

# Contemporary Dance Club



## Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

Avalon School

Weds 19th Sept — Weds 12th Dec

3.45 — 4.45

(no club 14 Nov as parents eve)



This Club is open to children in years 3, 4, 5 and 6



Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Dance movements include falls, jumps, leaps, turns and floor rolls, body weight, lifts and partner work.

Contemporary dance can be challenging both physically and emotionally and it pushes the boundaries of dance and forces audiences to think and take chances.

The cost is just £4.33 per week and for 10 weeks is £43. We also offer sibling discounts.

If you would like your child to participate, please head to [www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk) & click the **REGISTER** button, top right hand side and look for your school.

This takes you to a secure site where your booking details can be entered and your payment taken.

Thank you! *Nicky*

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[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)