



**JURONG CHRISTIAN CHURCH KINDERGARTEN
KINDERDANCE @ www.kinderdancesingapore.com**

Kinderdance is an international program founded in the US in 1979 and is the **no 1 rated dance program in the US**. Kinderdance provides a combination of **tap and ballet dances, gymnastics and motor skills development** blended with **academics to both BOYS and GIRLS**. Through dance, Kinderdance's multiple intelligence program enhances the child's **physical, emotion, social and intellectual growth** through the development of psychomotor skills, cognitive skills and affective skills, whilst focusing on **development of self-confidence and self-esteem**. Kinderdance is loved by hundreds of thousands of children across the **US, Australia, China, Puerto Rico, India, Hong Kong, Canada and even Dubai!** At Kinderdance, **Children Learn How to Learn while they Learn How to Dance.**

*One of the greatest mistakes of our day is to think of movement by itself, as something apart from higher functions.... **Mental development must be connected with movement and be dependent on it**...Movement is a part of personality and nothing can take its place...."*

M. Montessori

Why Kinderdance? *An early start to MOE's "Program for Active Learning" for Primary schools*



Kinderdance introduces the elements of tap, ballet, imagery and acrobatics to develop the child's **self-confidence and self-esteem** whilst encouraging **body awareness and improved co-ordination, stability and flexibility**. Kinderdance is designed to help children with their fundamental **motor skills, musicality and social skills**. Our classes are designed in a **fun and imaginative way** using suitable props, music and images. Kinderdance is structured with **room built for individualization, creativity and autonomy**.

Kinderdance will provide an enriching experience for children, promoting education through a form that is most natural and creative to a child... music, movement and DANCE. 100,000s of Children can't be wrong!



BENEFITS OF DANCE – WHY DANCE?

A happy child is a joy to behold. Anyone who has ever watched a child jump for joy when mommy or daddy comes home knows intuitively that small children feel their thoughts with their bodies and express their feelings with movement as well as in words. What the ordinary person may not notice is that the process is a two-way street. For young children, movement, music and dance can be natural tools for learning as well as expressing their feelings.

WHY KINDERDANCE – CONFIDENCE IN PERFORMING ARTS!



WHAT TO EXPECT FOR KINDERDANCE LESSONS

1. Each Lesson comprises a combination of the following:

- **Warm Up Exercises** – Stretching and Body Isolation
(Good control on individual part of the body)
- **Motor Development Skills** – Skip, Gallop, Slide, Glissade, Port De Bras
(Body coordination and balancing skills)
- **Ballet Segment** - Five positions of Feet and Arms, Pointe Tendu, Grande Battement, Rond De Jambe, Chaine Turns
(Focus on posture and elegance movement)
- **Modern Dance and Creativity** – Magic dancing shoes, Echappe & Prance
(Spatial awareness and dance tempos)
- **Imagery and Creativity** – Clown dance, Colours in my Garden, Kinderdance ABC
(Encourages creativity and expressing through dance)
- **Acrobatics** – Pike, Wheel Barrel, Handstand, Back Bend, Balancing Log, Splits
(Focus on flexibility and agility)
- **Tap Dance** – Combination Blends: Shuffle-ball-change, Toe-Tap-Step, shuffle-dig, Shuffle-Toe, Slides-Steps-Digs
(Music rhythms through sequences and patterns)



Course Dates: Every Monday

***Please note that there are 8 lessons per term. Per lesson is 1 hour. If there are not enough days for 8 lessons in term 1, duration per lesson may be extended. Confirmed dates/time will be notified shortly.**