

# Kicks

## dance

FREE  
TRIAL AVAILABLE

CLASSES



WORKSHOPS



PARTIES



Every child is a star...  
...give yours the chance to sparkle

### Kicks - Great for confidence

Children love music and they love to dance. At 'Kicks' we believe dance is a great way to develop self-confidence in your little people, who then grow into confident adults. What better way to **have fun**, gain in **self esteem** and **get fit** at the same time?



### From 18 months - 11 years

At 'Kicks' we encourage your children to develop their creativity and personality through dance to their favourite music.

- Using **Props & accessories** and dressing up for fun and excitement!
- Trying **choreographic skills**
- A great way to keep fit - no stress or exams.

**BOOK YOUR SPACE NOW - PLACES STRICTLY LIMITED**

Call Flo Mason on 07948 336975 or email [flo@kicksdance.co.uk](mailto:flo@kicksdance.co.uk) for availability

**HOLIDAY WORKSHOPS**

**DANCE PARTIES ALSO AVAILABLE** Please ask for details

CLASSES  
IN YOUR  
AREA



FUN FIT FEEL GOOD!

# Kicks dance

Classes are targeted at specific age ranges and offer regular structured lessons

## TOTS

**1/2 hr class:** (Ages 18mths – 3)  
A fun introduction to music and movement and a great way to explore social and motor skills.



**GREAT INTRO TO FITNESS & FUN!**

## PRE SCHOOL

**1/2 hr class:** (Ages 3 – 4) Aims to help develop social and motor skills, encourage independence and confidence and, above all, be fun!



**ENCOURAGING INDEPENDENCE**

## RECEPTION

**3/4 hr class:** (Ages 4 – 5)  
Continues developing motor skills with more emphasis on independence and creativity.



**DEVELOPING CREATIVE SKILLS**

## YEARS 1-6

**1 hr class:** (Ages 5 – 11) A similar structure of varied warm ups and learning new dance routines set to music the children recognise & love.



**BUILDING CONFIDENCE**

Look at what else we do:



Visit our website at [www.kicksdance.co.uk](http://www.kicksdance.co.uk) for your local timetable, term dates and for more details.

Don't just take our word for it - Read our feedback!

**Kicks** is, without a doubt my daughter's favourite after school activity.  
**Parent**



It's a pleasure having **Kicks** in school. I have never seen the children so engaged.  
**Headteacher**



**Kicks** is the best part of the day and I don't want to stop dancing!  
**Child**



To reserve a place at Kicks Dance and for more information, please contact Flo on 07948 336975 or [flo@kicksdance.co.uk](mailto:flo@kicksdance.co.uk)