

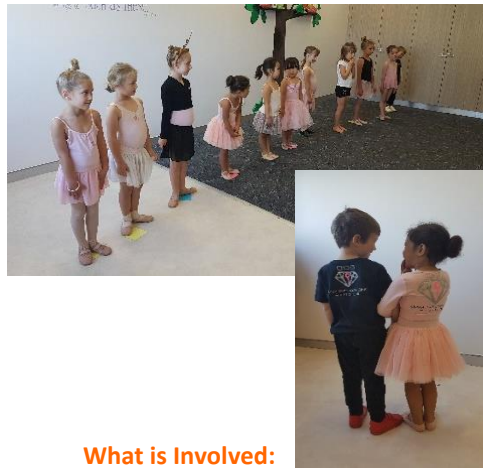


Preschool Dance Program

What is it:

Diamond Dancing Studios Preschool Program is a specially designed Dance program developed by studio director and nominated supervisor of Indigo Early Learning Centre Miss Emma Sim. Emma is a passionate childhood trained educator with an extensive knowledge of the dance industry.

Classes will be run twice a week, allowing children to participate in dance lessons on Mondays and Fridays. Classes will incorporate props, clever tricks, unique teaching techniques and multiple dance styles. Children will be encouraged in a completely relaxed and comfortable environment with the use of positive reinforcement including but not limited to positive affirmations, certificates, stickers and class games.



What is Involved:

Ballet: A classic, timeless and beautiful style of dancing. Children will learn correct body placement, posture and positions for future development. They will gain balance, coordination, elegance and basic foundations to start them on their dancing Journey. Ballet consists of a combination of stretching, strengthening, barre work, allegro, props, learning and copying movements and routines.

Jazz: An awesome up beat style of dance and a popular choice by lots of people. Jazz involves sharp, energetic movements with modern pop music that is lots of fun and will help develop timing, team work and co-ordination just to name a few things. A jazz class will work on a child's strength, technique, team work, problem solving skills and creativity. Jazz may include a combination of warmups, exercises, jumps, leaps, kicks, turns, center work and copying movements and routines.

Stretch and Conditioning helps children to gain strength through fun exercises targeting the core, legs and arms. Stretching is used to gain flexibility, helping to keep little bodies fit and active and assist with the development of their skeletal and muscular structure. Stretching include traditional styles of stretching, Pilates styles, yoga movements, Stretching bands and partner work.



The Importance of Dance:

The aim of this program is to foster a child's creativity, promote physical health and coordination to help children build rhythm, musicality, timing, balance, self-awareness and of course their confidence. Children will be encouraged with positive reinforcement and dance structured lessons.

Dance through the Early Years Learning Framework:

Dance allows for the expression of personality and uniqueness. Children experience learning that is engaging and helps to build success for life through the fundamental view of Belonging, Being and Becoming.

Diamond Dancing Studios is looking forward to bringing our Preschool Dance Program to you.

Shine Bright!

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DIAMOND DANCING STUDIOS

