



Full-Time Training

Dance Arts is a dynamic full-time transitional course in commercial, contemporary and modern dance alongside specialty act development within the cirque industry.

Students work to become strong, versatile performers whilst being supported to unlock their unique gifts as an artist.

Introduction

Welcome to our Full-Time Course in Dance Arts, a comprehensive and dynamic programme designed for aspiring performers who seek to excel in multiple facets of the performing arts industry.

This ground-breaking course offers an intensive curriculum over two years that not only hones your skills in a variety of dance techniques but also expands your knowledge and repertoire with additional training in a wide range of specialty genres and disciplines.

Our programme is crafted to provide a holistic education in the performing arts, ensuring that students are not only technically proficient but also versatile and expressive artists.

Through a blend of rigorous technique classes, creative workshops and performance opportunities, and personalised coaching, you will develop the strength, flexibility, and artistic sensitivity necessary to thrive in today's performance landscape.

Students will benefit from the guidance of experienced instructors and industry professionals who bring a wealth of knowledge and expertise to the classroom. Whether you are mastering contemporary dance, exploring aerial apparatus, perfecting the balance and strength provided for adagio, or enhancing your vocal performance, this course offers a rich, supportive environment for growth and discovery.

Join us in this immersive journey where passion meets discipline, and creativity is nurtured at every step. Prepare to push your boundaries, explore new heights, and transform your potential into artistic excellence.



*Passion to career
right here*





Student Prerequisite

Students are accepted into our Full-Time course by audition or invitation only.

Step One : Email us at fulltime@silhouette.nz and we will send you an application form

Step Two : Email us a video of you demonstrating some technique and some choreography.

Step Three : If we feel we can provide something for you within our course then you will be advised within one week and we will set up a meeting in person or via zoom to chat through the options.

Students will only be able to start the following year if they meet the below criteria :

- Training in dance/movement prior to auditioning
- Completed NCEA Level One
- Minimum 15yrs of age as of the course start date
- Honest, hard working and positive outlook
- Physical fitness letter from GP to ensure the applicant can handle the physical demands of the course (if required)
- Recommendation letter from previous coach or tutor/tutors (if required)
- Personal statement outlining the applicant's goals, passion and reason for pursuing the course

We believe it is essential for students to be both physically and emotionally prepared for full-time training. Our priority is to ensure the wellbeing and success of all students who participate in Dance Arts NZ.

Learning Objectives

Training Proficiency

Develop a strong foundation of classical, contemporary and commercial technique whilst studying a wide variety of other specialty genres including Latin American, Apparatus, Partnering/Adagio, Tap, Vocals, Acting, Showgirl/Showboy work, Heels work, Musical Theatre, Hip-Hop and Vintage Styles.

Alongside this, the students will also develop skills in cinematic creation, stage and production, choreography, videography and photography, improvisation, showreel and CV development.

Artistic Expression

Cultivate creativity and artistic expression through movement, choreography and performance in a supportive and encouraging environment.

Physical Conditioning

Enhance strength, flexibility, and stamina to support dance practice and performance and overall mental health and wellbeing.

Performance Skills

Develop stage presence, confidence, and professionalism for live performances and auditions to a high degree with a natural and warm poise.

Critical Analysis

Learn to critique and analyse dance performances and choreography both individually and collaboratively.

History and Theory

Explore the history, theory, and cultural context of dance as an art form.

Collaboration and Ensemble Work

Foster teamwork and collaboration through ensemble rehearsals and group projects.

Self-Reflection and Improvement

Cultivate self-awareness and the ability to reflect on one's own strengths and areas of growth as a dancer. We aim to foster personal growth, resilience and lifelong learning habits through dance education.

Career Preparation

Gain practical skills and knowledge to pursue a career in dance, including audition techniques, résumé building, and networking.



