

DANCE *generation*

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Welcome to **DANCE GENERATION – CHILDREN'S CLASSES** – our classes are about making new friends, moving your body, expressing yourself, getting fitter and enhancing social and life skills, gaining confidence, having fun, learning a new skill and enjoying the music! Far more important than just getting the steps right.

Our classes are for all children from the ages of 4 – 17 and you don't need any previous dance experience to join us. We teach a variety of different dance styles covering Freestyle, Funky Disco, Street Dance, Jazz & Lyrical. We are passionate about dance as a life skill and place as much emphasis on the social & leisure opportunities that dancing gives as well as the obvious health and fitness benefits. Dancing is so much more than just moving your body to music. Everyone should be dancing!

This leaflet should give you all the information you need to ensure that the time your child spends with us is as enjoyable, safe and as fun as possible. You can also find more information on our website:

www.dancegeneration.co.uk

ABOUT DANCE GENERATION KIDS

Dance Generation set up the children's classes in 2003. Our emphasis was to ensure that the kids have fun whilst learning a new skill and keeping fit at the same time! Within our first year – our classes were full of smiling children and we've been running them ever since. Some of our former pupils now bring their children to learn to dance with us!

We all know that kids these days don't get as many opportunities for physical play as previous generations....so instead of playing outside, climbing trees or riding bikes, children now spend a lot of time sitting in front of the TV or computer screen or playing on their ipods or Playstations. When we started Dance Generation we just wanted to get kids moving again by offering them an

activity that's great fun to do, not too difficult, and that most kids enjoy – especially as many of them now want to be able to dance just like the pop groups on the TV!

But, did you know there's a lot more children can gain from dancing than just fitness? Dancing has been proven to improve co-ordination, build confidence and increase social skills as well. At Dance Generation, we place as much emphasis on the social and life skills that a weekly dance class can teach people – not just the steps! Many of our pupils have also made lasting friendships through the dance classes too as we encourage everyone to make new friends. Even though we now offer **DANCE EXAMS** through the IDTA and we hold an annual **DANCE SHOW** - our emphasis is still very much on having fun while you learn.

DANCE STYLE

As Dance Generation is just purely focussed on teaching dance – not drama or singing – we are delighted to offer our pupils the opportunity to learn different styles of dance covering Disco, Freestyle, Street, Jazz, Lyrical and some show based routines – all by just coming along to one class. We have also recently introduced Contemporary Dance for the older group – as many children now study GCSE or BTEC dance. We teach on a 'rolling basis' which means over the course of a term – normally 12 weeks – everyone learns at least two – sometimes up to four different routines (according to age and experience) – that are exciting as well as varied in style.

We choreograph all our own dances and use a huge variety of music – everything from current pop, to 70's disco music as well as some popular Show tunes. We're also influenced by today's interest in Street Dance too – so some of our routines, especially for the older classes are Street based.

Dance Generation classes aren't just about routines though, as they also include a warm-up session, some stretching movements to increase flexibility and a series of Jazz Dance based exercises that are fantastic for improving balance, poise & body awareness.

Most of our students come along once a week to a class to have a bit of fun, learn to dance and to spend time with friends.

TEACHERS & HELPERS

All our teachers and helpers are trained through the IDTA (International Dance Teachers Association), which is the largest professional dance teaching association in the world and we follow the IDTA Freestyle syllabus. Most of our

classes have at least two teachers or assistants, which means that we can work in small groups and give extra help where necessary.

Classes are taught by experienced and fully qualified IDTA dance teachers and at least one qualified student dance teacher. All our teachers are passionate about dancing and love teaching the children! Many of our Student Teachers are former pupils who stayed on to teach. Everyone is DBS checked and we are fully insured and have up to date licenses and First Aid training.

CLASS DURATION

The Primary class is normally 45 minutes long and the Junior and Senior/Advanced classes are an hour each. We have regular short breaks during the class so please would you provide your child with a drink - a bottle of water or a soft drink in a carton - as dancing can be thirsty work!

(No fizzy drinks please!)

EXAMS

We follow the IDTA Freestyle Syllabus and during the year, all dancers are offered the opportunity to take IDTA Exams, although this is not compulsory. However, we do encourage the children to work towards their Medals as this helps build confidence in their dancing and gives them a sense of achievement. Everyone who takes an Exam gets a trophy and a certificate from the IDTA.

DANCE SHOW

The highlight of our dance year is our annual Dance Show & Medal Presentation, held in the summer (July) at the Mick Jagger Centre in Dartford. This is a wonderful opportunity for everyone to be recognised and rewarded for all their hard work during classes. As well as the excitement of the actual performance - the children also get to wear make-up and costumes and dance at least three (sometimes up to five) routines in front of their family and friends. At the end of the show, we present our AWARDS.

SPECIAL ACHIEVEMENT AWARD – one per class

OUTSTANDING ACHIEVEMENT AWARD

STUDENT of the YEAR

FREE TRIAL CLASS

We're so confident your child will love our dance classes - your first lesson is FREE! After that, the classes are £6 per week with a three week trial period just to make sure that your child is happy to join us. Once your child is attending regularly the fees are payable HALF TERMLY in advance. You will also need to purchase dance shoes for your child and our Dance Uniform T shirt. Come and see us for more details.

OTHER INFO

For the first few weeks, whilst your child settles in, we are happy for you to stay and watch if you would like to. However, in our experience, children concentrate better and feel less inhibited if their parents aren't watching! We've also found that Mum & Dad will (hopefully!) be pleasantly surprised and enjoy our DANCE SHOW & PRESENTATION EVENING even more, when they haven't witnessed every practice!

Finally, the safety and wellbeing of your child is very important to us, so it is our policy to ensure that all children leave our care with a responsible adult that they know.

Well, we hope we've answered any questions you may have had about us but if you have any other questions or concerns or would like more information, please don't hesitate to talk to us at class, you can phone

078 118 23467

check our website:

www.dancegeneration.co.uk

and we're also on



You can join our group and be kept up to date with all our latest news and events!



Don't forget that **DANCE** *generation* offers dance classes for ALL ages:

Dance Fitness * Modern Line Dance * Adult Latin & Ballroom
see the website for more info

Life's A DANCE....

...let us show you some steps!