

Little Lynden Class Information

Little Lynden offers infants the opportunity to learn the basic fundamentals of ballet, modern jazz, musical mime, tap and/or Gymnastics. The classes help to develop fine and gross motor skills and cultivate imagination, creativity, confidence and social development in a safe and caring environment.

Little Tiptoes

From 18 months, children are introduced to dance at our Little Tiptoes classes with the practical support and reassurance of their parents or carer until they build more self-confidence and progress to our Little Tots class and participate independently.

This class offers a gentle introduction to dance covering very basic ballet, modern, musical mime, action songs and creative movement. This is a great way to interact with your child and spend some quality time with them. We use props, action songs and games to make the introduction to dance fun and enjoyable.

Fees for Little Tiptoes Dance per 10 Lesson Term

45 minutes Little Tiptoes Dance lesson- £65.00



Little Tots



This is a slightly more advanced dance class for children aged from 2½ up to approximately 5 years old, who are confident to stay without a parent or carer. The class encourages expression and co-ordination through movement and dance in a fun filled way and covers ballet, tap, modern/jazz and musical mime.

Musical Mime Medals

In this class the children are entered regularly for medal tests in musical mime.

The tests for this age group are very simple and well within a young child's ability. They are an excellent way to build confidence and get the children used to the



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structure of the more formal dance examinations which they work towards when they are older.

The children are not marked on technique; they are marked on expression and interpretation and their ability to follow simple instruction. The children are awarded with a medal and a report from the examiner on the day and will later receive a certificate from the British Theatre Dance Association.

Please note that although these tests are encouraged, they are certainly not mandatory and the children may progress to the next level without taking them.



Fees for Little Tots Dance per 10 Lesson Term

45 minutes Little Tots Dance lesson- £65.00

Little Lynden Gymnastics now incorporated within Gym Juniors



This class has been integrated with Gym Juniors so that from the ages of 3 years to 5 years, Gym Juniors class offers infants the opportunity to learn the basic fundamentals of team gymnastics within a safe and structured environment – giving the ability to learn from others. It teaches children important skills such as balance and co-ordination.

With expert supervision and coaching in a safe, playful environment, it's a great way for them to have fun whilst laying the

foundations for an active and healthy lifestyle.



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The sessions are always energetic and entertaining and with so many exciting activities for them to be involved in, while they are having fun and making new friends, they are also getting a head start in the world of physical exercise. The sessions will be led by British Gymnastics qualified coaches particularly skilled at working with infants.

Fees for Gymnastics per 10 Lesson Term (including BG annual membership and insurance)

1 hour recreational Gym Juniors (3-5 years) - £75.00



Little Lynden Acro Dance

A new development within Lynden are the Little Lynden Acro Dance classes for children aged 3 – 5 years. These classes focus on the fundamentals of shapes, body tension and spatial awareness. The classes introduce movement to music to develop co-ordination and gross motor skills.

Again these classes offer a great way for young children to have fun while developing the lasting habits of an active and healthy lifestyle. They will utilise props and games to make the introduction to movement, dance and tumbling both fun and inspiring.

The classes will be taught by specialist teachers with both Gymnastics and Tumbling accreditations and also Dance Teacher qualifications. This class is a great introduction to Lynden's Acro Dance classes.

Fees for Little Lynden Acro Dance per 10 Lesson Term

45 minutes Little Lynden Acro Dance lesson- £65.00

General Information

Uniform for Dance & Gymnastics

Although we do have a uniform, we are very happy for new starters to take their first few classes wearing any comfortable clothes. They will need some outdoor shoes for the tap section (Little Tots Dance only) but bare feet or soft plimsolls will be fine for



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the rest of the class. To avoid accidents from slipping, please do not allow your child to wear socks or tights without shoes.

A full list of our dance uniform can be found on our website [here](#), our gymnastics uniform can be found on our website [here](#), or all uniform items can be ordered through our on-line store [here](#).

If We Need to Contact You during a Lesson

If your child requires your attention during the lesson, you will be contacted via your mobile phone. To avoid disrupting the other children, please attend to your child outside of the studio.

Parents will be contacted if a child does not settle very quickly after they have left. Please make it clear to your child well in advance of the lesson that you cannot stay with them for either the Little Tots Dance or Little Lynden Acro Dance classes but reassure them you will be there to collect them at the end.

Correspondence

All invoices and almost all of our correspondence is via email. We also display important notices and information on our notice boards. Our web site www.lyndendance.co.uk is regularly updated and packed full of information and we have a very active Facebook page which is updated on an almost daily basis. Facebook is also our fastest way to get urgent information to parents concerning any class cancellations due to sickness or poor weather etc.

Enrolling your child

Please register your child with us before starting a class. This ensures that we have all of your contact details in an emergency and enables us to send you relevant information via email. You will find the link to our database on the Lynden Enrolment form under the CONTACT US tab on our web site: www.lyndendance.co.uk. A full schedule of all classes that The Lynden School of Dance & Gymnastics offers can be found on our website [here](#).

Contact us

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Tel or text: Debbie - 07717 803080
Tel or text: Kelly – 07799 036736

Please join The Lynden School of Dance on Facebook and also our Little Lynden Group on Facebook for news and discussion.