



Little Movers is a super fun brand for kids under five years old. We have regular classes to attend week to week, super fun holiday camps, an awesome YouTube channel to keep your little one dancing at home with **HEALTHY** screen time **AND** unique merchandise to have your Little Mover looking their best while playing with interactive and creative props!

**Our classes** are super fun, high energy dance classes that focus on empowering kids through dance and arming them with vital skills that can be applied to everything they do. We take the basics of dance and movement and combine that with games and props to develop their physical ability and strength while encouraging them to develop creatively and socially with activities based around self awareness and the way we treat others.

The quality and ethos of our highly curated program is something we are extremely proud of. We as professional dancers ourselves know the importance of **PRACTICE** to develop any kind of skill and we place heavy emphasis on this in our classes. We also know from our experience as educators that children respond amazingly to repetition and develop confidence from **KNOWING**.

Children that are consistent in our classes develop strong able bodies, master major and minor motor skills, learn the importance of practice, develop a positive work ethic, learn how to support and accept others, and develop key social and emotional skills that go on to benefit them in all aspects of life - and that's just by the time they turn 5, pretty awesome right?

Little Movers classes feed seamlessly into our Dance Monkeys Junior classes which are classes for children from 6 years old that place greater emphasis on physical ability.

**Our camps** are an extension of our classes consisting of a dance session daily mixed with free play, arts and crafts, sensory play, stories, games and are honestly just an all round good time! Little Movers Holiday Camps are designed for **FUN** above all else. **Children under five years old need to be given space and time to explore their own abilities and we give them just that!**

Camps are run on a weekly basis over the holiday period. Over the week we will have a wide variety of activities including: a daily dance & movement session and daily free play (varying from table toys, to creative play to apparatus), alternating with arts and crafts, sensory play, stories and games.

For more information on camps check out the "camps" page on our website.

**Our YouTube channel** is a labour of absolute LOVE! Our number one goal with all of our brands is **EMPOWERING THROUGH DANCE**. We want kids all over the world to experience all of the amazing things we get from dance. Dance is health and fitness, dance is creativity, dance is expression, dance is discipline, dance is mindfulness, dance is **AWESOME**.

Our YouTube videos **promote healthy, active, screen-time** which is imperative in our tech-world. Our videos are engaging and challenging, with different levels of videos for different ability levels and they're **FREE**. Use these videos to supplement your in class learning or throw them on and have a dance party in your living room with your Little Mover.

**Our Merchandise** perfectly compliments our YouTube channel and is absolutely adorable if we do say so ourselves. Get our dance bags and let your Little Mover be the architect of their own Little Movers dance class. Get all of the props needed to do every one of our Little Movers dances, a bubble machine to elevate the mood and a disco light to transform it into a full on Little Movers **PARTAY!** We also have awesome dance uniforms that have been designed with our current Little Movers in mind. Think unicorns and rainbows and magic. **The perfect outfits to have your Little Mover really feelin' themselves and ready to perform.**



# Little Movers



## What is the Little Movers Philosophy?

### EMPOWERING THROUGH DANCE

We believe in empowering kids all over the world through dance. Dance and movement promotes discipline, positive work ethic, healthy bodies, healthy minds, confidence, strength, joy and mindfulness.



## What is your teaching style?

All of our teachers are accomplished dancers with a passion for educating children. We encourage all of our children to join the classes and participate with positive reinforcement and reward. Children of this age are typically eager to learn, however some students will take a little longer to click into the class and the process which is totally fine.



## What are Little Movers Classes?

These classes focus on the building blocks of all movement rather than a specific style. We believe in arming students with a control and understanding of the body so they can tackle any kind of movement. Little Movers Classes have been specially designed to develop childrens overall physical ability while building them up mentally to become confident, proud and happy little people.



## What kind of dancing do you do?

At this age specialising in a "style" of dance is not necessary. Rather than focus on a particular "style" we use elements of jazz, hip hop and ballet to prepare students to move into any kind of dance style or movement type. The coordination, strength and confidence gained from our classes is incredibly useful in all aspects of life.



## Do you do assessments?

Short answer: No.

We acknowledge the fact that children are being formally assessed every which way nowadays, so we assess our students on a class by class basis and make overall assessments of the classes ability level however we do not do gradings or assessment. We believe in allowing children to develop at their own pace with with positive guidance. Each term we will issue a progress report to show how your child has progressed



## What do we need to bring/wear?

We have awesome Little Movers uniforms that are perfect for dancing, the perfect blend of adorable and comfortable!!

All you need to bring to class is a water bottle and a smile!



## Why do my kids repeat skills/dances?

PRACTICE! In every learning category from academia to dance to football to fine art practice and study is the ONLY way to improve. Repetition is essential for any real skill to be built. A great thing about kids is that not only are they willing to repeat, they LOVE repetition, from knowing what's coming up next, to improving from week to week and remembering on their own!

