

## Our School

Whether just for fun, for fitness, or with career aspirations in performing, Dancin' Mates is the school for you.

We believe in quality, and we have the experience you can trust. Because of our extensive performing careers, we can share with our students that something special not found with academic teachers of dance. After all, dance is a performing art, and being performers ourselves enables us to impart to our students the proper balance between technique and performance know-how. In addition to the quality dance education of our students, we offer informative customer service and rates which outshine our competitors.

Dancing with a caring school such as ours can provide many attributes for the learner - discipline, knowledge about the body and how it works, fitness, and increased intelligence. Increased intelligence? Yes, through the constant demands of creativity and coordination dancing makes on the learner, one gets twice the mileage of his brain. Good dancing looks easy, but only those who have tried it respect how difficult it can be to make the body move gracefully. Our experience and training enables us to pass on this knowledge to our students.

Being a Performing Arts Dancing School, we encourage the art of performing by offering Annual Concerts, Syllabus Showcase, Open Weeks, an Elite Production Group, Exams & Assessments, Eisteddfods, Workshops, and other Special Events. We aim to share with you our love of dancing!

- **Class Prices start from \$10.00\***  
(Full Term Enrolment conditions apply)  
\* includes 10% GST
- **NEW** - Musical Theatre (9 yrs +)
- **NEW** - Acro (School-Aged)
- Class sizes are managed with the appropriate student/teacher ratio to ensure each student gets proper attention.
- In addition to our Annual Concerts, we also have a Production Group, a mid-year Syllabus Showcase Performance, Exams & Assessments for all styles, Eisteddfods, various Musical Theatre, Acro/Stretch Workshops, Guest Teachers, and other Special Events.
- Private Tutoring is also on offer due to the availability of teachers and studios.

Our fully equipped  
***Dancin' Mates Studios***  
are located at  
Cnr of West & Berith Sts  
(1st Floor, entrance on Berith St.)  
Umina Beach NSW 2257

For More Info, Phone:

(02) **4344 3895**

Our Internet Web Site:

<[www.dancinmates.com.au](http://www.dancinmates.com.au)>

Email: [dancinmates@gmail.com](mailto:dancinmates@gmail.com)

Facebook: [www.facebook.com/dancinmates](http://www.facebook.com/dancinmates)

# Dancin' Mates!

*Performing Arts Dancing School  
Established 1994*

for Girls & Boys  
from 2½ yrs & over

**Classical Ballet  
Jazz/Hip-Hop  
Street Tap  
Modern/Lyrical**

Annual Concerts  
Syllabus Showcase Performance  
Exams & Assessments  
Dance & Musical Theatre  
Workshops  
Acro/Stretch Workshops  
Adult Courses  
Eisteddfods  
Elite Production Group

**Umina Beach**

Proudly Serving the  
Woy Woy Peninsula  
and Surrounding Areas  
for over 30 years

## *Our Curriculum*

### **Classical Ballet** - (from 3 yrs & over)

- Based on the RAD Grades syllabus balanced with Russian performance qualities
- Our Ballet students work to achieve grace, elegance, poise & character. Classes incorporate discipline, ENJOYMENT and performing
- Classes consist of Technique (exercises which develop proper body alignment and the correct training of muscle groups), and Choreography (putting together steps and dances which apply all learned technique).

### **Jazz & Hip-Hop** - (from 3 yrs & over)

- An energetic and flashy dance style using body isolations and varied rhythmic accents danced to the popular music
- Jazz students work to achieve strength and flexibility with poise and a keen sense of coordination
- Classes consist of a Warm-up (breathing & stretching), Technique (learning dance moves with proper body alignment), and Choreography (putting together dances).

### **Tap** - (from 3 yrs & over)

- A 'Hoofin' styled vocabulary of rhythmic sound movement danced mostly with the feet and legs.
- Tap students work to achieve knowledge of rhythm and musicality and a keen sense of balance with quick weight changes
- Classes consist of a thorough Warm-up (breathing with balance, foot & ankle exercises), Technique (learning tap steps & their many rhythms), and Choreography (putting together dances).

### **Modern & Lyrical** - (from 8 yrs & over)

- A style focusing on the expressive powers of movement through time and space.
- Classes consist of Technique (learning vocabulary of modern movements) in both Contemporary & Expressive phases, Choreography (putting together phrases with changes in time & space), and Improvisation (creating individual movement).

## *The Principals*

**ROBERT RUSSELL IV**, born in the USA, has trained extensively in New York, Los Angeles and London. His illustrious performance career includes the roles of Will Parker in the musical Oklahoma, Baby John in West Side Story, & Tumblebrutus in the musical Cats. Residing in Vienna, Austria for over 5 years, he has danced at Theater an der Wien in the famous Viennese musical, Elisabeth, performed in La Cage Aux Folles at the Wiener Volksoper, danced in the Austrian-TV production of A Touch of Broadway, starred in The Best of Musicals at the United Nations, and has worked as a free-lance performer & dance teacher. Robert has been a guest dancer, teacher, and choreographer for the La Ronda International Summer School and Ballet Company in England, a soloist with the Vienna Festival Ballet's European Tour of Swan Lake and The Nutcracker, and has danced with the Joffrey Ballet's Los Angeles production of Romeo & Juliet. Being a classically-trained singer, he has combined his dancing and singing efforts with the Cleveland Opera in The Merry Widow and Lucia di Lammermoor, and has also frequented the sets of movies, commercials, and industrials throughout his career. Robert specializes in Tap, Jazz, and Musical Theater Repertoire, and has taught master classes & workshops in the USA, Europe, and Australia. He has adjudicated many dance Eisteddfods and Competitions throughout Australia, applying his American Competition expertise. Robert has a Bachelor of Fine Arts in Dance from the University of Akron in the US.

### **BRONWYN CAREY-RUSSELL**,

born in Sydney, is a Diploma Graduate of The Australian Ballet School. She embarked upon her successful career at the age of 5 years, showing her virtuosity throughout her dancing youth by winning many Classical, Musical Comedy, and Folklore Dancing Awards, during which time she was also completing the Royal Academy of Dancing Classical Ballet Examinations, starring in TV commercials, and working on various movie sets. Bronwyn's first professional contract was at the age of 14 with The Australian Opera Company at the Sydney Opera House, where she also performed with the Australian Ballet Company, Christmas at the Opera House, and the National Folkloric Festival. In Melbourne, Bronwyn performed once again in an Australian Ballet Company season at the Victorian State Theater and then toured Australia with The Dancers Company.

At the age of 19 she ventured to Europe, which became home for over 9 years. She danced with Alex Roy's London Ballet Theatre, was a soloist with the Vienna Festival Ballet, was a principal with the La Ronda Summer Company in England, and made her Musical Theatre debut with The Phantom of the Opera at the famous Theater an der Wien & the Raimund Theatre in Vienna, Austria. Her extensive classical repertoire includes The Nutcracker, Swan Lake, Giselle, Graduation Ball, Falstaff, Les Sylphides, Coppelia, Cinderella, Pineapple Poll, Le Coirsare, Don Quixote, and Balanchine's Serenade.

Bronwyn has furthered her studies with training in New York, London, Vienna, and Stuttgart, specializing in Classical Ballet and Ballet Repertoire. She has taught master classes and workshops in the USA, Europe, and Australia, and adjudicates many dance Eisteddfods and Competitions throughout Australia. She returned to Australia to share her experience and her love of dancing.