



Youth Dance Classes Information Pack

Who are Confidance?

We deliver dance classes and performances for and with people with learning disabilities. Our dance classes are person-centred, which means that we embrace all bodies and all creative offers. We work in East Kent, in schools, communities and with our professional company, ConfiCo.

What will these classes be like?

- Welcoming and joyful!
- We like to use music that makes people feel great.
- You will have a chance to meet new people and get to know them.
- We will learn dance technique, which will work for everybody, and develop our posture, fitness levels and performance skills.
- You will get to be creative, offer movements and ideas for our dances, and make choreography with other people in the class.
- If someone supports you to come along, then they will have the chance to join in, have fun and develop their skills with you.

The classes will be delivered by Jo and Grace:



Jo Frater



Grace Wranosky-Mills

The Confidance team have over 15 years experience delivering dance classes for people with learning disabilities. We will make you feel welcomed, supported and challenged throughout the class. We are qualified practitioners who are trained in dance and performance.



**Rob Stevens,
Artist Welfare Lead**

Rob is Confidance's Artist Welfare Lead, and a qualified support worker who will attend our sessions to make sure everyone is getting on ok, and able to engage fully.

Dates and Times

Classes run on Wednesday afternoons, in terms of 10/12 weeks.

Youth Class (13-25 years) is at 4.30pm - 5.30pm.

Classes are held at The Stour Centre, Ashford.

Term Dates are as follows:

Spring Term 2024 (10 weeks):

Wednesday 17th January - Wednesday 27th March

**No class in half term, Wednesday 14th February

Summer Term 2024 (10 weeks):

Wednesday 24th April - Wednesday 3rd July

** No class in half term, Wednesday 29th May

Autumn Term 2024 (10 weeks):

Wednesday 25th September - Wednesday 11th December

** No class Wednesday 30th October & Wednesday 6th November

Will this class be suitable for me?

This class is for young people aged 13-25 who identify as having a learning disability. The class is inclusive of all bodies and abilities offering a space for personal, physical and creative growth. There will be a focus on contemporary dance techniques to develop our posture, performance skills and choreography with opportunities for all creative offers. This youth class is for those looking for an introduction to professional dance training, however no prior experience is necessary.

Our team has Enhanced DBS checks for working with children and vulnerable adults, as well as Public Liability Insurance.

What is the Stour Centre space like?

The Stour Centre is fully accessible with ramp access to the building, a disabled toilet and accessible changing on the ground floor, a lift to the studio on level 1, and disabled parking. The Confidence team will be able to support you when you first arrive.

If you have any questions regarding accessibility, feel free to contact us.

How much does this class cost?

We want everyone to be able to join in with this class, so we are committed to keeping costs low for participants.

To ensure that we can keep offering our classes, we are now asking participants to contribute £10 per class, which can be paid in advance at the start of term, or weekly.

Autumn Term: 10 weeks, totalling at £100

Spring Term: 10 weeks, totalling at £100

Summer Term: 10 weeks, totalling at £100

Advance payments can be made directly to our bank account, at the following details:

Bank Transfer

Payee Name: Confidance Limited

Sort Code: 52-10-19

Account Number: 14523868

Reference: Community Class

* If you are unable to pay for classes, please contact Rob Stevens (Artist Welfare Lead) and we can discuss options for you participating in the classes. We are committed to making access to our classes fair and inclusive for all.

If you have any more questions, please do not hesitate to contact us at: confidanceinclusive@gmail.com / @ConfidanceLtd on social media

We hope to see you there!

This class is supported by Kent Community Foundation and the Ashford Leisure Trust.

