



Fun and Easy Dance

Tuesday May 1, 2012

4.30 – 6.30pm

Melbourne

Ruyton Girls School
12 Selbourne Road
Kew



Sydney

Tara School for Girls
Masons Drive
North Parramatta

Cost

\$65

Content

- Dance as fitness
- Basic warm up and stretch skills
- Selecting appropriate music for young dancers
- Engaging boys and girls
- Creating a routine
- Helping kids to create their own routine
- Routines that are designed to be copied quickly and easily and memorised after only a few sessions.

Each participant will receive two age-appropriate, easy to learn and teach dance routines – written choreology, audio tracks and DVD footage of the routines.