



WELCOME TO

MZANSI BALLET SCHOOL



Parent & Student Programme Guide



WHY BALLET?

Ballet is the epitome of fun and functionality, setting children up for success all throughout their lives:

DISCIPLINE & RESILIENCE

Children learn that getting something wrong is part of getting it right and that progress comes from patience, practice, and perseverance.

STRENGTH

Strength, coordination, balance, flexibility, and body awareness develop alongside technique.

EXPRESSION

Music, movement, and performance give children a unique way to communicate and create.

CONFIDENCE

On and off the stage. Standing on a stage, learning something difficult and performing in front of others can change the way a child sees themselves.

RESPECT

For themselves and others.

And perhaps most importantly...

Ballet gives a child a place to discover what they are capable of.

WHY MZANSI BALLET SCHOOL?

Because where your child learns matters



A Method With Purpose

Our training is rooted in the **Cuban Methodology**, developing disciplined, technically advanced, and artistically expressive dancers. Classes are taught by qualified teachers and professional and former professional dancers bringing industry knowledge, expert technique and first-hand insight into every class.



Let Their Potential Take the Lead

Your child's training follows a structured progression, whether ballet remains a joyful part of their childhood or grows into something more.



Opportunities to Shine

Training comes to life when dancers get to use it. Through performances, examinations, competitions and other opportunities, such as our Junior Company, students can experience the excitement of putting their training into practice and discovering what they can do beyond the studio. Students get opportunities to dance on stage and occasionally internationally, too!

ROOM TO DREAM BIG



Our students experience something truly special: the opportunity to train alongside professional dancers, share the same spaces, and perform in professional productions. This kind of direct exposure is rare, even internationally.

At Mzansi Ballet School, we have three major pathways for your dancer:

Vocational

For dancers who want to take their training to the next level. There is a pathway designed to challenge their potential and develop their talent.

Recreational

For dancers who simply love to dance.

Junior Company

For dancers who want to experience the magic of being part of a company.

WELCOME TO: MBS VOCATIONAL PROGRAMME



Every dancer begins with a love of movement. For some young dancers, that love grows into a desire to learn more, work harder, and discover just how far they can take their talent. The MBS Vocational Programme is designed for these young dancers.

Our Vocational Programme follows the **Cuban Methodology** and provides a clearly **structured** pathway for students who show the potential, enthusiasm, and commitment to develop their ballet training at a more **serious level**.

- ✓ Well-rounded dancers
- ✓ Understand their bodies
- ✓ Respect the discipline of training
- ✓ Appreciate the art form
- ✓ Equipped to pursue opportunities

Thus, students are expected to work consistently, attend regularly, respond positively to correction, and gradually take greater responsibility for their own development as dancers.

A Partnership with Families

A successful vocational dancer does not develop in isolation. Parents and guardians play an important role in a young dancer's journey by providing the practical and emotional support that allows the dancer to participate consistently and make the most of their training.

Where the Journey can Lead

The Vocational Programme creates a foundation for dancers who may wish to explore a variety of opportunities as they grow, including performances, competitions, further dance training, and, for those who ultimately choose that path, professional opportunities.



WELCOME TO: MBS RECREATIONAL SCHOOL



Not every child dreams of becoming a professional dancer. Some want to try something new, make friends and move to the beat of their heart.

- ✓ Strong technique
- ✓ Develop coordination and strength
- ✓ Explore musicality and movement
- ✓ Build confidence
- ✓ Opportunities to celebrate their success

The MBS Recreational Programme gives children the opportunity to experience the **joy** and **benefits** of ballet in a **welcoming, supportive** environment, without the level of commitment required by our Vocational Programme.

And Who Knows Where it May Lead?

For some children, recreational ballet will simply remain something they love doing every week. For others, their confidence and ability may grow until they decide they want to explore more intensive training.

At Mzansi Ballet School, we simply want everyone to have the opportunity to discover the magic of ballet.

WELCOME TO: MZANSI BALLET JUNIOR COMPANY

The Junior Company gives dancers the opportunity to experience the world of company life through regular Saturday training and rehearsals, culminating in an annual full-scale production. This compliments a dancer's existing ballet training.



Unlike our Vocational and Recreational programmes, the Junior Company is **open** to dancers from any dance school or studio. Whether your dancer trains at Mzansi Ballet School, another local studio or even lives in another province, they can audition for a place in the Junior Company.

Dancers experience the **excitement** of rehearsals, costumes, choreography, backstage preparation and finally stepping into the lights as part of a company. For many young dancers, it becomes one of the **highlights** of their dance year.

Wait... for Who?

The Junior Company welcomes dancers from **all studios** and dance backgrounds, provided they meet the requirements of the audition. We are proud to have dancers travel from other provinces to be part of the company, creating an exciting environment where young dancers can meet, train and perform alongside dancers from different schools and communities.



Which Pathway is Best for my Dancer?

	Vocational School	Recreational School	Junior Company
Best suited to	The committed young dancer who wants to see how far their ballet can go.	The child who loves ballet and wants it to be part of their childhood.	Dancers who love performing and want to experience company life, regardless of which studio they train at.
Entry	Audition/placement	Open enrolment, subject to age and class availability.	Audition
Training frequency	3 classes during the week as well as classes and Junior Company rehearsal on a Saturday.	1 or 2 classes per week	Saturdays for class and rehearsals.
Training intensity	Higher and progressively increasing.	Moderate and age-appropriate.	Performance-focused, with increased rehearsal demands as the annual production approaches.
Curriculum	Full prescribed Cuban Methodology vocational syllabus.	Adapted recreational Cuban Methodology programme.	Company classes, choreography, and production preparation.
Formal examinations	Yes. A full examination is completed halfway through the year.	Yes. Halfway through the year, a 'half-exam' is assessed to track the dancers' progress.	None
Competition pathway	Yes. All students are encouraged to enter into competitions, including the South African International Ballet Competition, as long as it is discussed with the teacher.	Selected dancers may enter, or by request. Private coaching can be booked with any of our teachers for choreography and to prepare for competitions at an additional fee.	None
Class fees	R2800.00 per child per month for all available classes and coaching.	R500.00 per child per month for 1 class a week OR R850.00 per child per month for 2 classes a week.	R850 per child per month for weekly classes and rehearsals taking place on a Saturday.

FAQs

Does my child need previous ballet experience?

Beginners are welcome in our Recreational School, while entry into the Vocational Programme and Junior Company is determined through audition and placement.

Can my child be in the Junior Company and another ballet programme?

Yes.

The Junior Company is designed to complement a dancer's existing training.

What age can my child start ballet?

There are recreational classes available for dancers 3 years+ while vocational starts at age 6-8 years.

Are there additional costs?

Yes.

Highly dependent on chosen programme, other costs include class attire, ballet shoes, exam fees (kept to a minimum), and competition entrance fees.

Can my child move from Recreational to Vocational?

Yes.

A dancer's pathway can change as they grow and develop.

Are competitions compulsory?

No.

Competition participation is an opportunity rather than a requirement.

Can my child have a trial class?

Absolutely!

Please contact the MBS administrator to book a trial class for the recreational school.

Does passing an examination automatically mean my child moves up a level?

Not necessarily.

Progression considers the dancer's overall development, technical readiness, understanding and ability to manage the demands of the next level, rather than relying on a single result alone.