



TRAINED  
INSTRUCTOR

Launching Friday 8<sup>th</sup> November  
17:45-18:30pm

## CanDo Kids ALN/SEN Dance Classes

Providing group exercise, dance fitness and performance opportunities for children with Additional Learning Needs and disabilities

The CanDo Hub fitness program was specifically designed for children with SEN in order to improve confidence, stamina, co-ordination and balance

Inspiration is drawn from various dance styles and world culture in easy to follow dance routines. With the aid of various props and exercises, balance, co-ordination and flexibility are developed alongside confidence and self-esteem.

WHEN I AM  
OVERWHELMED  
DANCE MAKES  
ME FORGET ABOUT  
IT FOR A LITTLE  
WHILE



Parents and carers are very welcome to participate, where beneficial for the student. Activities will include stretches, dance, movement and games in a unique and relaxed environment.

## CDC Dance

We believe that all children, including those with Additional Learning Needs and/or disabilities have a right to be valued and respected; with access to:

- services and support to enjoy a meaningful life
- education and training
- and be encouraged to develop friendships, relationships and a good social life

We aim to improve general fitness in a fun and stimulating environment

Bag your **FREE** taster by completing the online health questionnaire and consent form:

[www.cdcdance.co.uk/CanDoPARQ](http://www.cdcdance.co.uk/CanDoPARQ)



## Where Are We?

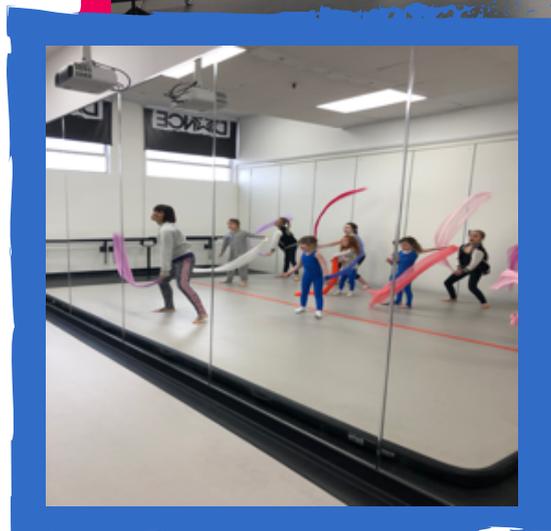
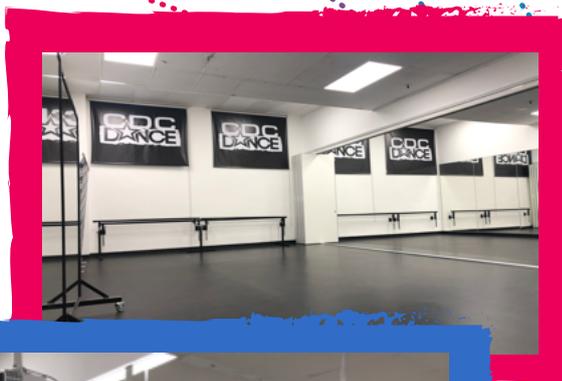
### CDC Dance Ltd

\*\*\*Above Poundland/Clarks\*\*\*

153 High Street  
Kings Heath  
Birmingham  
B14 7DG

Our 2019 renovated studios are above Poundland & Clarks, the doorway is to the left of Poundland's entrance, shared with Fitness4Life gym, with stairs only up to the first floor

If you are travelling by car, the St Dunstan's car park directly behind the building on Institute Road is the best place to park



## Facilities

The newly refitted venue now has:

- 3 studios, with a folding partition wall between studios 1 & 2, allowing a more flexible space;
- a kitchen with tuck shop;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest wifi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller & crash mats

## What to Wear

Dancers should wear CDC Dance branded leggings & t shirt or hoodie and jazz shoes

Clothes suitable for dance activities and trainers/pumps are fine initially

## Terms

Our CanDo classes are offered at the monthly fee of £20 & £18.33 for 2nd siblings (equivalent of £6/£5.50 per session)

I teach 3rd siblings for **FREE** across all children's classes at the dance school.

The first class will be a **FREE** taster. You can then pay weekly for the first month. Thereafter, you switch onto advance monthly payments via GoCardless Direct Debit.

In addition to the monthly class fee, there is a £2 per family, per month, admin fee payable.