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## Class Genre Information

### **Aerobics:** All Ages

A very versatile class that will be choreographed using music suitable for the participants. This class is great at any time of the day to get people energised and moving.

### **African People's Dance:** All Ages

Named as such because this class could contain dances and movements from across Africa. Every area has its own type of dance. This class is great for cross-curricular study and for GCSE, B-TEC and AS / A level dance. This class is energetic and great for rhythmic awareness.

### **Ballet for young children:** 3 - 5 years only, classes are 40 – 50 minutes long

A class for young children to explore all aspects of ballet at a basic level. The classes include simple technique to improve posture and balance and storytelling through ballet to engage memory and interpretation.

**Ballet:** All ages, please discuss your specific requirements with the Programme Director.

### **Basic Jive:** All Ages, but at a basic level

**Chair Based Exercise:** Classes for people who have less mobility or freedom than they would like. The sessions are designed to improve mobility, strength, balance and co-ordination.

### **Indian Dance:** All Ages, basic level

There are hundreds of different types of Indian dance. We offer Bollywood and Kathak. Bollywood is the commercialised style that has become very popular since the film Slumdog Millionaire. Kathak is a classical style with intricate finger positions, turns and storytelling.

### **Cheerleading:** All Ages

We can bring our own ribbons and pompoms to this energetic and fun class that's great for co-ordination and musicality. This class has been especially popular since the High School Musical craze. You can book this class with Sainsbury's Active Kids vouchers and receive them free! Please request us when booking with Sainsbury's and speak to the Programme Director if you would like ribbons or pompoms.

### **Contemporary:** All Ages, classes from 45 minutes long



**Creative dance:** All Ages from 3, classes from 30 minutes long  
An extremely popular class that takes children and teenagers to the far reaches of their imagination. Classes include technique through warm up and taught dances and choreography in both partnered and whole group scenarios. Participants will develop their physical skills as well as their imagination, memory and ability to interpret things in different ways. A great genre for everyone as teachers will design classes to suit the participants. ie If participants are young games and stories can be used. For teenagers chart music and relevant themes can be used.

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**Curricular Dance:** All Ages. Classes are tailored to your topic and specific needs. The EYFS and National Curriculum are followed.

**PPA Cover -**

These classes can use dance as a medium to teach other subjects or can be provided to teach dance solely for physical education. Schools may provide information of their current topic(s) so that classes can be designed in relation to what the participants are learning in their other classes. The EYFS and Curriculum will be followed.

**GCSE, B-TEC, AS / A Level practical technique sessions -**

Experienced dance artists are available to teach one off dance workshops or regular technique classes. These can be used to compliment classes that participants already take. Contemporary or Jazz dance is recommended.

**GCSE, B-TEC, AS / A Level practical choreographic sessions -**

Experienced dance artists are available for advice and guidance on performance choreography modules. These can compliment theory classes that the participants already take. Participant's usual dance teacher will be present during these classes in order to aid further learning effectively.

**Jazz:** All Ages, classes from 45 minutes long

An energetic class to improve stamina and technique. This class is enjoyable and always contains a dance at the end.

**Musical Theatre:** All Ages

**Salsa:** For Adults

**Seated Dance:** 30 minutes – 1 hour

A class for the elderly or less able to stand. This is part of our Active Armchairs programme and is a fun class designed to improve overall health and well being by developing muscle control, loosening joints and muscles, increasing confidence, mobility and concentration, boosting the immune system and reducing stress.



**Street dance / Hip Hop / Street Jazz:** All Ages, classes from 30 minutes long

This dance genre is very popular with teenagers. There are many elements to Street Dance and as many as possible will be taught in these classes. Classes could include Rocking, Popping, Locking, The Drop, Waving and many more dance moves.

**Stretching:** 11+

A class for those already taking dance seriously. This will develop flexibility, help tone and keep the body supple.

**Rock and Roll:** All Ages

Another energetic class for those that want to try something that isn't usually offered. You can book this class with Sainsbury's Active Kids vouchers and receive them free! Please request us when booking.

**Zumba:** Zumbatomic for children and Zumba, Zumba Gold, Aqua Zumba, Zumba Gold Toning and Zumba Sentao for adults and older active adults. All of the instructors for these classes are fully Zumba qualified.

**Notes:**

Teachers of other dance genres can be provided, but more notice may be needed. Other ideas could include Irish Dance, Ballroom, Tea Dances, Latin American.

Performances can be organised. Please speak to The Right Step's Programme Director, Rebecca Ashton for more details. Notice must be given as teachers must have the chance to give their availability and choreograph suitable dances.

Advice sessions for teachers that want to teach dance themselves can also be organised.