

# Marina Saldanha Dance Academy

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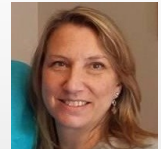
## MARCH 2016 NEWSLETTER



Hello and welcome to our 'new look' Newsletter, we hope you like it. We will be sharing news, stories, student success and anything dance related in our future newsletters. We will issue our newsletters twice a term so if you have anything that you wish to be included then please email [mary.hawkinshodge@gmail.com](mailto:mary.hawkinshodge@gmail.com)

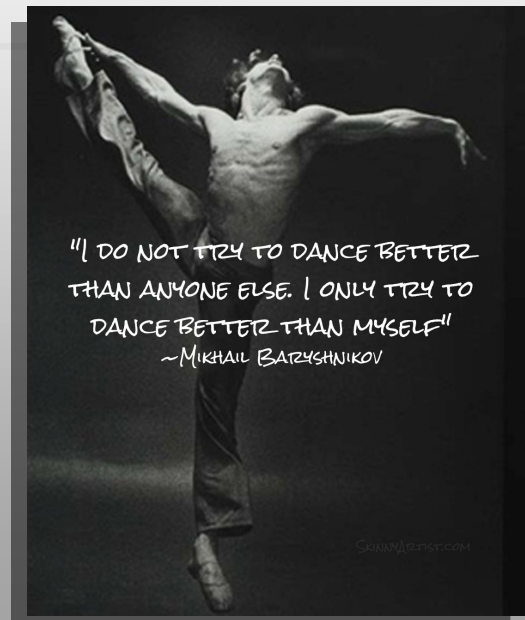
It has been a very busy start to 2016. Well done to all our students who took part in Exeter Dance Festival and Highbridge Dance Festival and to all who have taken their Modern and Tap Exams... hopefully we won't wait too long for the results!

*Marina x*



### Important Dates for your Diary

|                      |  |
|----------------------|--|
| Saturday 12th March  | 2—3pm Junior Ballet Group<br>4—5pm Senior Ballet Group |
| Saturday 19th March  | Junior Ballet & Senior Ballet Groups                   |
| Wednesday 24th March | Last Day of Spring Term                                |
| 31st March—7th April | Paignton Dance Festival                                |
| Monday 11th April    | First Day of Summer Term                               |
| 23rd—24th April      | Bugle Dance Festival                                   |

