

ADULT BALLET: BARRE, STRENGTHENING, AND STRETCH. This class is designed for adults who wish to study the art of classical ballet. Classes will consist of barre exercises that focus on proper body

alignment, fostering core and leg strength, and improving flexibility. Center work will introduce elementary footwork and focus on building strength.

ADULT TAP. An adult class offered in this popular style of dance! Distinguished by progressive footwork. Dancers develop a sense of rhythm and balance. This open level tap class is geared towards the adult with little to no dance experience, however, those with experience are also welcome!

PRE-TEEN/TEEN JAZZ AND BALLET. A new level offered in these classic forms of dance, this is perfect for the dancer who is getting a late start! Ballet and jazz technique will be taught from the basic level and built upon throughout the year. Catch up with your age group fast and build confidence in these energetic classes!

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 that 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, properly 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 10th. New student registration will be held at the studio, located at 613 East Middle Turnpike in Manchester, on Tuesday, August 21st from 5pm to 7pm and Thursday, August 23rd from 5pm to 7pm. Returning students may register by phone, August 10th through the 31st. For more information please visit their website, www.manchesterdance.com. Be sure to find the Manchester School of Dance Arts on Facebook for all upcoming events!