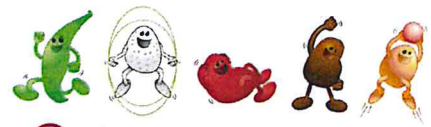


Contemporary Dance Club

Avalon School

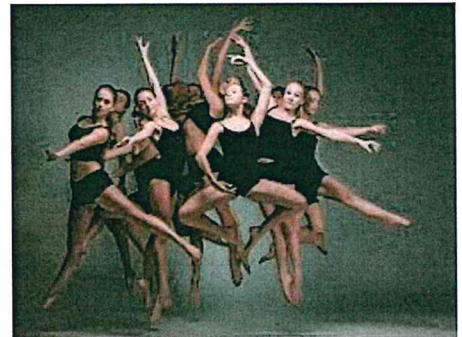
Thursdays, 18th Jan — 15th March

3.45 — 4.30



Full of beans

CHILDREN'S FITNESS & SPORTS COACHING



This Club is open to children in Years 3, 4, 5 & 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.

If you would like your child to participate, we have a NEW electronic booking system !

Please head to 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.

If you have any questions at all, Please don't hesitate to contact Nicky on the number or email address below



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www.fullofbeansfitness.co.uk