

Move For Life's Philosophy: Empowering Through Dance

All you need to know about us



PAGE 2-3



PAGE 4-5



PAGE 6

**Class
Schedule & Fees**

PAGE 7

**Camp
Schedule & Fees**

PAGE 8

Public Holidays

PAGE 9

T's & C's

PAGE 10-13



Little Movers

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!

Dance Monkeys

Dance Monkeys is a fun, creative brand that promotes self-love and confidence in kids aged 6 to 12 years. We have regular classes to attend week to week, awesome holiday camps, an incredible YouTube channel to challenge your dancer at home with HEALTHY screen time AND unique merchandise to help your Dance Monkey express themselves with their LOOK!

Our classes are engaging, high energy dance classes that focus on empowering kids through dance and movement. We focus on Jazz and commercial styles of movement to challenge our students and give them a strong base to explore ALL types of movement. In these classes we focus on main skills term to term and learn fun choreos to develop performance ability, style and memory.

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 encourage all of our Dance Monkeys to **PERFORM**.

We believe Performance is such an important experience for children especially for this age group. Performing forces us to push through emotional barriers, overcome fear, develop an understanding of presence and understand how powerful they are as people, as well as develop a confidence that allows them to tackle any challenge head on!

Children that are consistent in our classes develop strong able bodies, master dance skills, develop greater flexibility, 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.

We have 2 categories of Dance Monkeys classes - Junior 6-8 years and Senior 9-12 years. As our students progress through our classes they develop from being the babe of the class to being a role model for younger students and a move from junior classes to senior classes challenges kids with more difficult skills and choreographies.

Our camps are an extension of our classes just a little more intensive. Dance Monkeys Holiday Camps are designed for FUN above all else, we cover essential dance and movement skills in a fun and challenging way. Our camps are designed to be challenging for the avid dancer while being approachable for kids who have little to no experience!

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 stretch session, alternating with dance skills and tricks, creative craft sessions, mindful yoga sessions and 2 daily dance sessions of different styles.

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

Our YouTube channel is SO MUCH FUN! 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**. These videos are out there to encourage our dance monkeys to dance at home and find their style!

Our Merchandise includes awesome dance uniforms and clothing that have been designed with our dancers wants in mind. We love to express ourselves through our clothing as well as our moves! We have developed **the perfect dance capsule wardrobe for your dancer to find their style and create outfits that they feel their absolute best in!** We encourage our kids to wear their Dance Monkeys clothes to class and camp in any combo they desire!

Dance Monkeys

What is the Dance Monkeys 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 Dance Monkeys Classes?

These classes focus on the kids overall dance ability. We use the basic skills of jazz with the choreography styling of hip hop and latin dancing. We endeavour to develop our students overall flexibility, balance, strength, coordination and confidence! The classes are designed to be fun while building ability. We encourage our kids to help others and express themselves completely in our classes

What kind of dancing do you do?

We use jazz as our basis - jazz technique and basic dance skill

We use influences from Hip Hop, Funky Jazz, Kpop and Latin in our choreographies and performances.

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. Each term we will issue a progress report to show how your child has progressed. We believe in allowing children to develop at their own pace with with positive guidance and challenging them with real life performance opportunities. Think DisneyLand, Ocean Park, AIA Carnival and more!

What do we need to bring/wear?

We have awesome Dance Monkeys clothing that is perfect for dancing, the perfect example of form meets function. Let your kids make it their own week to week with their own outfit combos!

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. As our kids go from Little Movers to Dance Monkeys Junior and finally Dance Monkeys Senior they develop an understanding and respect for PRACTICE.

KOALA BOP

Koala Bop is a fun, special needs focused brand that promotes confidence and guides physical and emotional development in kids with special needs. We have regular classes to attend week to week, awesome holiday camps, an incredible YouTube channel to encourage your dancer at home to build their physical strength with **HEALTHY** screen time.

