



SPRINGBOARD Dance established in 2011 providing workshops and Dance in Education Dance with in the community. It stimulates Creativity and reaches outstanding dance standard with all ages and abilities. The only requirements are to enjoy and have a go.

Classes are engaging, fun and exciting what you put in you gain more outcome.



Springboard Dance is passionate to:

- Get children / Young people active in schools
- Offer amazing dance classes as an after school club
- Do PE with a difference
- Deliver dance as part of the national curriculum
- Get the dancing participants choreographing their own moves
- Offer dancing breakfast or lunchtime clubs
- Join in **fun workshops**
- Get the whole of your Assembly doing a flashmob
- Have amazing PPA Cover
- **Team build with your staff**
- Or be able to deliver Springboard Dance internally?

Dance is very much part of the National Curriculum and Springboard Dance sessions enables children/young people to really get inspired.

Using Springboard Dance within PE sessions is extremely popular – the children/ young people love the “feel good” music that they recognise and they aspire to dance like their favourite pop stars.



Our sessions encourage:

- Passion
- Enthusiasm
- Creativity
- and Freedom for the participants to be able to express themselves.

Dance after school clubs, not only help working parents but they also provide the participants with the opportunity to learn new skills and promote healthy lifestyles.

The fun Pop-It Characters (ideal for primary school) as well as our teachers, help the children to be active, have fun and learn what “power foods” can do for them. We get children on the road to healthy lifestyle choices.

“Baggy Trousers” will never quite be the same again!”
– Mrs Jackie Stephenson, Headteacher, Prae Wood School

And, of course, Karen Fleetcroft (Dance Specialist Teacher) is qualified, experienced, professional and up to date

CRB/DBS checked as well as being fabulously friendly, great with the children and passionate about dance.

Why not enquire about a Springboard Dance for your school For workshops £45 per hour or regular weekly class £27 per hour. If you need funding see below **



WORDS: LUCY MILLER

LET'S
Dance

Dancing, whether at a party, at home or in a structured class environment, is a great form of exercise. It encourages children to use their whole body, from bending, stretching and jumping while helping to improve their self-esteem, co-ordination, balance and poise. It's also great fun and often missed as a good form of exercise.



Feedback and Quotes:

"All the children in our school. from Nursery to Year 6, took part in the Dance workshops over 2 days in our Olympic Week and then joined together for a massive "flashmob" in the school playground. - Lamberhurst St Marys school.

It was a fantastic culmination to the activity that really got our children enthused about dance. Karen teaches with extreme flexibility and managed to work around other activities and space restrictions on the day – we would certainly use Springboard again.- CDFB Dance day Larkfield Kent.

"I can't believe that you got everyone to have a go. People that we thought would not be interested at all in Dancing, were so enthused by it – I am stunned – thanks." – Vicky, Age Concern

Hi,

They loved it! The staff were really happy as well, they said it was a really good session and the kids had lots of fun. Thank you so much – my nephew was actually one of the kids and he's been dancing all



weekend!

Best wishes, Fiona – LBL After School Club

My daughter really enjoyed the day this week at Springboard Dance Summer week (Bubble factory) and loved learning the



routine she's having a tricky stage with new / unfamiliar things at the mo so it's a testament to the Springboard that she was not phased at all by the day.

**** You could also be eligible for funding!**



If your organisation would like to Springboard Dance to teach adults, teens, children and tots, fun dance routines at your school, club or community group but you need funding to be able to do this, then please speak to Funding 4 Sport who offer expert advice on the availability of funding that could enhance provision for sport, PE and physical activity in your school, club or organisation and help you fund activities just like Springboard Dance .If you would like more information on this please contact Funding 4 Sport at info@funding4sport.co.uk or visit their website at www.funding4sport.co.uk