

DANCE FOR LIFE ACADEMY

Latin, Ballroom, **SALSA!** & Freestyle

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Andrew De Freitas

Newsletter - April 2006

Public Holidays CLOSURE: -Reminder **Thursday students.**

1. 13 April NO Class on eve of long weekend, as per Blue registration forms.
Friday is Good Friday.
2. 27 April. *Freedom Day.*

Due to the Recreation Centre being closed on Public holidays, all Thursday students please Note your make up classes will be 6-7 Beginners & 7-8pm Intermediates, on

Tuesdays the 11, 18 OR 25th April,

which ever two slots suit you to make up your 4 lessons. The 20th of April as per normal.

If you can not attend, please let me know so alternative arrangements can be made.
Regrettably NO pro rata payments possible.

Strictly come dancing SA: *For those following the series on SABC2, two of the better couples made it into the final Michelle & Harold & Zuraida & Michael. It was a close call but inevitable the public swung in favor of the well know Radio DJ Zuraida and Michael a world Latin Dance Champion, proudly South African. Putting those facts aside, for me the true winner was Michelle, as she just oozed passion for dancing and it came through from the first series. She also got better with every series and worked really hard and stuck to the rules, not to mention Putting up with Harold's temperamental teaching. But he got the job done. Maybe I should try his approach ?*

Socials & Competitions: *these will be placed on the notice board or distributed by e mail.*

School Holidays & Easter Celebrations: *to those going away, enjoy the break and come Back safe. For those celebrating Easter, don't have too many chocolate eggs....*



Oh come on now...
Don't tell me you never
wondered where all those
Easter Eggs came from!

Happy Easter

Other items of interest: *Light of Dance Show, Dance medicine conference for all who don't know How beneficial dance can be for your health and growing old gracefully, in more ways than one. i.e. mentally as well as physically. See page 2.*

LIGHT ON DANCE



The Fiesta National Dance Company presents a complete evening of national dance and music. This vibrant group of dancers from all walks of life present a unique combination of Spanish dance with choreography to music by Bizet as well as traditional Basque dance, from the North of Spain. The Spanish style has influenced many other dance genres, and the company celebrate this with some traditional Mexican dances, Rhumbas from South America as well as a Czardas from Hungary.

Dates & Times: Wednesday 5 April 2006 – Saturday 8 April 2006 @ 8:00pm

Admission Fee: R99-00 per person

Event Duration: Approx, 1 hour 30 minutes, 20 minute interval.

Venue: Pro Musica Theatre, Roodepoort.

www.computicket.com

JOHANNESBURG DANCE MEDICINE CONFERENCE

The South African Ballet Theatre, Dance Studios, 6 – 7 May 2006

This two-day conference is directed to ALL dance teachers, dance students (14 years and up) and professional dancers, including those involved with the health-care, education and supervision of dancers. Medical professionals, health care practitioners, dance movement specialists and exercise professionals are also invited to attend.

The conference will focus on musculoskeletal problems that are unique to dance. We will look into causes, treatments as well as strategies for prevention. Presentations will include both theory and practical work so that the information can be felt and understood in the body. Attendees will be inspired to move in new ways and to incorporate new techniques into their teaching.

Two audition classes will be held during the course of the weekend to offer attending ballet students the opportunity to win a **scholarship place** at THE ROYAL BALLET SCHOOL INTERNATIONAL SUMMER SCHOOL, LONDON, JULY 2006. (Advanced 1 & 2 students only)

Conference programme and registration form available from contact details below.
(Closing date 24th April.)

Dynamic Alignment through Movement

LINDY BADENHORST

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