



SYNERGY DANCE®

Summer Workshops at King Alfred
Leisure Centre.

Tuesday, July **27**

Wednesday, July **28**

Thursday, July **29**

Tuesday, August **03**

Wednesday, August **04**

Thursday, August **05**

Tuesday, August **10**

Wednesday, August **11**



Kingsway, Hove BN3 2WW

Star Wars & Street (5 - 12 years) - 9:30 to 12:30

Explore a range of skills from lightsabers and combat, to Street Dance. Workshop includes music from Star Wars and other smash hits - Learn all the tricks needed to guard the planet and experience some amazing saber tricks.

Under the Sea & Mermaid (5 - 12 years) - 9:30 to 12:30

Be an underwater explorer or mermaid, always ready to dive into action! Our mission: to explore new underwater worlds, rescue amazing sea creatures and protect the ocean.

Musical Theatre (5 - 12 years) - 9:30 to 12:30

Explore the very best of musical theatre shows through music, stories and song, with our industry professional. Includes learning a routine from a hit West End musical. A chance to explore the wonderful world of theatre and what goes into putting on a show!

Disney Frozen 1 & 2 (3 - 8 years) - 9:30 to 12:30

Act, Sing and Dance with us as we explore the scenes and songs from smash hit films Frozen 1 and Frozen 2. Learn and create dances to form this fantastic magical winter wonderland!

Animals on Stage (5 - 12 years) - 9:30 to 12:30

Explore your favourite animals on stage and learn amazing dance routines from your favourite musicals and films. Act, sing and dance your hearts out!

Disney Musicals (5 - 12 years) - 9:30 to 12:30

Explore the magical world of Disney in this not to miss workshop - learn amazing dance routines with our industry professional and sing along.

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Moana & Cheerleading (5 - 12 years) - 9:30 to 12:30

Join Moana on her journey across the ocean on an action-packed voyage of discovery- dance to the fabulous tunes from the Smash hit film and help Moana to fulfil the ancient quest of her ancestors.

We finish with a fabulous Moana led cheerleading workshop, with cardio and stretches, group formations, stunts, shapes and all out pom pom fun!



Thursday, August **12**

Musical Theatre (5 - 12 years) - 9:30 to 12:30

Explore the very best of musical theatre shows through music, stories and song, with our industry professional. Includes learning a routine from a hit West End musical. A chance to explore the wonderful world of theatre and what goes into putting on a show!

Tuesday, August **17**

Disney Superheroes (5 - 12 years) - 9:30 to 12:30

Join our superheroes team and choose your superpower! Who are your favourites? Spiderman, Supergirl, Hulk, Cat Woman, Iron Man, Wonder Woman, Captain America or the Incredibles?

Wednesday, August **18**

Animals on Stage (5 - 12 years) - 9:30 to 12:30

Explore your favourite animals on stage and learn amazing dance routines from your favourite musicals and films. Act, sing and dance your hearts out!

Thursday, August **19**

Wonderful World of Circus (5 - 12 years) - 9:30 to 12:30

Roll up for our fabulous circus workshop! Enjoy the smash hit Show tunes from the Greatest Showman/Barnum! Learn fabulous dance routines - juggle with scarves and try some clowning - and enjoy our Circus themed obstacle course!

Tuesday, August **24**

Disney Frozen 1 & 2 (3 - 8 years) - 9:30 to 12:30

Act, Sing and Dance with us as we explore the scenes and songs from smash hit films Frozen 1 and Frozen 2. Learn and create dances to form this fantastic magical winter wonderland!

Wednesday, August **25**

Mulan & Street (5 - 12 years) - 9:30 to 12:30

Experience our martial arts choreo and find your inner Mulan with our unique Street dance routines, with music from the smash hit film Mulan. Calling all warriors, to expand their skills.

Where will their imaginations take them this summer?

Tickets are £32 per child, for a three-hour workshop. Tickets have to be pre-booked online to secure your child's place.

Book: <https://bit.ly/3w4nsix>

Contact: admin@synergydance.co.uk

To contact King Alfred Leisure Centre directly:

Call: 01273 290290

Email: kingalfredenquiries@freedom-leisure.co.uk