

DANCE WITH LIZZIE

MOVE-PERFORM-SHINE

Reception & KS1-
Fun confidence
building music from
pop and Disney and
building modern
dance techniques.



KS2-
Advanced technique
and performance
training,
choreography and
body conditioning



**In these classes
we build:**

- confidence
- self esteem
- flexibility
- strength
- rhythm and timing
- teamwork

**FREE TRIAL
WEEK-
9th/10th
September**

**WEDNESDAY-
KS2
THURSDAYS-
RECEPTION & KS1**

 frostlizzie@gmail.com

 £7 per session



After school-term time only

Email me to book your child's place today

Classes are led by Lizzie Frost (Mrs Frost/Jennie's daughter), an NATD qualified dance teacher, paediatric first aid trained and full DBS checked, who is passionate to help your child's confidence grow through the love and fun of dance in a supportive environment



Info

 July 17

WEDNESDAY—KS2

THURSDAYS-Reception & KS1



3:15-4:15



Dorchester Primary



snack(no nuts)

Children will have a short break at the start of the lesson to rest and refresh before dancing

You're Invited

End of Term Performances

We would love to show you snippets of our lessons and show you what beautiful dances your children have been learning! So please join us on the last session of each term for the last 20 minutes for our watching week