info@stardustdance.net

Carla-07957 283 608

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[www.stardustdance.net](http://www.stardustdance.net)

Facebook: stardustdance

Twitter: @stardust\_dancer

Instagram: @stardustdance

**LAPWORTH PRIMARY SCHOOL EVENING CLASSES**

In dance class, you will learn modern, pop dances in fun and friendly sessions. You will learn the core skills that dancers require, including working on strength, flexibility, technique and self-confidence. Dancers have the opportunity to perform in our annual shows, as well as performances in London. Ask last years dancers about the shows that they performed in! The clubs are open to boys and girls with the focus being on “taking part” in the classes and getting fit in a supportive environment, so feel free to either come along to have fun or take it to the performance level. In gym class you will learn how to warm up and stretch, do different exercises including hand stands, cartwheels, jumps and forward and backward rolls. You can get tips on doing the perfect handstand and other beginner gymnastic moves as well as learning beginning gymnastic positions or stances. You can also learn more advanced artistic gymnastic moves including eye-hand-coordination with ribbons and learn short routines.

Please send your child in their school top with shorts, leggings or jogging bottoms and remember to send in their school trousers or skirts, so that they can get changed after their club!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  **Club**  | **Time** | **Venue**  | **September - December**  | **Total** |
| **Monday** **INFANT DANCE****Age 3 - Year 2** | **5:15pm- 6:00pm**  | **School Hall**  | **9th September - 16th December**  | 14 sessions **\*Early Bird fees £63.00** \*Payments made after 9th September\***£68.00** |
| **Monday GYMNASTICS** **ALL AGES**  | **6:00 - 6:30pm** | **School Hall**  | **9th September - 16th December**  | 14 sessions **\*Early Bird fees £49.00** \*Payments made after 9th September\***£54.00** |
| **Monday****JUNIOR DANCE** **Year 3 +** | **6:30pm - 7:15pm**  | **School Hall**  | **9th September - 16th December**  | 14 sessions **\*Early Bird fees £63.00** \*Payments made after 9th September\***£68.00** |
| **BOTH DANCE AND GYMNASTICS** | **Infant dance and gym** **Or junior dance and gym (see times above)** | **School Hall**  | **9th September - 16th December**  | 14 sessions **\*Early Bird fees £98.00** \*Payments made after 9th September\***£103.00** |

|  |
| --- |
| * **Pay by BACs HSBC Sort code- 40 41 27. Account number- 71522744.** Please put your CHILD’S name and dance / gym class as reference. For example SarahSmithBJS
 |

**Lapworth primary School September - December 19 . Dance/Gym**

**Child/ren’s name(s)……………………………………… Payment method – BACs/ Cash**

**Contact telephone number…………………… Email address……………………………..**

**Any Medical/allergies we need to be aware of ……………………………………………………………………..**

**Please sign below to give permission for emergency, medical advice and treatment if needed.**