



Dear Parent/Guardian/Care Giver,

Dansicality are delighted to offer **after-school dance classes to children in Years 1-6 on Mondays at 3.15 – 4.15pm, with Lynsey.**

About Dansicality - 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. Dance is a fantastic all-round form of exercise and provides a wide range of benefits. It is particularly good at helping improve posture, coordination, agility and spatial awareness. Exercise is proven to aid concentration and the movement games we use specifically encourage listening and responding skills. Dancing builds physical confidence and raises self-esteem. And it's fun! Our sessions generally consist of a structured warm up and stretch, followed by travelling sequences, specific dance routines and games. Classes are taught using a creative and lively approach with age-appropriate music. All Dansicality teachers are fully trained, highly qualified and have extensive experience of working with children.

Dansicality at St. Mary's Isleworth - Classes will be taught in the Small Hall. Parents are to collect students directly from the Small Hall. If your KS2 child is allowed to go home unaccompanied, please make sure this is on their form as **we must have written permission**. Once sessions have started, please let your Dansicality teacher know in advance if anyone other than the usual person will be collecting your child. P.E. kit or any other practical clothing can be worn, such as shorts or leggings with a T-shirt. Skirts and jeans are not suitable and bare feet are best. Hair must be tied back in a neat ponytail. It is also advisable to provide your child with an extra snack and drink (**fruit and water only**).

Classes commence **Monday 30th October** and the last class of the term will take place on **Monday 4th December** a total of 6 lessons this term. The price is £4 per session, per child. If you would like your child to take part, please hand in the attached form with the full payment of **£24** into the school office. (Cheques to be made payable to Dansicality Ltd.) **The deadline for registration is Friday 20th October.**

If your child is not free at the allotted time for this club, but would love to try out dance classes, Dansicality offers various options for all ages and we are always happy to let any child come along to a free taster class. The **Dansicality Performers** rehearse each Monday at the Salvation Army Hall near Twickenham Green and the **Dansicality Academy** runs classes in Ballet, Tap and Modern for children from 2 1/2 yrs + (and adults!) Further information, including dates for Easter and Summer workshops can be found at **www.dansicality.co.uk**

Warm Regards from the Dansicality Team x x x

Dansicality After-School Dance Registration Form (St. Mary's Isleworth)

Name of Child.....

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

Name of Parent/ Guardian.....

Mobile Number.....

Email.....

Allergies/Any Other Info.....

