

# Welcome to Trinity Laban!

This booklet will give you some information about our Dance Ability classes for children.

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This is The Laban Building, which is our home.



This is how you get to us from the street:



Our security guard Dennis will welcome you. Remember to wave hello to him!

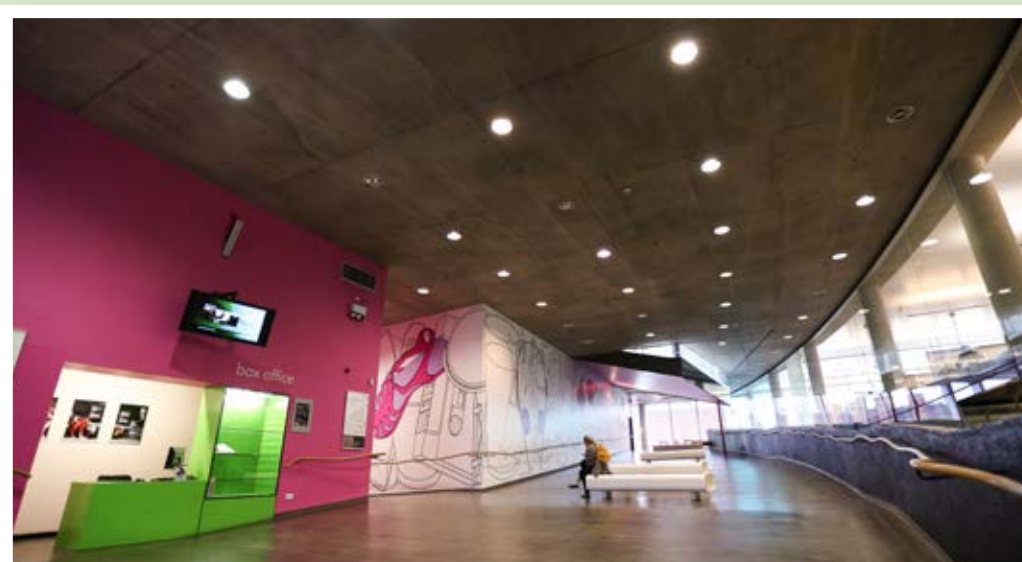


Make sure you don't press the barriers! Dennis will let you through on the left hand side.



Classes take place in Studio 1. This is how you get there from the barriers:

First go straight ahead, up this ramp:



Turn left by the first white bench, just past the Box Office. This is what you can see:



And head down the ramp. Studio 1 is on the left hand side:

Take a seat on or near the bench outside the Studio.

You can get changed now – you'll need to wear comfy track-suit bottoms or leggings with a t-shirt. You don't need any special shoes or socks to dance in – you'll dance barefoot!





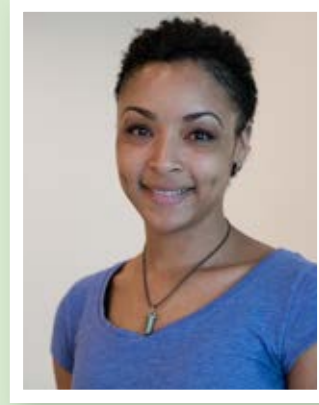
One of the Dance Ability team will come to say hello! They will talk to your adult.



**Gemma Coldicott**



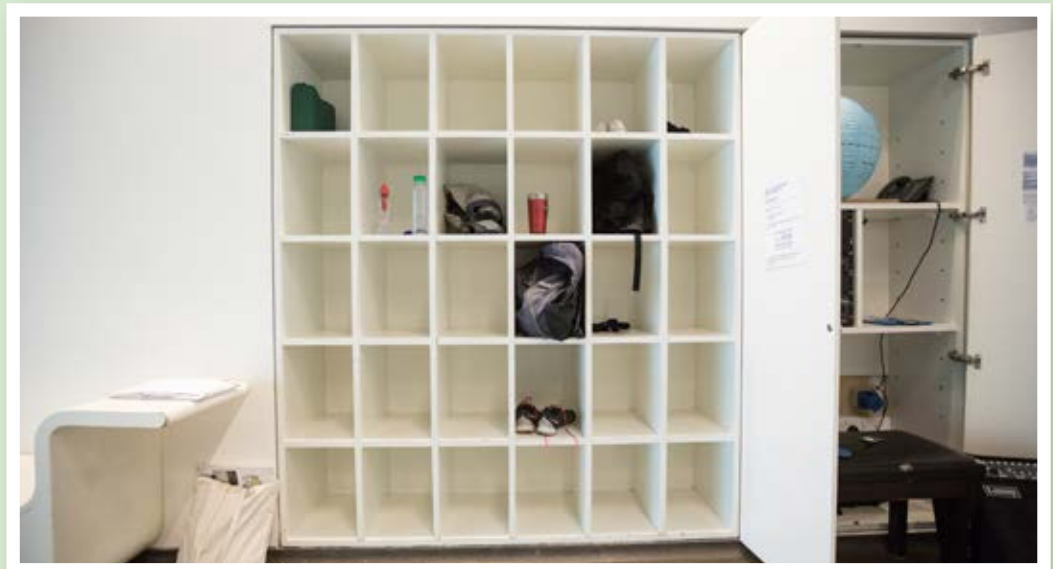
**Eilidh Scott**



**Angeline Morgan-Welsh**

You'll then say ***"see you later!"*** to your adult, who will wait near the Studio or in the café. You will be led into the Studio. Bring a water bottle with you.

