

DANCE CLASSES  
**DANCE CLASSES**  
**MONDAYS**  
**AT AVALON**



Join our Ballet classes at Avalon  
Mondays

2:30-3:00 Pre School - £5  
3:05-3:35 Reception -Yr 2 - £5

**To book in please email  
[lou.rutter@yahoo.co.uk](mailto:lou.rutter@yahoo.co.uk)**

Uniform for the ballet classes will be a leotard, a skirt and ballet tights or socks and ballet shoes all in pink. Boys White t-shirt and black cycle shorts white socks and white ballet shoes.

DANCE CLASSES  
**ACRO DANCE  
CLASSES MONDAYS  
AT AVALON**



Join our Acro Dance class at Avalon  
Mondays

Year 3 + 3:40pm-4:40pm £6.50

**To book in please email  
[lou.rutter@yahoo.co.uk](mailto:lou.rutter@yahoo.co.uk)**

Uniform for the Acro class  
leotard leggings and a T-Shirt  
bare feet.

Hello all my name is Louise Rutter and I am so looking forward to joining Avalon to bring ballet and Acro dance to your school. A bit about me. I have been performing since the age of 4 where i began my dance training at Hilton Bromley. I later moved my training to Elliot Clarke School of Performing Arts. I appeared in many shows and pantomimes throughout my years of dancing. I later went on to be a part of a professional company at the Everyman Theatre in Liverpool where I performed in various shows. I also have appeared on Brookside and Hollyoaks bit parts and extra work. However as much as I enjoyed the performing side I felt my true passion was teaching I was lucky enough to get my teaching associate qualifications with the IDTA in Ballet Tap & Jazz, I then went on to teach at Hoylake School of Dance where I have been for 22 years.

I have had many successful students go on from where I teach such as Rebecca Mendoza was the lead in Hairspray on the UK tour 2017. Sean went off to the Royal Ballet school to study and most recently Aly another boy is heading there in September. I have won many awards for my choreography at various competitions throughout the UK.

My main aim is to bring your child a dance class where we can learn the discipline of dance in a fun and friendly environment. I will incorporate fun ways of learning exercises through characters and imaginary scenarios this will help develop communication skills and confidence.

### **What is Acro Dance?**

Acro dance, or Acrobatic Arts is a modern dance style that combines a number of classic techniques with acrobatic elements. The result is a dance that is very physical, athletic and has a unique choreography that works for the type of moves it encompasses.

It is also a great way to get the benefits of dance classes for your kids without having to learn something a little more demanding such as ballet.

I am really looking forward to meeting you in September.

Half Hour Class will be £5 payable Termly studying the IDTA Preparatory Ballet Syllabus for Pre School. Reception- Year 2 will study IDTA Primary Ballet

Hour ACRO Dance Classes will be £6.50 payable termly. We will be learning the Acro Dance Syllabus created by the IDTA for safe learning of simple Acro moves which incorporate dance also.

No refunds for missed classes

Ballet

2.30 – 3.00 (Nursery / Pre School **Ballet**)

3.05 – 3.35 (Reception – 2 **Ballet**)

The dates are Monday 12 September to Monday 5 December (inclusive) making 11 sessions. The ballet fees are £55 for the Autumn term. (£5 per session)

### **Acro Dance**

3.40 – 4.40 (Years 3 – 6)

The dates are Monday 12 September to Monday 5 December (inclusive) making 11 sessions. The ballet fees are £65 for the Autumn term (£6.50 per session)

Please ensure that you use the reference eg AVALOsmith

K L Rutter  
Sort 20-50-36  
Account number 30358835

To register, you should also send an email directly to [lou.rutter@yahoo.co.uk](mailto:lou.rutter@yahoo.co.uk) with

**Your child's name**

**Year group**

**State whether Infant club or Junior club**

**Payment reference and confirmation of payment**

If you have any questions, please contact Louise directly at the above email address.