

14/10/2019

Dear Parents,

## **URBAN STRIDES STREET DANCE CLASSES**

We have been very lucky to have Christina from Urban Strides at RGS twice in the last 2 weeks to deliver inspirational assemblies to our Key Stage 3 and 4 students. Her message was all about young people taking positive action, overcoming mental health challenges, and saying to themselves “Let’s Go!” in achieving their dreams.

Urban Strides are the UK leaders in street dance education, have been seen on 36 TV channels, performed on over 150 arena stages and were the first ever street dance crew to open the Royal Variety show for Her Majesty, the Queen.

In addition to performance crews, they have classes for all ages and abilities. We are excited to announce that Urban Strides are launching classes at RGS and the class for your child’s age group is:

**Thursdays 6.15-7.15pm at Royal Grammar School High Wycombe starting 17th October 2019.**

Your child has been given a leaflet with contact information on it. We only have a limited number of spaces available so, to ensure you get a space, please contact the Urban Strides office today: <https://bit.ly/2OkERS8>

You can see a video of some of their classes here: <https://www.youtube.com/watch?v=Usgs-4EiSZA>

This is an amazing chance to get involved with a powerful, tried and tested workshop that stimulates positive physical and mental exercise and personal growth. Sign up – give it a go!

Kind regards

Andrew Zair

Head of Year 9