*Specialty Act
Development*



Course Modules | Foundations

Contemporary Technique	At Dance Arts we recognise the shift in the industry where genres are dividing. Within the contemporary field our students will study everything from organic and earthy contemporary work to the more modern commercial contemporary styles. Methods such as the Graham, Horton and Cunningham techniques will be taught throughout the course alongside contact / non-contact improvisation, muscle and bone, flying low and counterwork.
Commercial Technique	Working through the techniques of Jazz, Lyrical, Hip-hop, Latin American, Jazz Funk, Commercial contemporary, Dancehall, Heels work, Voguing, Waacking, Cabaret and Musical theatre, students will gain full exposure to the commercial world of dance, setting them up to become versatile and employable artists.
Classical Technique	Considered the most important core foundation of any dancer training. Classical training consists of barre work, centre work, repertoire, pas de deux, PBT and floor barre. Throughout the course students will move through between traditional and neo classical classes to pop ballet classes, keeping them engaged.
Cirque Technique	Covering conditioning and performance work in silks, lyra, trapeze, rope, adagio, acro and hand balance.
Conditioning & Fitness	Build strength, flexibility, agility, balance and breath work through pilates, yoga and weighted work. Sessions will work between our venue and the local swimming pool and CityFitness gym.

Course Modules | Specialty Genres

Adagio / Partnering	We take pride in our extensive knowledge of Adagio and Partnering work. Students will work through a syllabus of low, medium and high lifts, spinning work, acro-balance, hand to hand and choreographic transitions, working each element together to create graceful combinations full of emotion and grace. Swimming pool adagio sessions may also be used to assist the learning process.
Apparatus / Acrobatics	Training performers that bring elements of dance, apparatus and acrobatics together to create seamless movement that is captivating for audiences. Using themes or storylines to convey meaning or narrative during a performance.
Ballroom / Latin	Becoming more popular in the commercial dance industry, we believe the techniques and movement of Ballroom and Latin American dance to be essential for the modern dancer with particular importance in Showgirl/Showboy work. From the graceful Waltz and Rumba, to the energetic Quickstep and Jive, we aim to expand our dancers' knowledge and versatility in this area.



Course Modules | Focus Blocks

Chorus Dance	Training dancers in the techniques of ShowGirl & ShowBoy dancing.
Heel Work	Focusing on a range of heel genres including Cabaret, Commercial and Latin.
Vintage Styles	Expanding a dancers' skills to include styles such as Cancan, Charleston, Lindy Hop, Swing, Mime and Fosse.
Musical Theatre	Studying a variety of dance repertoire from musicals.
Hip-hop	Exploring contrasting Hip-hop styles and fusions.
Tap / Rhythms	Working to enhance a students' knowledge of Tap.
Vocals / Acting	Supporting students to become more confident with singing and acting through musical theatre, pop, classical and a capella training.
Cinematic Creation	Bringing stories to life through movement, music and technology. Learning about performer translation through photography and videography work.
Costume Design	Learning to create basic costumes from design to completion.
History / Theory	Studying history in the areas of dance, vocals and acting.
Career Management	Support and training around managing your own business, brand and career.
Teaching	Teacher training on safe coaching practices and methods of instructing classes.
Nutrition / Anatomy	Studying food, body and the relationship between the two through practical and theory study.
Mental Health / Wellbeing	The mental health of our students is paramount. They will learn about different ways to help manage this as they move through their career.
Tech / Stage / Production	Learning basic use of lighting, sound and media equipment.
Choreography / Improvisation	Developing artists to find their own unique way of moving and creating so we produce performers who are confident with their own brand.
CV / Showreel	Supporting students to create their CV and showreel ready for employment.

*Master a range
of skills*



Performance Opportunities

Cabaret Floorshow (through Silhouette Pro)

A full-scale event featuring dancers, vocalists, aerialists and musicians. Our students will collaborate with professional artists to present an exceptional showcase of vintage, musical theatre and modern pieces. Guests are seated at round tables with charcuterie platters to mimic a corporate event setting.

Graduation Showcase

Theatre venue performance featuring contemporary and commercial dance works.

Student Produced Show

A presentation run by our students presenting their own creative projects.

Affiliated Dance Schools

There are a number of affiliated dance schools in the area that students are welcome to be a part of for evening classes. These dance schools have chosen to support the course and have worked with us to ensure minimal clashes.

This creates another avenue of support around our students.

Work Experience

Corporate Events

Gain on-the-job work experience collaborating with professionals within the entertainment industry through various functions and events.

Sports Games & Outdoor Events

Grab an opportunity to perform to large crowds.

