

## Shirley Heath Junior School

### Extra Curricular Dance and Gymnastics Clubs

### Years 3-6

**Stardust Dance Academy are pleased to be able to offer you the chance to join our extra curricular clubs. Dance club will continue to run straight after school until 4pm on Wednesdays and Gym club is held at your school, before school on Thursdays, starting at 8am.**

The clubs are open to both boys and girls, with the emphasis being on keeping fit and having fun, whilst improving confidence.

In dance club, 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. 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.

During gym club, you will learn how to warm up and stretch safely and learn different exercises including cartwheels, jumps and rolls. You can get tips on performing the perfect handstand and other beginner gymnastic moves; as well as learning gymnastic positions, stances and sequences.

Class	Venue	Date & Time	Dates this term	Fees
Dance	School hall	Wednesdays after school until 4pm	9 <sup>th</sup> September – 16 <sup>th</sup> December	£112.00
Gymnastics	School hall	Thursdays at 7:45am until school starts	10 <sup>th</sup> September – 17 <sup>th</sup> December	£112.00

To enrol your child please register them at <https://stardust-dance-academy.class4kids.co.uk>

**WE HAVE LIMITED SPACES, SO PLEASE DO REGISTER YOUR CHILD ON THE LINK ABOVE TO SECURE THEIR SPACE.**

Payments- Please pay by BACs and reference your child's name and school or cash to your child's dance / gym teacher Acc name: Stardust Dance

Sort code: 40 41 27

Acc number: 71522744