



Street Dance Workshops Tailored for Schools

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www.jvdancefitness.co.uk



ABOUT US

- Dance, fitness & sports coach/instructor since 2002
- Enhanced DBS disclosure certificate
- Teaching in the UK since 2017
- Testimonials: Merton Mencap, Blossom House School, Park Hill Lane Infant Primary School.



Why Work With Us?

- We are aware that one of the UK's top issues is the obesity crisis affecting over 20% (increasing yearly), of our youth and the sedentary lifestyle which effects most homes these days. We aim to make each session as enjoyable and as fun as possible, targeting the fitness, strength and movement abilities of each student.
- We have worked in the industry for over 20 years and still find the joy in teaching, learning and building the communities around us.
- We are fun, exciting and encouraging.

What We Offer

We have different types of workshops we offer schools and charities, these are our main two:

Street dance & body conditioning:

these sessions focus on building up each student, strengthening their own body and core using their own body weight. This is to build up to a place where students are able to do basic street dance moves with ease. Such as handstands, cartwheel, crow freeze, six step and much more. We also focus on coordination, movement, rhythm, agility, flexibility, balance, team work, and encourage each student to partake in activities presented.

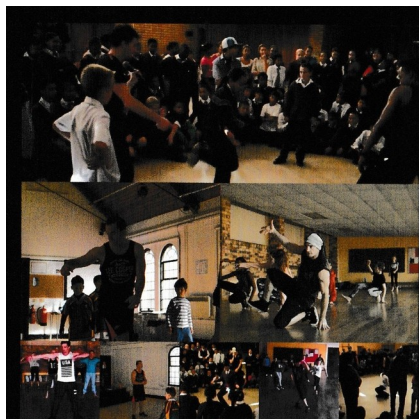
Ball skills and obstacle games:

these sessions focus on 3 main ball skills, football, basketball and rugby. Hand and foot eye coordination, along with learning various techniques, empowering and developing each students skills at a fun easy level. We have fun fitness obstacles with a few games in between the obstacles to motivate and build on skill while having fun.



Benefits

- Improve self-confidence
- Develop team working skills
- Improve listening skills
- Strengthen and tone muscles
- Improve coordination
- Build on body control and awareness
- Increase serotonin - one's happiness
- Improve on motor skills
- Develop better endurance
- Improve blood flow through the body
- Strengthen your heart
- Fun, easy and safe environment
- Many More Fantastic Personal Benefits!



Fitness - The fun way to health!

Working with Mencap, other charities and schools over past years has been an absolute joy! Lessons are tailored to suit each individuals capabilities while giving them a challenge they're able to accomplish. I have enjoyed working with Mencap and have felt the urge to bring the fun and joy of dance movement to our local schools.

Our Aim:

- We aim to create a happy, safe and fun environment. Where students are empowered, encouraged and motivated to enjoy exercise and fitness the fun way.
- Build self-esteem in each student
- Encouraging self-confidence
- Empowering each student with the abilities to accomplish physical activities.
- Motivate each individuals creativity

*Ask about our special for staff members!
Street Dance Workout & Fitness Classes

HOURS OF OPERATION

Day	School Hours
Monday	09:00 - 17:00
Tuesday	Fully Booked
Wednesday	07:00 - 17:00
Thursday	07:00 - 17:00
Friday	07:00 - 12:30
Saturday	Closed
Sunday	Closed

Happiness is a Dance Move
Away...

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Fit Students

=
Healthy, Happier, Brighter
Students
=
Happy Teachers!

JV Dance Fitness

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School Workshops - JVDF - Video Link