Teaching Work

Apply for paid teaching work at local dance schools in Christchurch with the support of our staff.

Social Events

Our students can look forward to a range of fun events scheduled throughout the year, These help with team bonding and promoting a healthy work-life balance.

Weekly Timetable

We want to support our dancers to keep a healthy work-life balance as career longevity is our goal at Dance Arts.

Our training weeks will run from Monday to Thursday 9.00am until 3.00pm during school term time with the option of joining in for Fridays along with our preparatory course students.

This four-day training week gives flexibility to our students if they ...

- Wish to work a full day on Fridays for income
- Are from out of town and want to travel back home for a longer weekend
- Take a part-time course at university and want to use the Friday for a full study day to catch up on lectures
- Stay in school via correspondence and need to use the Friday for catching up on school work

Our course will finish at 3.00pm after which time students may choose to work an afternoon job or attend after-school classes at one of the local dance schools in the area.

We are working closely with the dance schools who are supporting the Dance Arts course. If you choose to train at one of these affiliated dance schools then clashes are less likely to occur, should you decide to perform in their shows.

Students will need to decide whether they can manage full-time and extra classes/commitments but we see it as a positive move so that they have extra support systems.

A detailed structure of our timetable will be emailed to auditionees in September.

Assessments | Gradings

In order to pass each year of the Dance Arts course, students will be required to complete a curriculum of set tasks. These tasks will consist of practical and theory and will include the below methods :

- Written work
- Research projects
- Reflective and observation journals
- Practical presentation of work
- Dance critique, both written and oral
- Teaching assignments
- Choreographic tasks
- Performance evaluations of their show work

As we are limiting numbers, students who do not have a good attendance and participation rate may risk having their place withdrawn.

*A variety
of showcases*



Fees, Certification and Ongoing Support

Course Fees

General Tuition Fees	Covers weekly classes and all additional rehearsals.	\$2,000.00 per term
Gym Membership (CityFitness)	Offers students 24/7 access to Burnside CityFitness.	\$6.99 per week
Course Uniform Fee	A team uniform will be required for any off-site events.	\$150.00
Costume Hire Fees	Costumes used during rehearsals and showcases.	\$25.00 per costume
International Guest Workshops	When required ... a small fee to supplement the expense of flying these tutors over to New Zealand	-
Course Materials	When required...a small fee to cover additional training requirements such as stationery, videos and specialty dancewear.	-
Social Events	When required ... a small fee to cover entry fees, food and drink etc	

Scholarships

We have a range of different scholarships on offer. These will be decided once we have completed all auditions.

Certification

Students will receive a Certificate in Dance Arts upon completion of our two-year course, recognizing their training and achievement across a range of performing arts disciplines. These certificates are presented at our annual graduation event. Students who choose to leave after one year may be awarded a Transition Graduation status as they move into further training or study elsewhere. Pro-Release Graduation may also be offered to selected students who demonstrate readiness to step into professional performance work.

Transition to Work

After graduating, our staff will continue to support and offer our students assistance when applying for jobs, seeking further training or registering with a talent agency. You can rest assured that we do not drop our support once they graduate, and will continue to check in as required until they are comfortably on their way in the industry or have decided on a new pathway.

Facilities and Resources

Base Venue

Our course runs out of the Silhouette Studios complex at 6 Sheffield Crescent, Burnside, Christchurch. This fantastic 1200sqm facility includes five dance studio spaces with a dedicated acro/cirque room, a 150-seat transitional black box theatre and a variety of study, music and singing classrooms.

Gym

Burnside CityFitness gym is a two-minute walk away. We require all our students to have a gym membership and our qualified trainers will show them how to safely use the equipment with a focus on gearing training towards their dance work.

Swimming Pool

Jellie Park Aqualand is a five-minute drive from our venue. Pool sessions are an essential part of our training method. We use the pool for fitness and resistance training easing a dancer's joints. We also may use the pool when training some partnering and adagio work to offer safe landings.

Wifi

Wifi is available throughout our buildings for the students to use.

Christchurch Airport and Bus Routes

We are a five-minute drive to the airport and have a bus stop directly outside our venue. A regular bus route comes straight from the metro exchange in town to our studios, making it easy for students who live in far suburbs.

