



invisible
threads
connecting through dance

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Providing a variety of dance and exercise classes for all ages to boost participants physical and mental well-being.

👉 invisible-threads.co.uk

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Invisible Threads provide a variety of dance and exercise classes for all ages to boost participants physical and mental well-being.

About our nursery classes

These fun and creative dance adventure classes help develop babies and toddlers' communication, imagination and motor skills. Through music, dance, songs, magical adventures and props the children will develop positive relationships with one another and have lots of fun.

Under 2 years classes:

- ☆ A hello & goodbye song
- ☆ Contrasting music, with both upbeat and calming music included
- ☆ Songs that fit in with the theme
- ☆ Dance moves: sitting down and suitable for the specific age range
- ☆ Action Songs
- ☆ A magical adventure where a story is told, and movements are encouraged
- ☆ Instruments
- ☆ Props including scarfs, beanbags, balls, bubbles and more

2-4 year old classes:

- ☆ A hello & goodbye song
- ☆ Contrasting music, with both upbeat and calming music included
- ☆ Songs that fit in with the theme
- ☆ A physical warm up
- ☆ A magical adventure where we meet characters, have a dance and solve problems
- ☆ Movement and drama games
- ☆ Instruments
- ☆ Props including scarfs, beanbags, balls, bubbles and more

Themes include:

- ★ Jungle
- ★ Weather
- ★ Counting
- ★ Superheroes
- ★ Animals
- ★ By the Sea
- ★ Pirates
- ★ Fruit & Veg
- ★ Garden Bugs
- ★ Books
- ★ Holidays
- ★ Opposites
- ★ Festival Specials

Costing options:

- Option 1:** The nursery pay a bi-termly fee out of their funding.
- Option 2:** Parent/ carers pay a termly fee to the nursery and we invoice the nursery bi-termly
- Option 3:** Parent / carers pay term:y fee direct to Invisible Threads

All our teachers are:

- ✓ Enhanced DBS certified
- ✓ Energetic
- ✓ Enthusiastic
- ✓ Skilled at sharing their love for dance & music
- ✓ Dance & Movement Qualified

Ask about our:

- 📄 Covid-19 Policy
- 📄 Safeguarding Policy (including GDPR Regulations)
- 📄 Risk Assessment
- 📄 Public Liability Insurance

Contact us and find out more

- ✉ hannah@invisible-threads.co.uk
- ☎ 07597 959937
- 📍 invisible-threads.co.uk



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