



Astrid Sherman

F.I.S.T.D (Imperial Ballet); A.R.A.D Ballet; A.F.S.A. International Acrobatics Associate, A.I.S.TD (Modern)

After gaining her initial dance training with Helen MacBride, Beryl Alison, Joey Saayman & Kenny Smith, Ms. Sherman graduated from the Pretoria Technikon School for the Performing Arts with a National Diploma in Ballet and related Arts. She was the recipient of their Ballet bursary in 1989, and the Michael Tesson Ballet Scholarship in 1990. From there, she went on to dance professionally with NAPAC Ballet Company in South Africa.

She had the opportunity to work for and collaborate with the Kwasa Zulu Dance Troup and many of the innovators of South African modern and neo-classical dance, as well as perform in all the traditional ballet classics. She later toured extensively with the international musicals: Me and My Girl, Joseph and the Technicolour Dreamcoat (Dance captain) and Crazy for You.

As a student, her choreographic work was selected to be presented at the 'Dance Umbrella', which highlights new works and upcoming choreographers in South Africa. In 1994 Ms. Sherman choreographed her first professional work 'Gracie and Vera', a musical of the war years, performed at the Breytenbach Theatre. Since immigrating to Canada in 1997, she has choreographed for numerous "Canada Day" presentations; the opening of the North Vancouver Pier and collaborated with Cecil Hershler of "Education without Borders" for the Global Arts Festival and World Kindness Festivals. Ms Sherman is currently working with the award winning Canadian composer Michael Conway Baker on a new Children's Ballet.

Ms. Sherman is a Fellow of the ISTD (Imperial Ballet) as well as an associate teacher of ISTD Modern. She also holds teaching qualifications with the S.A.D.T.A. Teacher's Association in Modern and Tap. She is a qualified Acrobatic Teacher through A.F.S.A. International - Ms. Sherman was the A.F.S.A. Acrobatic Championship Winner from 1983 - 1988 and in 1985 won the A.F.S.A. International Acrobatic Bursary. As a student, Ms. Sherman was awarded both the RAD and ISTD (Imperial) Ballet Advanced 2 examinations, Advanced 2 ISTD Modern Examination & Advanced 1 ISTD Tap Examination.

Astrid Sherman holds her Diploma in Advanced Public Relations through the Birnam Business College and the International Business Institute of New York. Miss Sherman is currently completing her degree at SFU in Kinesiology after having gained their Certificate in Health and Fitness.



Melanie Dance

A.I.S.T.D.(Dip) Modern, A.I.S.T.D. Tap, Ballet (Imperial) National

Melanie Dance graduated from the Northern Ballet School in England with her Advanced 2 in I.S.T.D. Ballet (Imperial), Modern, Tap and National as well as her Advanced 1 in R.A.D. Ballet. Ms. Dance also studied and trained in London, New York and Miami during her professional performing career.

She danced Jazz and Musical Theatre with David Needham Productions (U.K.), Marcello Productions (Miami), Allan Blackburn Productions (Cannes, France), Fiesta Fantastica (Monte Carlo) and Royal Caribbean Productions (Miami). During her years with Royal Caribbean, she was also Dance Captain and an Adage Specialist.

Ms. Dance performed for various television and film productions among which she was featured for the Granada Television Company (U.K) and appeared as a stunt double in the feature film 'Saving Silverman'. Melanie Dance holds her Associate teaching Qualifications in Ballet, Modern, Tap, and National through I.S.T.D. She taught at the Eastside Ballet School in London, UK and the Villanueva Dance Academy, Dorset UK. Ms. Dance was also a student teacher at Northern Ballet School.

Since immigrating to Canada in 2000, she has been teaching in Vancouver, BC, both on the North Shore and downtown Vancouver at the well known Harbour Dance Centre. Ms. Dance continues to expand her teaching qualifications and has recently become an Associate Diploma member with the I.S.T.D.



Tracy-Lea Bloch

I.S.T.D., GYROTONIC® Instructor

Miss Bloch was accepted at the Durban Music and Ballet School at the young age of 11 where she trained extensively under former London Festival Ballet principle dancers, Dudley von Loggenburgh and Noleen Nicol.

Miss Bloch was promoted from soloist to principle dancer within her first year performing with the Natal Youth Ballet Company, 1985 - 1990. She trained in Cecchetti and Bourneville styles of ballet during her school years and obtained her ISTD Ballet teaching qualification. Receiving many awards, bursaries and achievements, she chose to dance professionally and was accepted by PACT Ballet Company at the age of 17, where she performed in many of the traditional ballet classics as part of their corps de ballet.

She went on to open her own ballet studio in Durban, South Africa where she taught students from age 3 to 18. She has six years of teaching and examination experience in the ISTD classical ballet methods. Continuing her professional performing she toured with the national musical, Queen at the Opera. After arriving in London in 1998, Miss Bloch became extremely interested in Pilates and Gyrotonic®. She completed her Gyrotonic® Teacher Training in 2003 and has been working with dancers to improve their strength and flexibility for further performance development.

Miss Bloch also trains children, teenagers and young adults in the modelling industry covering all aspects of grooming; deportment; health & beauty; clothing and colour coordination; ramp & photographic modelling and building self-confidence in students.



Monique-Lefebvre

Royal Conservatory of Music

Monique Lefebvre is a professional singer, performer, vocal coach & children's music teacher.

She received her classical piano and theory training through the Royal Conservatory of Music and later furthered her music studies in Contemporary Music at Capilano College. Her impeccable vocal training was through Nikolai Kolehnikov (originally of the Moscow Institute of Music) and Nylka Weber. Dance and Theatre training with Lee Isler, Andrew Macilroy and Ralph Cole completed Miss Monique's triple threat abilities, which she demonstrated while performing professionally with the Jumpstar Multi-disciplinary Performance Society Company. Jumpstar was one of only two Western Canadian dance companies to be commissioned to perform at the Dance Festival at the 1988 Olympics in Calgary. They were also commissioned by the World Festival Expo '86'.