Our classes are super engaging but challenging dance classes that focus on empowering kids through dance and movement. We arm our students with vital skills that can be applied to everything they do. We take the basics of dance and movement and combine that with props as well as super fun games to develop their physical ability and strength while encouraging them to develop socially and emotionally with activities based around self awareness and the way we approach each movement.

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 believe practice is essential 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 developing physical **CONTROL**, no matter what level.

Children that are consistent in our classes develop strong able bodies, master dance skills, develop greater flexibility, master major and minor motor skills, learn the importance of practice, develop a positive work ethic, 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.

Koala Bop classes can be scaled to suit all ability levels. Each child is individual and each and every activity can be modified to challenge them specifically in order for them to develop in the very best way that they can.

Our camps are an extension of our classes consisting of a dance session daily mixed with free arts and crafts, sensory play, stories, games and are honestly just an all round good time! Koala Bop Holiday Camps are designed for **FUN** above all else. Children with special education needs need to be given space and time to explore their own abilities in a way that is comfortable for them 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 stretch session and a daily dance & movement session, alternating with arts and crafts, sensory play, stories and games.

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

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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				
Mondays 14 Sessions \$2800 *No Class Oct 26	Tuesdays 15 Sessions \$3,000	Wednesdays 15 Sessions \$3,000	Thursdays 14 Sessions \$2800 *No Class Oct 1	Fridays 14 Sessions \$2800 *No Class Oct 2
Early Bird Offer Enrol before August 17th and receive 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				
Mondays 11 Sessions \$2200 *No Class Feb 15	Tuesdays 12 Sessions \$2,400	Wednesdays 12 Sessions \$2,400	Thursdays 12 Sessions \$2,400	Fridays 11 Sessions \$2200 *No Class Feb 12
Early Bird Offer Enrol before August 17th and receive 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				
Mondays 10 Sessions \$2000 *No Class Jun 14	Tuesdays 11 Sessions \$2,200	Wednesdays 10 Sessions \$2000 *No Class May 19	Thursdays 11 Sessions \$2,200	Fridays 11 Sessions \$2,200
Early Bird Offer Enrol before August 17th and receive 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				
Mondays 6 Sessions \$1,200	Tuesdays 6 Sessions \$1,200	Wednesdays 6 Sessions \$1,200	Thursdays 6 Sessions \$1,200	Fridays 6 Sessions \$1,200
Early Bird Offer Enrol before August 17th and receive a FREE Little Movers Uniform **If your child already has a Little Movers Uniform you will receive a cash discount				
Trial Class Fee: \$200 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				



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



Terms and Conditions

The Following pertains to in-person classes and camps -

1. Health & Safety -

In order that we maintain appropriate standards of health and safety, you are responsible for disclosing any prior medical or physical conditions on this form and also to the teacher before the class starts. If you are in any doubt as to the suitability of the course please consult your doctor.

You expressly acknowledge that engagement in dance under the care and supervision of Move For Life in the course of tuition or as a matter of free form dance in social dance engagement, is a physical activity of medium to high aerobic demand AND that engagement in dance may occasion falls, sprains or twisted ligaments, respiratory or cardiovascular stress (in persons with respiratory or cardiovascular disabilities). The student/attendee (or parent/guardian) covenants with Move For Life that the student/attendee has sought all appropriate medical advice prior to the acceptance of this invitation to ensure the student/attendee (or parent/guardian) is in good physical condition fully able to undertake the aerobic demands of dance (including without limitation fast tempo dance) at the date hereof AND FURTHER the student/attendee (or parent/guardian) accepts and assumes ALL RESPONSIBILITY for any loss, damage, injury or adverse consequence suffered by the student/attendee (or parent/guardian) as a result of engaging in dance AND INDEMNIFIES Move For Life in respect of any claim by or through the student/attendee (or parent/guardian) in the event of injury to or demise of the student/attendee (or parent/guardian) as a consequence of engaging in dance excluding only loss or damage suffered as the direct consequence of negligent breach of duty of care by Move For Life.

