



## About Mersea Dance

### **Aims and Objectives**

- To encourage everyone whether young or old to become involved with dance.
- To introduce dance not only as an art form but as an exciting form of exercise.
- To give people opportunities that they have not experienced before; performing in west-end shows, taking part in competitions and learning to choreograph your own dances.
- To provide a basic break down of all the dance styles offered in order to build up a comprehensive knowledge of dance.

### **Goals**

Mersea Dance aims to create annual shows and displays for the Island as well as participate in local events in the community. In the future we also hope to take pupils to appear in national shows, events and competitions.

### **About the Principal**

Helen Key has danced since she was 4 years old and has always had the dream to provide a community-based dance group for those who wish to pursue dance as a career, a means of exercise or a hobby, irrelevant of age or ability. Helen has trained with the Association of American Dancing for the past 8 years and has been teaching dance to pupils for 3 years now. Helen specialises in dance styles such as Ballet, Tap, Modern/Jazz, Streetdance, Mime and Drama and aims to introduce classes in Breakdance, Singing and Salsa to the timetable shortly. Over the years Helen has had the opportunity to dance both at home and abroad, performing at various acclaimed theatres such as The London Palladium, Her Majestys Theatre, Blackpool Opera House and Disneyland Paris.

## **What we provide**

Mersea Dance aims to provide you with everything you need to learn, understand and enjoy dance whether it be as a hobby or a possible career. Keeping a record of steps and dances you are doing can prove helpful when looking back in months or years to come and Mersea Dance wants to provide you with a means by which you can learn outside of the studio. Handouts will be given out regularly in classes to help you practice at home and enable you to build up a portfolio of the different dance styles, these will initially be free but should you need further copies or replacements they will be charged at 10p each.

Mersea Dance also provides all the dance wear, shoes and accessories that the performer needs at lower prices than most retail dance shops. We also have the knowledge to fit dance shoes and leotards with ease, which is sometimes daunting for new students who find it hard to understand the various sizing methods of shoes, etc.

Mersea Dance will also have a new uniform range for students with branded sweatshirts, t-shirts and dance trousers being available shortly. If you would like more information then please do not hesitate to contact a member of our staff.

## **School Contact Details**

If you have any queries or questions regarding classes, dancewear, etc then please do not hesitate to get in touch via the details below or speak to a member of staff. We endeavour to meet your needs and make Mersea Dance something for all to enjoy.

### **Helen Key (Principal)**

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