



ENGLISH
+ Dance

English
THROUGH™

“Thank you for the wonderful lessons you’ve taught me not only as a dancer but as a person.”

DANCE STUDENT

Our dance programme is designed for enthusiastic dancers of all dance backgrounds.



Dancers experience a varied programme of dance disciplines and styles, such as Jazz, Contemporary and Street.



Led by professional dance teachers, students develop their fitness level, flexibility, technique and strength as well as performance skills.

Each session starts with a warm up which includes fitness and flexibility training, followed by exercises for technique, choreography and a cool down. Students are taken through exercises to improve dance technique and step execution with correct body alignment and placement. We also encourage students to draw on classical dance principles.

The dance programme is performance driven with an end of week show in front of the whole camp.



> OUR OBJECTIVE IS....

for students to leave the course having gained invaluable knowledge of their own dance practices as well as feeling fitter, stronger and more flexible.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year’s experience
- Led by professional dance teachers
- Focus on fitness levels, flexibility, technique and strength
- Includes performance skills across a multi discipline programme
- Specialist training in dance technique, step execution, body alignment and placement
- Weekly performance to camp

Average Coaching Ratio
1:10

Available at:
OUNDE • SEAFORD • WORTH