



Every Wednesday 3.30pm-4.30pm!!

Did you know.....

Ballet and Modern dance helps develop coordination and mental acuity in young children as well as an ear for music. From a health and exercise point of view, it has huge benefits for muscular strengthening, building cardiovascular stamina and flexibility, however most importantly it will help the children's self-confidence, self-discipline and team work skills.

About the teacher...

The club is run by Louise Morgan who trained with Footlight Performance Academy, she has been teaching for six years and has worked professional for many more. She now is a qualified Personal Trainer and works as a Level 3 qualified practitioner in a nursery, she is DBS checked, safeguard trained, and pediatric first aid trained....

..So your budding ballerinas and future stars will be in good hands!!!

Dates: Wednesday 8th January - Wednesday 1st April (no class 12th or 19th Feb!!!)

Time and day: Wednesdays 3.30pm-4.30pm

Cost: Just £44 (only £4 a class)

Please reserve your place as numbers are restricted (first come first serve basis)

Email: [Louise at louise_footlight@hotmail.com](mailto:louise_footlight@hotmail.com)

Please return the slip below by Wednesday 8th January with cash or payable to Louise Morgan by BAC's sort code: 30-99-68 account no. 11228968 (reference: 'ASC & child's name)

Please reserve a place for

Class:

to attend Ballet club on Wednesdays 3.30pm-4.30pm

Mobile no..... Email.....

Any medical Conditions:

.....

.....Signature:

.....(Person with authority) Date:.....

Quote: I do not dance because I'm happy..... I am happy because I dance.....