



MEDIA KIT

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Introducing St. John's Dance Academy

St. John's Dance Academy (SJDA) was founded by Melissa Bartlett in 2018 with the goal to bring the standards of classic dance instruction to more students in Northeast Florida.

This includes introducing a beginning dance program with classes designed for ages three years and up.

The academy is the only Northeast Florida studio offering Revolutionary Principles of Movement, helping dancers learn dynamic tension, counter resistance, counter force and release, and how to use their control zones to tap into kinetic energy that exists around them.

This energy is important to leaping and landing effortlessly (and safe) using exercise to create healthy muscles and bones. SJDA offers classes in convenient locations at times that fit busy family schedules. Private lessons are also available.

St. John's Dance Academy

3555 US Highway 17., Suite 4
Fleming Island, FL 32203

904.716.9055 • www.stjohnsdanceacademy.com

Services (What we do)

Lil' Steps. (Pre-Ballet) ages 3 – 4

A thirty-minute class for 16 students, building coordination, rhythm, balance, discipline, teamwork and listening skills.

Blue Jays. (Beginning Ballet/Tap), ages 5-6

Introduction to the fundamentals of ballet and tap. Students will learn proper placement of the body, terminology, rhythm/musicality, technique, teamwork, listening skills and discipline.

Cardinals. (Level 2 and Intermediate Tap), ages 7-9

Builds on the fundamentals of ballet and tap technique. Students will continue to learn proper placement, terminology, rhythm/musicality, teamwork and discipline.

Ballet Level III and Pointe I, ages 9-11

Emphasis is on barre work and center with proper alignment of the body. Students are focusing on technique to gain more mobility, strength in legs and feet, proper placement of the arms with the upper body. Foot Fundamentals is also offered upon instructor's recommendation. Pointe work can be started if Foot Fundamentals has been completed and the student was evaluated by the instructor.

Ballet Level IV and Pointe II, ages 11-14 with faculty placement only

Barre work and center work will be at level. Students will start to develop higher extensions, multiple turns, higher jumps and more complicated combinations. More performance opportunities offered. YAGP is recommended.

Ballet V, ages 12-18 with faculty placement only

This is the most advanced level for students. Students are working towards college or companies. They will continue to improve all aspects of ballet/dance and possible TA positions. More performance opportunities offered. YAGP is recommended.

Tap and Ballet for Boys, NO AGE LIMIT.

Introduction to the fundamentals of ballet and tap. Students will learn proper placement of the body, terminology, rhythm/musicality, technique, teamwork, listening skills and discipline. This class is geared for the sports minded student or dance minded student.

Foot Fundamentals, ages 9-14

Prepares the foot and body for pointe. Each exercise is built to ensure proper alignment of the body and strength to start pointe.

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Beginning/Intermediate Modern, ages 8-18

Class uses Horton Technique-modern dance based on Native American dances, anatomical studies and other movement influences. Curriculum includes flat backs and lateral stretches, tilt lines and lunges and incorporates lyrical, circular movements focusing on stretch in opposite directions.

Composition/Improvisation, ages 8-18

Students will learn how to put steps together to form phrases that will be created into a piece of dance with music.

Pilates Mat, all ages

Series of exercises based on Joseph Pilates philosophy/technique. Each exercise is focused on having a neutral spine posture, strengthening the core muscle groups and using breath patterns to ensure proper muscles are activating correctly.

Adult Ballet Barre, ages 18 and up

Class is based on beginning elements of ballet at the barre, focusing on proper alignment of the body, terminology, activating the right muscle groups and creating a positive environment to learn ballet barre.

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Management Team (Who's available for interviews)

Melissa Bartlett, Owner

Founding the company in 2018, Melissa has already led a successful career as a dancer, choreographer and instructor. She began studying ballet at the age of nine with the Des Moines Ballet and Ballet Iowa, performing in several productions of the Nutcracker, Cinderella and Stars & Stripes.

Ms. Bartlett has created ballet and pointe curriculum for students ages 3 to adult, working with beginners, intermediate and advanced level dancers. She is also a pilates instructor and was the owner and lead instructor at Physical Fuzion from 2006-2011.

(If there are other professional references, one or two who can speak to the benefits of RPM or SJDA, we will add them here.)

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Available for Photography

St. John's Dance Academy has a variety of photographs that were taken from various dance classes. This photography is available upon request.

Social Media

Website: www.stjohnsdanceacademy.com

Facebook: www.facebook.com/StJohnsDanceAcademy

Instagram: www.instagram.com/st.johnsdanceacademy

Contact Us (For Assistance)

Representatives of the media are requested to contact us for assistance:

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