



StylesStars In2 Community-Care/ Residential Homes

Dance/Fitness:-

Our Dance and fitness sessions last approximately 40 minutes. We work on simple movement and stretches, travelling combinations, freestyle circles and a basic dance routine which is added to and worked on week by week all our sessions are adaptable to suit everyone's needs.

Drama/ Theatre:-

Our Drama and Theatre session last approximately 40 minutes. Within the session we work on basic drama techniques such as characterisation, improv and prop work. Working on scripts and panto styled performances these classes are perfect for boosting confidence. All sessions can be adapted if necessary.

Sing and sign:-

Our sing and sign sessions last approximately 40 minutes. Within the sessions we teach in a basic vocal warm up (teaching correct ways of warming up the voice). We then will break down a variety of songs and add in sign/actions. Each week we will work on different types of songs/genres and. All sessions are adaptable.

For prices and further details contact:- Ella Styles 07511877177