



Dear Parent/Guardian,

After a fantastic term Dansicality are excited to return next term and will be offering **after-school dance classes** to **YEAR ONE, TWO and THREE** children at St Edmunds RC Primary School.

Dansicality is a professional company which runs a variety of dance and movement activities in educational facilities in and around the borough of Richmond and Hounslow. All the dance teachers are fully trained and have extensive experience of working with children. Your Dansicality teacher is Marie (aka Smurf).

The classes take place on a **Friday** from **3:15** till **4:00** at **St Edmund's School Hall**. The children will be collected from their classes and escorted to the hall which is where you can collect them at 4pm. The Children do not need to change out of their uniform but may bring shorts to wear under their school skirts and trainers if they so desire. Once sessions have started, please let Smurf know in advance if anyone other than the usual person will ever be collecting your child. All sessions generally consist of a structured warm up and stretching exercises, followed by travelling sequences and then time spent on a routine. Classes are taught using a creative and lively approach using age-appropriate music.

Dance has always been a popular option for many children as an extra-curricular pastime outside of school and it is now second only to football as children's most popular activity. It provides a wide range of both physical and mental benefits. It can deliver improved posture, coordination, rhythm, flexibility, agility and spatial awareness. It is a fantastic all-round form of exercise. Not only can it raise general fitness levels and thereby help to combat childhood obesity, but will also help build stronger muscles, healthy bones and promote healthy heart and lung function. Regular exercise is proven to aid concentration and dance is particularly good at actively encouraging listening and responding skills. Dance will help build physical confidence and raise self-esteem.

The classes start on Friday 20th September 2024 and runs until Friday 13th December 2024 therefore there will be 12 sessions. The price of the classes is £4.50 per session, per child. Please note that children will be registered on a **first come, first served basis**. Please text or email an image of the completed attached form to Smurf (details below). You will then be advised on how to make the full payment of £54.00 to Dansicality Ltd.

PAYMENT MUST BE MADE IN FULL BY WEDNESDAY 18th September 2024. Details for payment will be provided to you once your dancers space has been confirmed. **Please wait for confirmation of your place before making payment.**

For more information, please visit our website www.dansicality.com.

With thanks and warm regards from the Dansicality Team XXX

Contact Marie (aka Smurf): 07961 121205 if you have any questions or queries.

Dansicality After-School Dance Registration Form

Name of Child.....

Class..... Age.....

Name of Parent/Guardian.....

Mobile Number.....

Email.....

Allergies/Any Other Info.....