Food

We have a variety of food options within walking distance or a short drive away.





*Fusion of the
artforms*

Founders | Directors

Husband and wife, Lei'ataua and Kate Limuloa have had an exciting career in the corporate events industry after placing runner-up on *New Zealand's Got Talent* 2013. They specialise in Adagio dance under the stage name 'Silhouette' and have worked with Celebrity Speakers, Electric Swing Circus (uk), Epic Entertainment, Gold Events and many other well established companies. They are known for their captivating stage presence and contrast of strength and grace.

Prior to their successful duo career, Kate enjoyed performing as a solo artist through a variety of entertainment and dance companies within New Zealand and Australia. A highlight for her was landing a job with the Royal New Zealand Ballet for their season of *Giselle* in 2005 as a member of the Corps de Ballet. Kate was also a founding member of the entertainment companies, Chant et Danse and Epic Entertainment, as well as being a cast dancer in a number of local Christchurch musicals.

Kate originally began as a figure skater before moving into dance under the instruction of Ann Judson and Sandra Gray. Her training consisted of an exciting blend of Commercial, Classical and Contemporary genres. Kate also found a love and passion for studying a variety of rare disciplines such as Latin American, Mime, Vintage work, Aerials and Adagio.

Kate then moved into full-time classical training under Sherilyn Kennedy and Carl Myers at the International Ballet Academy before launching her professional career which consisted of everything from large crowd events to countless intimate cabaret dinners. Her experience in professional performance work is very impressive and she is well known for her graceful movement and unique storytelling skills.

Lei'ataua grew up in the sports scene through school. He went on to develop his love of Rugby playing for Oamaru Old Boys, North Otago and the NZ Heartland XV before moving into stage work and training in Adagio with his wife.

Lei'ataua and Kate now enjoy family life in Christchurch with their four children as they manage their own dance school 'Silhouette Studios' and focus on training up the next generation of performers. Their love of developing dancers, especially males, is clear when you see the work they have produced and now they are very excited to begin the next chapter of their career, collaborating with other professionals to run the Dance Arts NZ programme.



Faculty | Creative Team

CORE CREATIVE TEAM

Dance Arts are proud to have a full South Island based core team. The majority of these tutors will teach multiple genres throughout the year whilst being named as a head of each department. We still have more of our team to confirm over the next month so keep an eye out for information on our social media.

Dance Arts NZ Directors	Lei'ataua and Kate Limuloa
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Creative Team Genre Specialists	Courtney Pearce	Contemporary Genres
	Kate Limuloa	Commercial Genres
	Loren Kitto	Hip hop Genres
	Kirsty Allpress	Musical Theatre Genres
	Michael & Sharan Phillips	Ballroom & Latin American
	Sarah Jane Harford	Apparatus Acrobatics
	Sophie Wise	Health & Fitness
	Nicole Hannen	Music Vocals
	Patrick & Rebecca Willis	Media

GUEST TUTOR TEAM

Students will be excited to work regularly throughout the year with many inspiring national and international guest tutors. Each will bring a unique flavor with them and focus on technique, open class work or choreography.

Our guest tutors will work on pieces ready for our graduation showcase and other exciting projects.

*Thrive under
supportive tutors*



Student Support Services

We are committed to helping make the transition from part-time to full-time as smooth as possible, especially for those who are travelling from afar, so we have set up a support parent who will ensure students are well cared for while training away from home.

We can offer assistance with engaging with and setting up homestay families.

Student Support	Kathy Caughey	Available to assist our students with ensuring they have safe accommodation, transport, food, study, budgeting and work outside of the studio. We also support their mental health with mentoring sessions
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Partners | Affiliated Businesses

A massive thank you to these dance schools and businesses who are supporting this course, working alongside us and putting student development as a top priority. This is only a handful of who is confirmed, keep an eye out on social media for more to be finalised.

Silhouette NZ
Silhouette Pro
NC Aerial Arts
Ballare Dance
Inspired Dance Photography
Morton Trio





Contact

6 Sheffield Crescent
Burnside
Christchurch 8053
NEW ZEALAND

fulltime@silhouette.nz
027 355 2153

Applications

Please email us if you are interested in applying for either our prep-programme or full-time course and we will be in touch to discuss the details with you.

