

## OUR AIM

At I.C.E Dance we believe in providing a caring and supportive atmosphere so students feel confident to be creative.

Our aim is to encourage children to establish & maintain safe & healthy lifestyles that will see them through to adulthood.

## BENEFITS OF DANCE

<sup>17</sup>/<sub>8</sub> Nearly every muscle in the body is exercised, strengthened, stretched & toned. It's a great workout!

<sup>17</sup>/<sub>8</sub> Dancing is a great social activity that builds self confidence & develops social skills through shared learning.

<sup>17</sup>/<sub>8</sub> It builds strong bones- the side-to side movement in many dances strengthens the weight bearing bones (tibia, fibula & femur) & can help prevent or slow loss of bone mass.

<sup>17</sup>/<sub>8</sub> Vigorous movement increases concentration, focus & balance

<sup>17</sup>/<sub>8</sub> By encouraging people to use muscles in new ways, dance builds physical strength & greatly enhances muscle co-ordination.

## TIMETABLE

### Full Day Program

Time	Lesson
8.15-9am	Early childcare
9-9.30am	Warm up
9.30-10.15am	Lesson 1
10.15-11am	Lesson 2
11-11.30am	Recess
11.30-12.15pm	Lesson 3
12.15-1pm	Lesson 4
1-2pm	Lunch
2-3pm	Lesson 5/ Cool down
3-4pm	Late childcare

### Half Day Program

Time	Lesson
8.15-9am	Early childcare
9-9.30am	Warm up
9.30-10am	Lesson 1
10-10.30am	Lesson 2
10.30-11am	Recess
11-11.30am	Lesson 3
11.30-12pm	Cool down



0433 269 604

[info@ice-dance.com.au](mailto:info@ice-dance.com.au)



# HOLIDAY DANCE CAMP

I.C.E Dance Company

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School holidays are just around the corner so have something fun planned for your children!!

The solution.....

## I.C.E DANCE HOLIDAY DANCE CAMP

I.C.E Dance provides fun and creative structured activities for students between the ages of 3-12. These activities will keep students fit, active & social during the school holidays.

**Where:** East Lindfield Community Hall  
9 Wellington Road, East Lindfield

**Programs:** Full Day Program – age 6-12years  
Half Day Program – age 3-5 years  
(Students must be toilet trained)

**When:** Mon 22<sup>nd</sup> – Wed 24<sup>th</sup> April 2013  
FDP – 9am-3pm, HDP – 9am-12pm  
Additional childcare –  
8.15-9am, 3-4pm

**Performance:** Wednesday 24th April  
Fully Day program – 2.15pm  
Half day program – 11.30am

## Performance STYLES

- Jazz
- Hip Hop
- Musical Theatre
- Lyrical/Contemporary
- Singing
- Creative dance
- Bollywood
- Zumba

## COST

Full day program (3 days)  
\$200  
Full day program (1-2 days)  
\$80/day  
Half day program (3 days)  
\$105  
Additional childcare  
\$20/hr

### Early Bird Special

Enrol your child before the 27/03/2013 and receive a **10% discount** on full day program 3 day attendance. Or **5% discount** on full day program 2 day attendance



## ENROLMENT FORM

Student full name: \_\_\_\_\_

Student age: \_\_\_\_\_

School: \_\_\_\_\_

Parent/s or Guardian/s name: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email address: \_\_\_\_\_

Full day program / Half day program

Days attending: Mon / Tue / Wed

Additional childcare hours: \_\_\_\_\_

Does your child suffer/suffered from any injury or illness that would affect their participation in class?

Y / N

If yes, please outline: \_\_\_\_\_

How did you hear about the camp? \_\_\_\_\_

Payment can be made via direct deposit or cheque (payable to I.C.E Dance Co.). Please include payment with enrolment form and send to 28 Pleasant Ave, East Lindfield NSW 2070. For direct deposit details or more information please contact

Tara Burnett at

[info@ice-dance.com.au](mailto:info@ice-dance.com.au)