The student/attendee (or parent/guardian) acknowledges that some physical contact may be necessary by the course instructor.

2. Liability -

Move For Life does not accept liability for personal injury or the death of any student/attendee unless directly caused by the proven negligence of the company or its staffs.

3. Attendance, Term/Camp Packages and Flexible Packages-

Students must pay for classes/terms 24 hours before the due start time of the class and camps 14 days before the due start time of the class or may not be admitted to the class. Cash and cheque will only be accepted if agreed previously with administration. Drop in trial classes may be denied if the class is working towards a show or performance, to maintain a consistent progression for the group.

TRIALS/DROP In CLASS - These are a fully paid non-refundable classes for you/your child to try and ultimately make a decision on joining the group. We offer only one trial/drop in class per customer after which a term package must be purchased to remain in the class. We do not do trial classes for any Move For Life Camp.

Term Packages/Camp packages - are only valid during the term they are purchased for and dates communicated by Move For Life Limited - unused classes are not valid in another Term.

4. Parent and Guardian Conduct -

Parents and/or guardians for the under 4's classes are welcome to join and help their children during the class. If an adult is present in the class taking phone calls or other disruptive activities will lead to you being asked to leave the classroom.

Parents and/or guardians that are found to be distracting and/or not willing to participate fully in the class activities will be asked to leave the class.

No Parents and/or guardians are allowed into class for the 4yrs + classes.



5. Class Conduct, Exclusions & Withdrawals -

Late arrivals may be refused entry to the class. Disruptive or upset children and adults will be asked to leave the dance room until they calm down.

No external props are allowed into the classroom, external props include but are not limited to: balls, books, toys, etc.

No siblings or unpaid children are to be in the class (unless they are under 12 months old) when the class is being conducted.

Class teachers will admit or refuse entry, eject adults and/or students and decide what is considered an "external prop" at their discretion in order to maintain the quality and focus of the ongoing class.

If a/an student/attendee is persistently disruptive, infectious disease or with any symptoms of one (such as high temperature, cough, runny nose, fever or rash), or if we feel their attendance affects the good atmosphere of the course, we may decide to exclude them, make-up class will be arranged for missed classes.

6. Refunds & Makeup Classes -

Dance Monkeys classes in schools are subject to the schools policy, in the absence of a school policy or if the school nominates to follow Move for Life's policy the following will apply. Students will not receive a refund after the first class has started or if the classes were cancelled due to unforeseen circumstances. Organizing a class to run and preparation for performances, routines, music, and employment of teaching staff has already been done.

In case of serious injury (broken bones or ligaments) and/or serious illness (new long term conditions) Move For Life will refund 100% of the remaining term paid if we receive a Doctor's note explaining the long duration of recovery needed.

In the case of failure to attend; lateness; or early leavers, Move For Life do not provide any refunds.

Terms and missed classes don't roll over to the next term. Once the term has finished so does your package and you will need to re-enrol in the next term.

In the case of school run ECA/ASA's Move For Life will only provide makeup sessions for missed or cancelled classes in partnership with the school if it is requested by the school administration.

In the case of Move For Life classes that are not run in partnership with a school or other body Move For Life will provide make up sessions for missed classes at any of the other class locations at any time within the same term providing there is space for another child to attend the desired class. Move For Life have classes all over Hong Kong, if you miss a class, you can attend the same class at another location within the term (please see term dates on the schedule page of this website) of the missed class. Please confirm this with administration first incase the class you wish to attend is at capacity. Move For Life do not offer make up classes after the term of the missed class. If you fail to redeem a makeup class within the term of the missed class the make-up class is forfeited.

Little Movers: Students will not receive a refund after the first class has started or if the classes were cancelled due to unforeseen circumstances. Organizing a class to run and preparation for performances, routines, music, and employment of teaching staff has already been done.



