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# **Dancing**

« back to the kindercenter's activities









#### What is dance

It is a movement that brings **physical** and **mental health**. When children are dancing:

- they respond to music
- they express their feelings
- they strengthen their bodies

they bring joy into the life

Dance is movement, which transfers the child into a fantasy world. So let's give children the chance to dance together!

## Why = reason for decide

- Dance helps to learn the first habits of **right body posture**
- combination of movement and music gives the child the **basis** of **rhythm** and **dynamics**
- dance develops agility of the child and his ability to express his **feelings by movement**
- dancing develops **coordination of mind** and **movements**
- dancing the child learns to **cooperate** within the team
- dancing the child receives natural **self discipline**
- dance is boosting child's own **creativity**

#### How

Dance activities are designed to **correct body posture**, awareness of movement and orientation in space: rhythmic exercises, basic dance steps and movement activities, developing physical fitness.

Activities are held at 6 to 10-membered groups of children aged under 1 year of the child (the condition that the child can to walk).

Dance courses we will start in **April 2011**. We will notify you by phone or mail a specific date for the start of the course. We will meet **1per week**. The course has **8 sessions**.

## Open courses in these age groups of children:

- from age of 1 to 2 years (there is a necessary accompaniment of the child if you're busy we have the **»solution**)
- from age of 2 to 4 years
- from age of 4 to 6 years



Maximum capacity is **10 children** in one course, for the age group from 1 year to 2 years is the maximum number of children 6.

application form























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