

# DANCE FIT

Introductory programme for  
secondary schools

## FREE DANCE WORKSHOP AT YOUR SCHOOL!

DanceSA introduces our in-school introductory dance programme, DANCE FIT!

DanceSA creates a professional atmosphere together with the excitement and energy of dance, in an environment which is safe, creative & fun!

Students receive a high energy, engaging, fun and vibrant 60 minute dance class. Students will also receive information about after-school dance classes and a free wrist band!

The benefits of dance are endless! Dance can encourage children to foster a more positive attitude and explore their self expression.

Lessons can help children to:

- ⇒ Improve their social and communication skills
- ⇒ Learn how to work as part of a team
- ⇒ Develop a greater sense of trust and cooperation
- ⇒ Participate in a healthy activity that is enjoyable

We aim to provide students of all ages and experience levels with knowledge and skills in the performing arts. Students learn leadership values, improve confidence, communication skills and several aspects of performance.

Staff will also receive an information pack detailing our in-school services. DanceSA provides choreography for school productions, Wakakirri, JRock and other dance competitions, one-off and continuous dance programmes.

Let us introduce ourselves with this FREE dance workshop!

- ⇒ All instructors hold senior first aid and current DCSI clearances
- ⇒ Secondary school workshops available for years 8-12
- ⇒ Contact our office to book a free dance workshop at your school!



**DANCE SA**  
school of performing arts

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