



STUDIO PORTFOLIO

# MOTION CONTROL DANCE

REGISTERED CHARITY NUMBER 1161551

# WELCOME

Motion Control Dance aims to continue to grow the legacy of the past 20 years of enriching lives through movement in the Vale of Glamorgan, breaking down barriers whilst creating positive attributes for life.

We believe that anybody can dance and strive to advocate the benefits of dance to our communities within the context of personal growth, health and social well-being, social and community interaction and cultural identity through an enjoyable and high quality dance experience, giving everyone 'A Chance 2 Dance'



# Our Values

## WELCOME EVERYBODY

*Inclusion & belonging is part of our DNA.*

*It underpins the attitude at the heart of our community.*

*We are all equal.*

## RESPECT EACH OTHER

*We have the courage, integrity and moral leadership to be the change we want to see in the world - this fuels our relationships and actions every day.*

## BE CREATIVE

*Creativity is our craft. It's a powerful tool for self-expression and one we embrace to inspire confidence, health, happiness and positive vibes.*

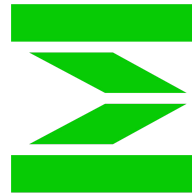
## WORKING TOGETHER

*Dedicated to providing exciting opportunities and experiences, of wonderful encounters with amazing people.*

*Striving to bring out the best in ourselves and our community.*

## HAVE FUN

*The environments we create and interactions we champion enrich the lives of those we engage - creating belonging and meaningful change*



MOTION CONTROL DANCE



# LOVED BY OUR MEMBERS



**JO - CARER**

The child I work with absolutely loves her weekly dance classes, it has given her confidence in making friends and the ability to express her creativeness in a nurturing atmosphere.



**DIONNE - DANCER**

I love coming to dance because I see my friends and learn new things. I also LOVE our new studio as it allows me to express my feelings in a safe place.



**SUE - PARTICIPANT**

As a senior person I have found the classes for us have been so beneficial. It's a fun atmosphere and it has certainly helped my fitness and mobility.

# OUR PROGRAMS

**Our goal is for all our students to feel welcomed, respected, and challenged as they grow with us.**

**Through various movement programs we enrich lives, break down barriers and create positive attributes for life.**



MOTION CONTROL DANCE

# THE MCD STUDENT JOURNEY

## MCD ADULTS

AGES 18+ YRS

ACCESSIBLE, DRIVEN, UPLIFTING,  
LIKE-MINDED, TRANSFORM, SUCCESS

## MCD STRIDE

AGES 7-11 YRS

SKILLS, TEAMWORK, RESILIENT,  
INQUISITIVE, DISCOVERY, EXPERIENCE

## MCD TIP TOE

AGES 3-4 YRS

TRUST, INSPIRE. PLAY,  
TOGETHER, ORIGINALITY, EMOTION



## MATURE

AGES 50+ YRS

MOBILITY, APPRECIATE, TRANQUIL,  
UNIQUE, RECONNECT, EXPRESS

## LEAP

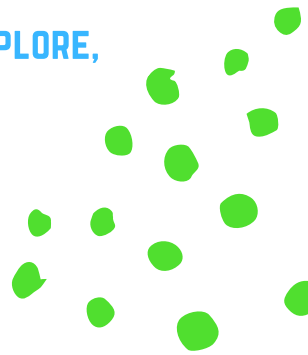
AGES 12-18 YRS

LEAD, EMPOWER, ADAPT, PERFORM

## STEP

AGES 5-6 YRS

SMILE, THRIVE, EXPLORE,  
PRACTICE





# TIP TOE PROGRAMME

AGES 3-4



## TOTS

Imagine your child delightfully enchanted in a magical world of dance. Using imaginative themes, each class is carefully designed to nurture their natural love of movement and music. Confidence blooms, physical skills are enhanced and social and emotional opportunities engage your child in a joyful environment.