In case of serious injury (broken bones or ligaments) and/or serious illness (new long term conditions) Move For Life will refund 100% of the remaining term paid if we receive a Doctor's note explaining the long duration of recovery needed. In the case of failure to attend; lateness; or early leavers, Move For Life do not provide any refunds.

Terms and missed classes don't roll over to the next term. Once the term has finished so does your package and you will need to re-enrol in the next term.

Move For Life will provide make up sessions for missed classes at any of the other class locations at any time within the same term providing there is space for another child to attend the desired class. Move For Life have classes all over Hong Kong, if you miss a class, you can attend the same class at another location within the term (please see term dates on the schedule page of this website) of the missed class. Please confirm this with administration first in case the class you wish to attend is at capacity. Move For Life do not offer make up classes after the term of the missed class. If you fail to redeem a makeup class within the term of the missed class the make-up class is forfeited.

All Camps: No refunds will be given for withdrawals/camp cancellations within 14 days of the camps start date. Please note that the "start date" refers to the start of the entire camp eg. if Summer Camp runs from July 5th to August 13th the camp "start date" is July 5th.

In case of serious injury (broken bones or ligaments) and/or serious illness (new long term conditions) Move For Life will refund 100% of the remaining term paid if we receive a Doctor's note explaining the long duration of recovery needed.

In the case of failure to attend; lateness; or early leavers, Move For Life do not provide any refunds or Make-up Sessions.

If the camp is cancelled due to unforeseen circumstances no refunds will be provided.

7. Injury or Loss of Possessions -

Move For Life Ltd. takes no responsibility for injury or illness of students as result of attending our classes. Move For life takes no responsibility of loss of personal belongings of students attending our classes.

8. Class Cancellations -

Move For Life classes will be cancelled when there is a T8 or black rain issued within 3 hours before the class and no refund for packages or paid classes will be provided.

Partnership courses and school-based courses may be cancelled when there is a T3 as these courses are subject to the Education Bureau Guidelines, please check with your school/institution. In this instance no refund will be given for cancellation of contractually scheduled classes.

Class cancellations where Move For Life is directly responsible for the cancellation: including teacher sickness; teacher lateness of 20minutes or more; studio unavailability will be rescheduled and class fees will not be refunded.

Class cancellations where Move For Life has no control or responsibility for the cancellation: including but not limited to social unrest; government closures; inclement weather will not be rescheduled and class fees will not be refunded.



9. Payment -

Teachers and materials are allocated to classes at the start of term, all agreed sessions must be paid in full 24 hours before the due start time of the class and camps 14 days before the due start time of the camp or may not be admitted to the class/camp. Cash and cheque will only be accepted if agreed previously with administration.

10. Media -

Move For Life reserves the right to use photographs/video taken in-class for marketing and promotional purposes. For parents/guardian, photos and videos may only be taken with the written permission from Move For Life and parents/guardian may ONLY take photographs/videos focusing only on their own child and not on the other children in the class.

11. Ability to Accept Terms of Service -

You affirm that you are at least eighteen (18) years of age, and are fully able and competent to enter into this Agreement, conditions, obligations, affirmations, representations, and warranties set forth in this Agreement, and to abide by and comply with this Agreement.

12. General -

Move For Life Ltd reserves the right to amend this Agreement at any time and without notice, and it is your responsibility to review this Agreement for any changes. Your use of the Website following any amendment of this Agreement will signify your assent to and acceptance of its revised terms.

13. Disclaimer -

The terms and conditions set out are subject to change without prior written notice from Move For Life. It is the student/attendee (or parent/guardian) responsibility to check on the terms & conditions of Move For Life from time to time. We retain the right of final decisions and interpretation in all matters and disputes in relation to the registration and programs. We shall not be responsible or liable for any claims or liability resulting from the registration, classes or programs suffered or incurred.

14. Questions -

If you have any questions or comments regarding this Agreement or the Website, feel free to contact us by e-mail.