# Term Dates 2020-2021

**Term 1 - Autumn : August 31st - December 18th 2020**

**Term 2 - Winter : January 4th - March 26th 2021**

**Term 3 - Spring : April 12th - June 25th 2021**

**Term 4 - Summer : July 5th - August 13th 2021**

## Class Fees 2020-2021

Term 1 - Autumn   August 31st - December 18th 2020				
<b>Mondays</b> 14 Sessions \$2800 <small>*No Class Oct 26</small>	<b>Tuesdays</b> 15 Sessions \$3,000	<b>Wednesdays</b> 15 Sessions \$3,000	<b>Thursdays</b> 14 Sessions \$2800 <small>*No Class Oct 1</small>	<b>Fridays</b> 14 Sessions \$2800 <small>*No Class Oct 2</small>
<b>Early Bird Offer</b> Enrol before August 17th and recieve a FREE Little Movers Uniform **If your child already has a Little Movers Uniform you will receive a cash discount				
Term 2 - Winter   January 4th - March 26th 2021				
<b>Mondays</b> 11 Sessions \$2200 <small>*No Class Feb 15</small>	<b>Tuesdays</b> 12 Sessions \$2,400	<b>Wednesdays</b> 12 Sessions \$2,400	<b>Thursdays</b> 12 Sessions \$2,400	<b>Fridays</b> 11 Sessions \$2200 <small>*No Class Feb 12</small>
<b>Early Bird Offer</b> Enrol before August 17th and recieve a FREE Little Movers Uniform **If your child already has a Little Movers Uniform you will receive a cash discount				
Term 3 - Spring   April 12th - June 25th 2021				
<b>Mondays</b> 10 Sessions \$2000 <small>*No Class Jun 14</small>	<b>Tuesdays</b> 11 Sessions \$2,200	<b>Wednesdays</b> 10 Sessions \$2000 <small>*No Class May 19</small>	<b>Thursdays</b> 11 Sessions \$2,200	<b>Fridays</b> 11 Sessions \$2,200
<b>Early Bird Offer</b> Enrol before August 17th and recieve a FREE Little Movers Uniform **If your child already has a Little Movers Uniform you will receive a cash discount				
Term 4 - Summer   July 5th - August 13th 2021				
<b>Mondays</b> 6 Sessions \$1,200	<b>Tuesdays</b> 6 Sessions \$1,200	<b>Wednesdays</b> 6 Sessions \$1,200	<b>Thursdays</b> 6 Sessions \$1,200	<b>Fridays</b> 6 Sessions \$1,200
<b>Early Bird Offer</b> Enrol before August 17th and recieve a FREE Little Movers Uniform **If your child already has a Little Movers Uniform you will receive a cash discount				
<b>Trial Class Fee: \$200</b> Please Note: Only one trial class per student will be allowed. After the trial if you would like to continue you must purchase a term package				



Exact class dates are listed on the websites booking page

Please note Term 4 (Summer) will have less classes available due to our Summer Camps running simultaneously

Please see public holiday & other no class dates below on page 9

You can find Pro - Rated Class fees on the websites booking page as well as Early Bird Fees and Offers.

Enrolment IS NOT CONFIRMED until payment has been received

Spaces are limited

## Camp Dates 2020-2021

**XMAS CAMP : December 17th - December 31st 2020**

**CNY CAMP : February 15th - February 21st 2021**

**EASTER CAMP : March 29th - April 9th 2021**

**SUMMER CAMP : July 5th - August 13th 2021**

All camps run Monday to Friday over the specified period excluding Public Holidays

Please see public holiday & other no class dates below

## Camp Fees 2020-2021

CAMP FEES (Applicable to all camps run throughout the year)		
Little Movers	Week Package \$2500	5-day Flex Package \$2700
Koala Bop	Week Package \$2500	5-day Flex Package \$2700
Dance Monkeys	Week Package \$3500	5-day Flex Package \$3700
Week packages include Monday to Friday of the same week Eg. Summer camp week 1 (July 5-July 9)		
Flex packages can be used at any time during the camp Eg. Summer camp dates July 5, 12, 28, 29 and August 4		

Single days can be ADDED to the 5-day flexible package upon booking

Enrolment IS NOT CONFIRMED until payment has been received

Spaces are limited

The Early Bird promotion cannot be redeemed in conjunction with other promotions

Please check the camps page of our website ([www.moveforlife.asia/camps](http://www.moveforlife.asia/camps)) for all early-bird deals and special offers.

All camps are open for enrolment 2-3 months before the start date of the camp.

The above dates and package prices are subject to change at the discretion of Move For Life.



# Public Holidays and No Class Dates

## 2020-2021

Please note that public holidays are determined by the Hong Kong government and are subject to change, resulting in a calendar change

### 2020 DATES

Date	Day	Holiday
1 Oct	Thurs	National Day of the Peoples Republic of China
2 Oct	Fri	The day following the Chinese Mid-Autumn Festival
26 Oct	Mon	The day following Chung Yeung Festival
25 Dec	Fri	Christmas Day
26 Dec	Sat	Boxing Day

### 2021 DATES

Date	Day	Holiday
1 Jan	Fri	New Years Day
12 Feb	Fri	Lunar New Year's Day
13 Feb	Sat	The second day of Lunar New Year
15 Feb	Mon	The fourth day of Lunar New Year
2 Apr	Fri	Good Friday
3 Apr	Sat	The day following Good Friday
5 Apr	Mon	The day following Ching Ming Festival
6 Apr	Tue	The day following Easter Monday
1 May	Sat	Labour Day
19 May	Wed	Birthday of the Buddha
14 Jun	Mon	Tuen Ng Festival
1 Jul	Thurs	Hong Kong Special Administrative Region Establishment Day
22 Sep	Wed	The day following the Chinese Mid-Autumn Festival
1 Oct	Fri	National Day
14 Oct	Thurs	Chung Yeung Festival
25 Dec	Sat	Christmas Day
27 Dec	Mon	The first weekday after Christmas Day

