



Dance

Pro Dance, delivered by a suitably qualified and experienced dance coach, includes six hours per week of professional tuition that enables students to improve many aspects of their dance knowledge, technical ability, individual style and injury prevention.

COURSE DETAILS 2024

Centre: Oundle

Ages: 12-17yrs

Dates: 1 July – 10 August

Days: Mon/Tues/Thurs/Fri

Levels:

Beginner
Elementary
Intermediate
Advanced

Coaching Ratio:

1 coach per 10 students

Coaching Time:

6 hours p/w

Price: £275 p/w

Coaching focuses on developing a range of dance disciplines and styles, such as contemporary, hip-hop, ballet and jazz. The course also focuses on improving techniques, knowledge of different dance styles and includes other elements such as nutrition, physical conditioning and injury prevention.

OBJECTIVES

- Learn different styles of dance
- Develop technical abilities such as rhythm, timing, control, posture, balance and flexibility
- Improve your spatial awareness and the ability to collaborate with others in group performance.
- Understand and apply injury prevention techniques
- Understand the impact of nutrition on performance
- Establish individual performance goals

OTHER BENEFITS

- Expand dance-related vocabulary
- Improve fitness, stamina, agility, strength and tone
- Develop 21C skills: creativity, communication, collaboration and critical-thinking
- Improve problem-solving skills
- Improve self-confidence



TECHNICAL TRAINING:

Technical training forms the core part of dance sessions and helps dancers learn different styles of dance in a purpose-built studio. Sessions include a range of dance techniques and styles which include contemporary, hip-hop, ballet, and jazz.

Pro Dance is performance driven with an end of week show designed to showcase students' routines in front of the whole school.

INJURY PREVENTION WORKSHOP:

Sessions start with a warmup which includes fitness, flexibility training and useful tips on how to prevent common dance injuries.

NUTRITION:

Sessions include understanding the role that nutrition plays in building and maintaining a healthy heart, muscle strength and overall fitness levels.

WHAT TO BRING

- Leggings
- Loose trousers/tracksuit bottoms
- Shorts
- Dance shoes
- Clean trainers



A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.

