

Dance with Lucy

Dear Parent/Guardian,

Welcome to Dance with Lucy. I created 6 lessons, 3 lessons for 3KC and 3 lessons for Bee and Ladybirds. I want to start by saying I hope the children enjoy the classes, please make sure before taking part in the class you have read through the health and safety rules/guidelines (which I have attached to this letter) and just to point out that I am not liable for any injuries caused.

Please find attached lessons

3 x 3KC Lessons, Musical Theatre, Jazz and Street Dance

3 x Bee and Ladybird, Adventures to The Garden, Beach and Space

If your child/children would like to try all the classes or would like to make it easier or harder please feel free to choose whichever class they fancy. I do apologise, some of the classes go a little longer than 20 minutes, so if you need to press pause and take a break please do.

Yours Sincerely

Lucy Hobman

3rd Year Bath Spa University Student

Health and Safety Rules

Before taking part in the online classes (Dance with Lucy) please make sure you read through the health and safety rules/guidelines. I will not be held responsible or held liable for any injury that may occur.

- Please make sure you have a nice open space and any sharp furniture is out of the way.
- You have comfortable clothes that you can move in.
- Have a drink of water available and take a break when needed.
- If you need to adapt movement because the space you are in or because of your own body, please do.
- Make sure you are feeling well before you start.
- If you have any injuries previous to Dance with Lucy please work within what your doctor has recommended.
- If you have any pets or you dancing with another person in the room please make sure you all have enough space (might be a good idea to pop your pet in another room!)
- Please remember when doing this class you are doing it with full consent and take any risk in your own hands.