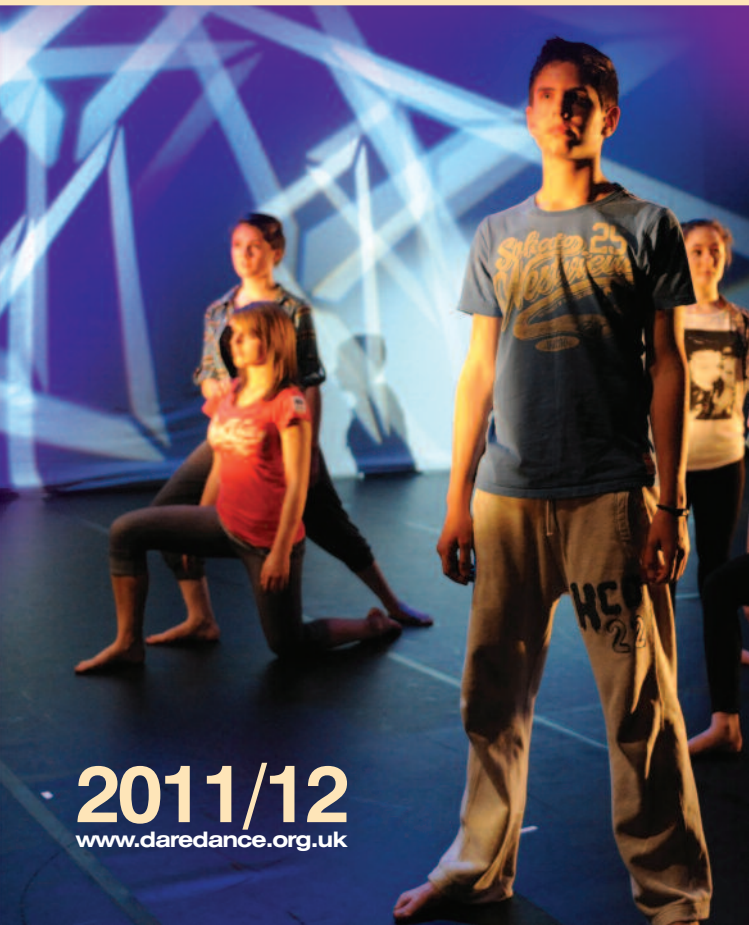


'increase your health, vitality and well-being through dance'



DANCE
Dare

**Dance Classes for Adults
Children & Young People**



2011/12

www.daredance.org.uk

From 12th September 2011

Start September

Dates:

12th September – 17th Oct & 31 Oct - 9th December 2011

9th Jan – 10th Feb & 20 Feb – 30 Mar 2012

16th April – 15th June 2012



DARE Baby Dance Class

Day/time: Monday 1:00 - 1:30 **Cost:** £2.00 per child

Age: 0 - 18 months (before walking)

Experience essential bonding with your baby through music and sensory play. Babies develop through seeing, hearing and doing. Join our fun session of music, song, rhythm and interactive play for parents and their babies.

DARE Parent & Toddler Class

Day/time: Monday 2:00 - 2:45 **Cost:** £2.50 per child

Age: 18 months - 4 yrs (From walking to pre-school)

Have fun with your toddler, moving, rolling, shaking, jumping, reaching, leading and following to a range of funky, soulful music from around the world. Come along and have the time of your life!

DARE Infant Dance - Wriggle 'n' Jiggle

Day/Time: Monday & Friday 4:00 - 4:45 **Cost:** £2.50 per child

Age: SCHOOL YEARS Reception, 1 & 2

Imaginative movement inspired by a range of themes, props, music and stories. A fun, energetic class for infants who love to wriggle and jiggle.

DARE Junior Dance - Jumpstart

Day/Time: Monday & Friday 5:00 - 6:00 **Cost:** £2.50 per child

Age: SCHOOL YEARS 3 - 6

Dance yourself dizzy. Learn new dance moves and make your own dances by adding your own ideas and your own style.

Performance Opportunities

'FIRST GLANCE'

Friday 2nd December Lakeland Suite at the forum

'SUMMER DANCE'

Saturday 9th June Main Stage at the forum

with Dancing!



DARE Youth Dance Classes

- Day:** Monday: Contemporary Youth Dance
Friday: StreetDance & Jazz Youth Dance
- Time:** 6:00 - 8.00
- Cost:** £3.00
- Age:** SCHOOL YEARS 7 - Sixth form

In these fun dance sessions you will learn a variety of dance styles and have the chance to make your own dances too!

(SPORTIVATE FUNDING provides six classes for free – must be booked!)

Adult Dance Classes

- Day:** Tuesday - Age: 60+
- Time:** 1.00 - 2.00 Mature Movers
- Cost:** £2.50

An hour of fun and frolics for the over 60's. No experience necessary - just a good sense of humour!

- Day:** Wednesday - Age 16+
- Time:** 6:00 - 7:00 ZUMBA
7.00 - 8.00 Body Conditioning
- Cost:** £2.50 per class or £3.00 for both

To Book a place

Call: 01229 833228 or

Email: director@daredance.org.uk



How to find us:



Visit us at our new studio

We are situated on Abbey Road, opposite Emlyn Hughes House, next to the Duke of Edinburgh Hotel. A pay and display car park is situated adjacent to our studio with ample free parking on the streets to the rear of the building.



Contact:

Facebook: www.facebook.com/daredancestudio

Website: www.daredance.org.uk

Telephone: 01229 833228

Email: director@daredance.org.uk

Address: Dare Dance Studio, 104 Abbey Road
Barrow in Furness, Cumbria



Director: Amanda J. Mortlock BA (Hons)

Teachers: Lauren Marwood BA (Hons); PGCE & Cathy Fox Fidler BA (Hons); PGCE; MEd

DARE is a DANCE initiative for the Borough of Barrow in Furness working in partnership with Arts Council England: NW Cumbria County Council and Barrow Borough Council