## PARENT & CHILD

What better way to support your child than creating memories together? Playing and moving together with your child is a great way to encourage listening skills, teamwork, co-ordination and musicality. These classes are just as fun for the lucky grown up as it is for the curious child.

# STEP PROGRAM

AGES 5-6



## PETITES

Creative explorations allow your child learn to express themselves in their own unique way. You will see their confidence soar and see their delight as they develop essential physical, social and emotional skills. Sessions will offer a creative way of learning and developing, not just in dance and physical awareness, but sense of self too.



## PARENT & CHILD

Designed for homeschool families, this class allows families to explore and create together providing meaningful and enriching learning experiences beyond the book. Children choose what they want to learn and gain confidence through creativity whilst embracing self expression and positive vibes.



# STRIDE PROGRAM

AGES 7-11



## STREET DANCE

Children crave freedom of expression and creativity. Your child will have to chance to explore authentic street dance styles, developing their artistry and team work skills. Self esteem and endurance bring positivity as they enjoy performing the set routines.



## BREAKIN

If your child has endless energy then this is the class for them as they are fast paced and athletic. They learn self motivation as they develop their unique style improving coordination, flexibility and rhythm whilst learning cool moves that will impress others.



## CREATIVE DANCE

Children love exploring their curiosity through a journey of motion. Essential skills of problem-solving, collaborative and motor skills flourish. It can help children's social and emotional development, and this can, in turn, be of benefit in other spheres of life.

# LEAP PROGRAM

## AGES 12-18



### TEAMS

Empowered to learn and create complex movement patterns to challenge their capabilities. Being involved in the decision making of the dance pieces and working closely with their peers in a range of dance styles and performances keeps them engaged and driven becoming great advocates for dance.



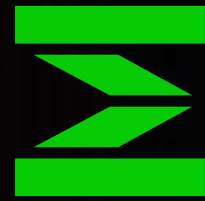
### DANCE LEADERS

Want to be a role model? Dancers inspire the rest of the school and support staff within the sessions to develop leadership and communication skills. These sessions begin to shift their focus to creating their own dance phrases and develop their employability skills and positive attributes.



### BREAKIN

Self motivation is the key to this class. Dancers progress to a higher level focusing upon their own unique style and the realisation that practice is the key to success. Sense of pride is lifted as movements are mastered and respect is shown by peers and others in the community.



MOTION CONTROL DANCE





# INCLUSIVE COMMUNITY DANCE LOCAL MOTION DANCE



**We believe that everyone has a right to express themselves through movement. We have specially designed dance sessions for children, young people and adults with additional learning needs within our Local Motion Dance program. These are also designed to have progression as they develop over the years.**

**The classes enhance fitness and physical participation. Help reduce social isolation and develop new skills that will broaden their horizons. Allowing them to express themselves through movement.**

**We hold the Disability Sport Wales Silver INSPORT badge for inclusivity and good practice in the Vale of Glamorgan.**

# LOCAL MOTION DANCE GROWTH JOURNEY

LMK



AGES 5-10

Watch your child's confidence soar and see their delight as they express themselves in their own unique way. By using creative methods of dance improvisation, role-play and props, children learn about their world. Developing essential physical, social and emotional skills, our sessions offer a new way of learning and developing, not just in dance and physical awareness, but sense of self and others too.



LMD

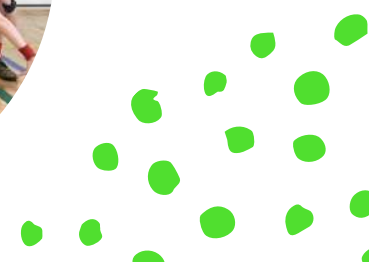


AGES 11-25

Give your child the chance to experience a creative process where there is no right or wrong way to move resulting in greater confidence with their self-efficacy blossoming. Your child will thrive in this engaging environment; collaborating with peers, helping to choose themes and music, and creating movements together. They will improve their memory recall, mobility and their self esteem will soar.