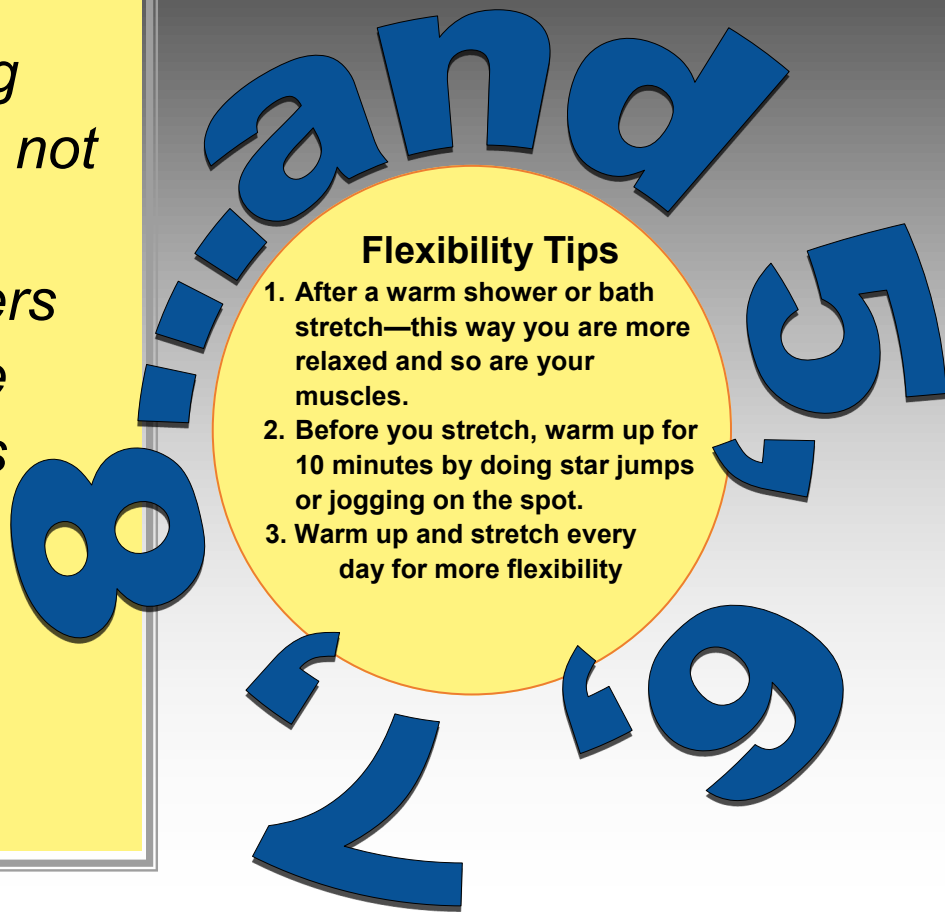


# NEW TIMETABLE FROM MONDAY 11TH APRIL 2016

| Studio 1 | Monday                  | Tuesday | Wednesday          | Thursday            | Friday                  | Saturday            |
|----------|-------------------------|---------|--------------------|---------------------|-------------------------|---------------------|
|          |                         | 11am    | Baby Ballet        |                     |                         | 9am                 |
| 4.00pm   | G2 Ballet               | 4.00pm  | Pre Pri Ballet     | Baby Ballet         | G2 Ballet               | Pri Tap / G1 Modern |
| 4.45pm   | G4 Ballet               | 4.45pm  | Musical Theatre    | G3 Ballet           | G2 Tap                  | Pri Ballet          |
| 5.30pm   | Pas de Deux / Pointe    | 5.45pm  | Bronze Jazz        | G3 Tap              | Stretch / Conditioning  | G1 Ballet           |
| 6.15pm   | Inter Foundation Ballet | 6.30pm  | Silver / Gold Jazz | G4 Ballet           | Inter Foundation Ballet | G1 Tap / G2 Modern  |
| 7.15pm   | Intermediate Ballet     | 7.30pm  | Adult Ballet       | Intermediate Ballet | Beginners Pointe        | Break               |
| 8.15     | Finish                  | 8.30pm  | Finish             | Finish              | Finish                  | Groups              |

| Studio 2 | Monday         | Tuesday | Wednesday       | Thursday             | Friday          | Saturday |
|----------|----------------|---------|-----------------|----------------------|-----------------|----------|
| 4.00pm   | Junior Lyrical | 4.00pm  | Private Lessons | Mini Acro Arts       | Private Lessons |          |
| 4.45pm   | G3 Modern      |         |                 | Junior Acro Arts     |                 | 11.30am  |
| 5.30pm   | G4 Modern      |         |                 | Senior Acro Arts     |                 | 12.30pm  |
| 6.15pm   | Stretch        |         |                 | G4 Tap               |                 | 1.45pm   |
| 7.00pm   | Break          |         |                 | Break                |                 | 2.00pm   |
| 7.15pm   | G5 Modern      |         |                 | Lyrical Contemporary |                 | 2.45pm   |
| 8.15     | G6 Modern      |         |                 | Finish               |                 | 3.30pm   |
|          |                |         |                 |                      |                 | Groups   |

*“ I love dancing at MSDA because not only do I have the best dance teachers but I also have the best dance friends anyone could ask for! ”*



**Flexibility Tips**

1. After a warm shower or bath stretch—this way you are more relaxed and so are your muscles.
2. Before you stretch, warm up for 10 minutes by doing star jumps or jogging on the spot.
3. Warm up and stretch every day for more flexibility

**MSDA GALLERY**



**Some of our students during their tap and modern exams**

*If you would like to include any pictures in the next issue of the newsletter then please email them to [mary.hawkinshodge@gmail.com](mailto:mary.hawkinshodge@gmail.com)*



**FRAME IT MOMENT**