Ms. Lefebvre has continued to perform professionally at various conventions, openings & benefits whilst pursuing her teaching career. She has devised her own early music training program based on Barbara Cass-Beggs combined with elements of Kodaly, Orff, Dalcroze Curen and Suzuki methods. Also, Miss Monique specializes in coaching the chest voice, as well as the classical voice, which is so needed in musical theatre and the commercial music industry. One of her students, "Bobbi Smith", is currently making a name for herself in the country music world whilst Ms Lefebvre has just released her own CD of enchanting lullabies and verse inspired by her teachings. Miss Monique's unique blend of theatre, music and dance will make a valuable addition to Pro Arté student's complete training.



Caara-Cridland

C.D.T.A., A.F.S.A.

Beginning at an early age, Caara was trained by notable teachers in Jazz, Ballet, Tap and Acrobatics. As the years went, on her love and passion for being upside down concentrated her focus to acrobatics and contortion, both CDTA and AFSA. Caara is a member of the Pacific Contortion & Acrobatic Alliance, and a qualified associate teacher of AFS

As well as a teacher, Caara is currently a feature performer with Westcoast Contortion and Acrobatics. From special events to galas all over, some performances include, The Canadian Entertainment Awards, various charitable events at Sugar & Sugar, The Rocky Mountain Station-New Years Party, Internet Retailer Convention in Chicago, The Mynt Ultralounge in Calgary, and the VIP/Cast Premier Party for Cirque Du Soleil in 2006 to name a few!

Caara is a high energy and enthusiastic teacher and performer. She loves developing relationships with those who share the passion and desire of performing and learning the incredible art of acrobatics and contortion!



Stephana Arnold

Stephana trained at the National Ballet School of Canada where she was the recipient of their prestigious Peter Dwyer Scholarship-National Ballet School (1986).

During these years, Stephana also received Honours in the Intermediate and Advanced Cecchetti Ballet Technique Examinations. In 1991 and 1996, she had the privilege to participate in the International Ballet Competitions New York (1991) and Japan (1996)

Professionally, Stephana went on to dance with the National Ballet of Canada, Les Grands Ballets Canadiens de Montreal and Ballet BC; performing many soloist and principle roles.

Stephana is currently also teaching as an Intermediate/advanced ballet teacher at Harbour Dance Centre and as company teacher for Ballet BC and Ballet du Printemps.



Beverley Bagg

Beverley Bagg began her teaching career while dancing as a principal dancer for the PACT Ballet Company in Johannesburg, South Africa. It was the policy of the company to encourage their principal dancers to teach one company class a week

Beverley Bagg was trained in Johannesburg in both the Royal Academy and Cecchetti methods. After graduating from school, Beverley spent a year studying at the Royal Ballet School in London, England coached by Julia Farron and Eileen Ward. In 1976 she joined the PACT Ballet Company and was promoted to principal dancer in January 1986. She danced all the major classical roles including Swan Lake, The Sleeping Beauty, Giselle and Coppelia among many others. During this time for the year 1982 – 1983 she spent a year at the Frankfurt Ballet in Germany under the directorship of Egon Madsen.

After leaving the company in 1989 she studied at the University of the Witwatersrand in South Africa where she obtained a diploma in biomechanics and physiology. Her teaching is well supplemented by this knowledge and she strongly applies these principals to her teaching. In May 1993 her family immigrated to Vancouver, Canada. Beverley has been a sought after guest teacher, teaching summer schools in Philadelphia, New York, Washington and Boston and Seattle. She is the associate artistic advisor to the Olympic Ballet in Edmonds, Washington State. In July 2004 she was invited to Washington Ballet to assist in staging Giselle.

Kayla Cameron

Kayla's love of the Performing Arts started when her mother took her to a production of "Cats" at the Queen Elizabeth Theatre when she was six. It was then, during intermission, that Kayla performed her first solo in the lobby for anybody that was watching. Her mother enrolled her in dance the following week!

As a young performer, Kayla studied Ballet, Jazz, Lyrical, Musical Theatre, and Acting. During this time she successfully competed in festivals and dance competitions, studied with professionals, attended Okanagan Summer School of the Arts, and performed in several plays and musicals in her community. After high school Kayla choose to pursue her acting career, moving to Victoria to go to film school and then to California to attend the American Academy of Dramatic Arts. It was during this time that Kayla was offered a dance teaching job at a local college preparatory high school, it was there that Kayla discovered her love for teaching and choreographing and was resolved to make teaching her career. After graduating from AADA with her Associate of Arts Degree, she decided to continue her dance studies at the notable Le Studio as well as attending Glendale Community College where she was a member of their Dance Company. Throughout her time in the LA area Kayla was introduced to the high energy and funky grooves of Hip Hop. She soon realized that this style of dance matched her own personality and that she had a natural ability for it. So combining her background in jazz, and her own personal flair, Kayla creates and teachers her own unique blend of Hip Hop to her students.

Tanya Antonic

Tanya is currently in her second year at Capilano College studying to be an elementary school teacher.

She started dancing when she was 4 years old dancing full time throughout her elementary and high school years training with Astrid Sherman and Melanie Dance. Tanya has taken all her ISTD Jazz examinations, ISTD Ballet and Tap Intermediates and the ISTD Advanced 1 Modern. She holds the Associate Teachers with AFSA International Acrobatic Federation after completing all levels and four teaching examinations. Tanya really enjoys working with children and plans continue teaching dance part time along with her goal of being an elementary school teacher.