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# LOCAL MOTION DANCE GROWTH JOURNEY

LMDC



AGES 12-30

Dancers are invited to be part of our Youth Company who have a passion to dance and perform. Emphasis is placed on learning technique to enhance dance skills and concepts to challenge their capabilities. They are involved in the decision making of the dance pieces and work closely with their peers in a range of dance styles and performances showcased across the country.



LMA



ADULTS

Sessions are specialised and suitable for everyone including wheelchair users and those with little mobility. Carers stay at the community sessions and are encouraged to join in with the classes if they want to! They express themselves through movement whilst engaging in new social circles and increasing their confidence and well being.



MOTION CONTROL DANCE





“Motion Control Dance have very experienced dance teachers and their commitment and passion is evident throughout the sessions. They are inclusive regardless of ability and they always want to give pupils a chance to decide what style of dance they want to try. The teachers are able to motivate and enthuse pupils who may not have a keen interest in dance at the start of the term and by the end of the term they are performing on a stage in front of an audience!”

VALE OF GLAMORGAN  
SPORTS DEVELOPMENT  
OFFICER











# ADULT PROGRAM

Meet like minded people in our dance fitness sessions which stimulate and challenge you to be the best you can be and live healthy lifestyles.

- Bootie Bands - using resistance bands to help you shape and strengthen your core and butt.
- PDT - Pump, define and tone your body with latin inspired movements and the use of weights.
- Turn D'Up - learn routines to RnB and Dancehall whilst you burn calories and enjoy being part of the tribe.



# MATURE PROGRAM

Dance is for everyone! Our 50+ sessions are holistic and relaxed, focusing upon building new friendship groups as well as enhancing health and wellbeing by staying active.

- Tai Chi Qigong Shibashi- focuses on the mind, breath and movement to create a calm, natural balance of energy.
- Creative Dance - explore movement as a form of expression whilst laughing a lot!
- LIFT - using resistance bands to strengthen and help with balance and mobility.
- Dance & Dementia - using music and movement to engage memories and create new ones.
- Dance for Parkinson's - using research based exercises to help manage daily living with Parkinson's.







MOTION CONTROL DANCE

# LOVED BY OUR MEMBERS



**JEAN - PARTICIPANT**

The sessions makes me feel so good. There is a very positive atmosphere that allows & encourages one to explore one's sense of self, no pressure, relaxed and comfortable. It feels wonderful to experience the full wonder of your body through dance, it certainly has benefitted me physically and mentally.



**JULIE - PARTICIPANT**

The dance is creative and fun, a mix of choreography that we learn, imaginative dances we create, and playful games - it's a lovely environment"



**TIA - WORK PLACEMENT**

Thank you to the staff and members of Motion Control Dance for making my college work placement so memorable. I gained so many skills working with you that will help me in the future. I really have loved my experience with you and feel that you have made a difference to my life as well as making me dance!



# COMMUNITY SERVICES



Motion Control Dance offers inspiring, high-quality, bespoke dance services including workshops, performances and projects.

Whether you are a local business, school, community centre, hospital, care home, local authority, festival or anything else, our creative ideas and reliable project management will ensure your audiences or participants are delighted and inspired.

THANK YOU FOR SUPPORTING OUR  
COMMUNITY DANCE CHARITY

CONTACT US



Tik Tok

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REGISTERED CHARITY NUMBER 1161551



Enriching Lives  
 Appreciate  
**Educate**  
 Success Unique Enjoyment  
 Togetherness  
 Movement  
 Love  
 #mcd\_ance  
 Never Give Up  
 Passion Jolly Good Fun  
 Get Active  
 Connection  
 Diverse  
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 #dancefam  
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Dance like no-one is watching  
 Success  
 Opportunities Moments  
**Community**  
 Love  
 20 years Celebrations  
**Empower**  
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