

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 Amelia Russell on 07722 826162 or email amelia@kicksdance.co.uk for availability

HOLIDAY WORKSHOPS

DANCE PARTIES ALSO AVAILABLE Please ask for details

CLASSES
IN WEST
SUSSEX



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 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 Amelia on 07722 826162 or amelia@kicksdance.co.uk