



## STREET DANCE FEBRUARY 2015

Street Dance was our first Youth Club of 2015. It ran for 6 weeks and over this time period the young people who attend learn various different dance skills.

We had an instructor from Showcase The Street called Kayleigh who came in to lead the sessions.

The main aim was for the young people to be active and learn dance skills as a group. Each week Kayleigh would take them through a warm up routine consisting of stretching and games. Then they would learn new dance moves and put these all together to form a routine. To finish off they would have a freestyle dance battle where they could throw in their own moves and then vote for a winner at the end. It was good to see those as young as 5 interacting with those right up to age 12 and all working together.

There was visible improve in the confidence of the young people in relation to dance based on the fact that they were learning new skills each week and having a chance to perform them with their friends. It was pleasing to see this and also to escape the notion that dancing was for girls, as both girls and boys were part of the club and enjoying themselves.

This is one of the most popular clubs that we run with attendances regularly being close to capacity. It is a good club to start the year with as it is not weather dependent and is very active, providing young people with opportunities to exercise when it is cold outside.

We will be running it again in 2016 for sure.

