

## Where did you hear about the Free To Dance Training Programme?

## Are you involved with the Free To Dance project already?

If yes please say how.

### MAILING LIST

We would like to keep you up to date with all the latest YDance news by adding you to our mailing list. If you would prefer us not to please tick the box below:

I do not want to be added to the YDance mailing list

It would also be really helpful if you can tell us which aspects of our work you would like to hear about - again please tick the relevant box(es) below:

- Educational Resources (CD-ROMs, Training Handbook)
- Free To Dance
- In-service Training
- Merchandise
- Productions
- Project Y
- Workshops, summer schools and holiday programmes

This information will not be shared with any other organisations and will only be used to inform you about YDance news and events.

PLEASE RETURN COMPLETED FORMS TO:  
**YDANCE, THE BRIGGAIT, 141 BRIDGEGATE, GLASGOW, G1 5hz**



Do you have an interest in teaching dance?

Enthusiasm to share that with young women?

Then the Free To Dance Training Programme is for you!

All we need from you is a **£20 deposit** and a commitment to attend both training sessions. You don't need any previous dance training or experience just the enthusiasm to have a go.

[www.ydance.org](http://www.ydance.org)

# FREE TO DANCE TRAINING COURSE

## YOU WILL HAVE THE CHANCE TO LEARN

- How to teach a simple dance class
  - warm up, travelling movements, short dance sequences in a range of styles (street, jazz, salsa, lyndy hop)
- Simple, fun dance games to build young peoples dance skills and own movement material
- Choreographic Skills - how to take what the young people have created and simply turn it into a dance piece

## WE HOPE YOU WILL ACHIEVE

- The confidence to teach dance to a range of young people
- The skills you need to teach dance to a range of young people

## THE COURSE IS AIMED AT

- PE Teachers
- Youth Workers
- Active Schools Co-ordinators
- In fact anyone who wants to learn more about how to dance and get involved in the Free To Dance project

## COURSE DATES 2010

Irvine Royal Academy	Mon 1 Nov	4pm - 6pm
irvine Royal Academy	Mon 8 Nov	4pm - 6pm
Irvine Royal Academy	Mon 17 Jan	4pm - 6pm
Irvine Royal Academy	Mon 28 Feb	4pm - 6pm

Irvine Royal Academy, PE Dept Gym Hall, Irvine, KA12 8SJ

To find out more contact **Lisa Yip** on **07719 779 442**  
or email **[lisa@ydance.org](mailto:lisa@ydance.org)**

# APPLICATION FORM

**First Name:**

**Surname:**

**Job Title:**

**Organisation:**

**Address:**

**Postcode:**

**Mobile Number:**

**Email address:**

**Have you taken part in any previous dance training?**  
(Please note that you don't need this to take part in the course)

**If you answered yes, please give details.**

**PLEASE RETURN YOUR APPLICATION BY FRIDAY 29 OCTOBER 2010**

YDance, The Briggait, 141 Bridgegate, Glasgow, G1 5HZ