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DANCEZONE WA

SCHOOLS PROGRAM

2020 / 2021

PRESENTED BY DANCEZONE WA &
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A DIFFERENT KIND OF SPORT

Dance isn't just an art form - it is a sport with plenty of physical and mental benefits.

At Dancezone WA, we champion health, fitness and mind-body connection through the power of dance. Dancing is a popular and highly effective way of getting children active and offers a unique style through creative expression.

Our school programs are created to define strong learning outcomes through confidence, respect, health & fitness, social skills, concentration, perception motor skills, all in a FUN environment which can make a solid addition to the school curriculum.

OUR UNIQUE SCHOOL DANCE PROGRAM COMBINES HIP HOP, LINE DANCES, DANCERCISE & DANCESPORT

FOR THE KIDS

THERE ARE COUNTLESS LIFE BENEFITS TO LEARNING TO DANCE.

Mind

Did you know ballroom dance is one of the most productive activities to improve brain health?

Dance is a great way to lift mood and ease anxiety. It's also a fun activity that sharpens the mind and creates social bonds.

Attending regular dance classes enhances cognitive development and allows children to learn self-discipline and time management.

Body

Not only is dance great for health and fitness, it is good for your heart, it makes you stronger, and it can help with balance and coordination. Dancing also uses different muscles compared to a typical workout, which strengthens them.

Through dance, children learn to coordinate and control their bodies and the movement helps them develop spatial awareness.

Spirit

Dance requires participants to focus on balance, movement, grace, posture, controls, agility, coordination, flexibility, syncopation, rhythm, and memorisation - all in time to the music.

The dedication, discipline and focus children learn and practice in dance classes are important life skills that will transfer over to school, work and other aspects of their lives.

OUR DANCE PROGRAM

PRE-PRIMARY TO HIGH SCHOOL

- 8 week program
- PP – Yr1 (30min sessions)
- Cost per student $20 (+GST)
- Yr2 - HS (50 min sessions)
- Cost per student $28 (+GST)
- Minimum 2 classes per session
- Student Performance in week 8
- Interschool Dance Challenge

DANCE CLASSES ARE IMPORTANT LIFE SKILLS THAT WILL TRANSFER OVER TO SCHOOL, WORK AND OTHER ASPECTS OF THEIR LIVES.

DanceZone WA is a Registered Training Facility (RTF) with Dancesport Australia
Teaching in Schools for over 30 years
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