



**Newburn Enterprise Centre  
Newburn, Newcastle upon Tyne  
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**'URBAN FLOW' DANCE at GSHS!**



Kidz Get Fit and Extended Services at GSHS are offering you the opportunity to experience the new craze of URBAN FLOW dancing!

*"Urban flow is a unique urban dance programme which aims to engage, enrich and encourage the development and growth of young people.*

*It has a very flexible approach allowing the creativity and individuality of students to flourish and build self esteem; whilst six compulsory elements to each routine allow a solid structure and standard to be created within the working environment.*

*One compulsory element is 'crew interaction' which helps build team work whilst another element of 'freestyle' allows students to put their own personality into a routine developing their choreography skills and confidence.*

*If you are looking for a fun, motivational and energetic activity, you will find this is fully achieved through Urban Flow."*

**Wednesdays in Gym 2 from 3:20-4:20.  
Classes run for six weeks from 6<sup>th</sup> January!**

**£1 per session – please bring your fee each week and hand to the coach.  
(slips available from Extended Services office – K10)**

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Please note that students must make their own way home after sessions or arrange transport. GSHS cannot accept responsibility for arrangements.