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Learn to Dance like Diversity!

Children's Dance Workshop in August

Press Release 3.8.09

Would your child like to be in a dance group like Diversity, or Flawless, from TV's 'Britain's Got Talent'? Are they aged between 7 and 12, full of energy and enthusiasm and with time on their hands? If so, the Unlimited Dance Company Summer Workshop in Barnstaple could be just what they need.

The dancing school is running a three day summer workshop in Barnstaple on 26th, 27th and 28th August for girls and boys who want to learn to dance. The venue is Grosvenor Church in Old Station Road (near McDonalds and the new Lidl).

"The dance groups on 'Britain's Got Talent' were so fantastic, they have really inspired lots of youngsters to want to dance," says Sarah Elsom, Principal at the Unlimited Dance Company. "Children love the energy and excitement of hip hop dance, so we were keen to offer a dance workshop this summer that could include this sort of dance. We had such a great response to our last dance workshop in the Easter holidays, which was oversubscribed, and lots of friends and parents have asked us to hold another one. This time we are advising anyone who wants to come along to book early to avoid disappointment.

"The children will learn hip hop dance, and also cheerleading, and they will put on a performance for their parents on the final day," adds Sarah. "We'll have a boys only hip hop group as well. Some of the routines will be made up by the children themselves so it is a very creative process as well as being great fun. There will be other activities as well as dancing, such as customising their own bandana, singing songs by their favourite pop groups, making popcorn, and they'll also get a free journal to write about their experiences.

"As before, we're hoping to attract some children who have not danced before. Learning to dance is a really good way of helping children to gain confidence and motivation. This can be useful in so many areas of their lives. In addition, of course, they will be getting plenty of healthy exercise, but in a safe and controlled environment."

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The dance school has deliberately kept the cost of the workshop as low as possible because money is tight for many people at the moment. The charge for the three day workshop is £40. The hours are 9.45 to 3 pm.

All the dance coaches at the Unlimited Dance Company are CRB checked, and experienced in working with young people.

Children attending the workshop are asked to wear comfortable clothing, such as tracksuits or leggings and tee-shirts. No skirts please, and no jeans (as they are not flexible enough for dancing). Please wear trainers and bring a packed lunch. Drinks and biscuits will be provided during the morning.

***There are up to 50 places available at the three day Dance Workshop.
The cost per child is £40, payable in advance.
All bookings will be made on a first-come-first served basis.
Contact Sarah Elsom on 07805 654491 to book a place.***

Notes for editors

- **Please see attached photos showing pupils at the Easter Dance Workshop run by the Unlimited Dance Company, and Street Jazz /Cheerleading Dance Performances.**
- For further information about the summer holidays dance workshop, please contact Sarah Elsom on 07805 654491.
- The Unlimited Dance Company runs classes in Barnstaple and South Molton. The dance school was set up in 2002.
- Children attending The Unlimited Dance Company are able to take graded exams in all the different dance techniques. They are also encouraged to take part in shows staged by the dance school.
- Principal, Sarah Elsom, trained in London and has the AISTD (dip) and CDE qualifications in ballet, tap, modern and street jazz. She taught in London before moving to the South West. She has been involved in choreographing many semi-professional shows in London, including West Side Story, Grease, Wizard of Oz, Bugsy Malone, Godspell and 42nd Street.
- Press release issued by ND Media, www.ndmedia.co.uk

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