



Laura Page Photography

Dear parents,

ShakeOut! dance club at Mundella Primary School now has some spaces available. The club is held in the main hall on Mondays, up until 4.30pm. The cost is £6.50 / session and it is open to children from Y1-Y6.

Shake Out! is all about having fun, exploring and responding to music through games and physical activities, and developing confidence in freestyle dancing. The music we dance to ranges from pop to swing, folk to hip-hop with varied music and styles in between. It's a great weekly workout!

This half term, our theme is Body Parts Boogie, and we are learning how to isolate different body-parts, playing games focused on developing physical awareness and control, while having maximum fun!

To book your child's place visit www.shake-out.co.uk and head to the bookings page.

If you have any questions please feel free to contact me - jenny@shake-out.co.uk

Children who attend will need:

- A full water bottle
- Clothes for dancing in - comfy trainers/pumps & comfy clothes!
- A snack - **(please ensure it is nut and seed free)**

Thank you,

Jenny Gerrans