You can leave your water and clothes (if you have them) in one of the cubby holes:



Your dance class will now start!

We have amazing dance artists who are super friendly:



During the dance class, you will...

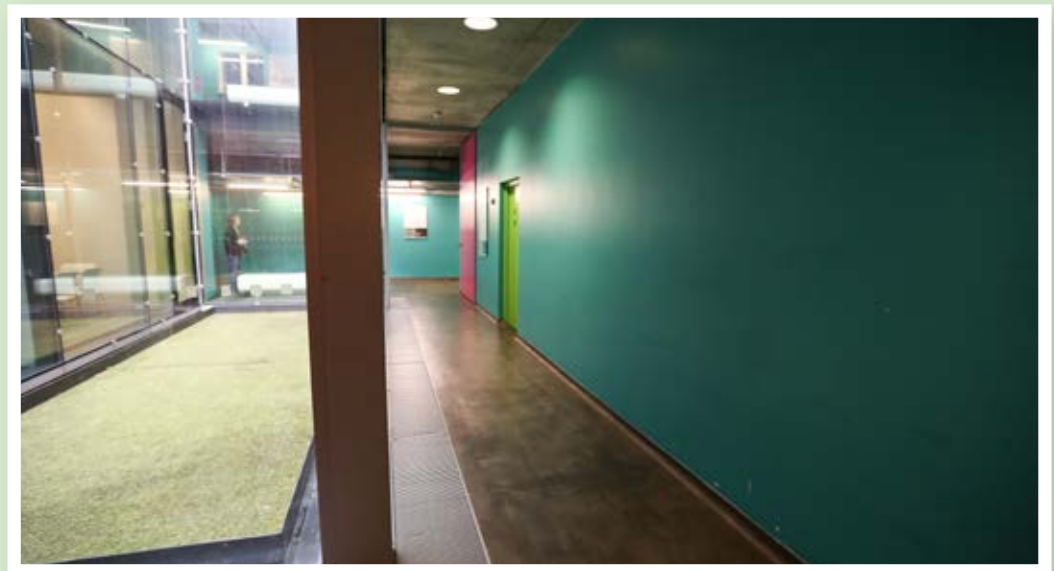
- Warm up
- Get creative with movement
- Team up with other children to create your own moves
- Make group dances
- Have FUN!



When your dance class has ended, one of the dance artists will take you back to your adult. You can then tell them all about your class!

After the class, if you get thirsty or need to re-fill your water bottle, you might want to visit the water fountain.

Turn left out of the Studio...



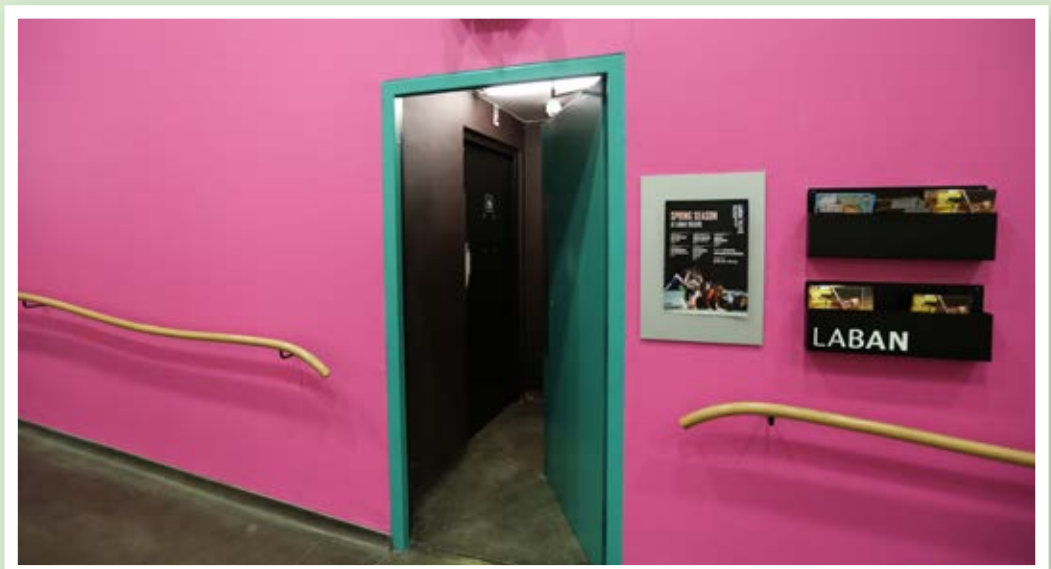
...then you will see the water fountain ahead of you and slightly to the right:



You might need to go to the toilets. If so, turn right out of the Studio, head halfway up the ramp, and go through this door on your right:



Then go through this door:



*We hope this booklet was helpful.*

*We look forward to dancing with you  
at Trinity Laban soon!*