

Bollywood Dancercise

Hello,

My name is Niljo Roy and I run a Bollywood dance school called Bollywood Dancercise. I run lunchtime and afterschool clubs in many schools around Bromley. I also run dance fitness classes for teens and ladies.

I am very pleased to offer a Bollywood Dance Club in Raglan Primary School starting after October half term.

I intend to teach children dance routines to Bollywood songs. My aim is to help children to stay physically and mentally fit, and to bring about an exposure to a different kind of music and dance form. Children can adapt very well around a new language, music and dance style.

I believe dance is a therapy, which can help children in different areas of learning and development. Dance has been proved to increase concentration, patience, agility and co-ordination of the whole body. Children can benefit from improved memory, cognitive ability, confidence, and to build a positive image of themselves. I am sure they will enjoy a positive environment with lively, energetic music that can bring laughter and happiness together.

Children who attend would get a chance to perform at the end of the term.

The club will run during **lunchtime** on a **Wednesday or Friday** and is open for both boys and girls of KS1 and KS2 (Separate days for each Key Stage, if there is demand). Places are limited to a maximum of 12 children.

The club costs **£4** per session. If you are interested in booking a place for your child, please email the information below (Booking form) directly to me at niljo.roy@gmail.com or call on 07802895045.

Kind Regards,

Niljo Roy

Booking Form:

Please email niljo.roy@gmail.com following details to make a booking:

Name of child:

Age: In Year : Class Name

Name of parent:

Contact Phone no/Email:

Any medical condition:.....
