

UNDER THE SEA

Through song and dance we learn the importance of using sun screen and being sun smart. We discover the magical world of sea animals whilst swimming under our ocean parachute. We learn the reasons why we should swim between the red and yellow flags at the beach and then manipulate our mini beach flags to combine a variety of movement patterns using the body.

HYGIENE

Through this class we teach the children that keeping our body's clean and practising good hygiene can be lots of fun. Through demonstration, music, song and dance we show the children how to wash their hands, teeth and hair.

RHYTHM AND DANCE

"We move to the rhythm and dance to the beat! We groove to the music and stomp our Happy Feet!" A fun session playing instruments and manipulating scarves to the music.

BODY WORKS

"We've got 5 senses that help us do, all the things that we want to do. 5 senses that we can use, to feel the world through!" Here we learn about our body with some very entertaining songs - (one of my favourites!)

PIRATES

"Today we will be pirates - Happy Feet you and me! We will sail our pirate ship on the deep blue sea. We will do a pirate dance and look for hidden treasure, then use our pirate swords that are made of feather!" Through dance and drama we go on an amazing journey to find the pirates treasure, with stunning costumes the children certainly immerse them selves in the role of a treasure hunting pirate!



MULTICULTURAL

"Everybody's different, every boy and girl, in every country around the world. But we are all the same on the inside, with love in our hearts we can stand side by side" Cam has created a variety of music from different countries for us to explore different cultures, dances and languages. Great music and a great message!

THE ZOO

Wow our costumes lady is amazing, in this class you will be bedazzled at the creation of the Lion, Snake, Monkey and Elephant who come to visit! The children also get dressed up in very cute little monkey outfits as we - monkey around!! Visiting the Zoo is lots of fun.

COUNTING

"Counting is clever, counting is fun, counting is done one by one! You can count your fingers, you can count your toes, some people count sheep to get to sleep - are you one of those?" In this very energetic class counting helps us keep track of how many exercises we perform.

FRUITY FRUIT

Teaching the children about the importance of fruit in a way they will not have seen before, through the art of magic the children learn about the value of eating fruit. Our costumes lady designed these amazing Strawberries, Oranges, Apples and Bananas - that the children can't wait to get their hands on! (Every parents wish - a child who is thrilled to see fruit!)

STARS

There are many different kinds of stars and in this class we visit a few. We have a photo opportunity when the children dress up in our stunning starfish costumes. We also discover our singing voices through a beautiful song which teaches them fast and slow.



THE CIRCUS

At the Circus there are Animals, Acrobat Dancers, Funny Clowns and Tightrope Walkers too! We explore a lot of different equipment in this class, from Hoops to Dancing Ribbons and even a tightrope, where we balance way up high in the sky.



BUGS IN THE GARDEN

"I like looking for bugs in my backyard, some bugs are easy to find while others are quite hard! There's just so many different bugs, there's lots of different kinds. You never know what kind of bug that you are going to find." The children adore our brightly coloured hand puppets in this class and especially enjoy grooving to the BUG Dance!

DINOSAURS

"Dinosaurs get ready to roar - 1,2,3 ROAR! Shake your tails, Stomp the floor, Crouch down low and do the Dinosaur"

In this class we become stomping, dancing dinosaurs and certainly look the part with some bedazzling costumes. The dinosaurs then do a dino conga followed by some fun activities with dinosaur eggs - one of which is just about to hatch!

VEGETABLES

"Eating vegetables every day will help you run jump and play! Putting vegetables on your plate will make you body feel great! They are good for your brain, good for your heart, vegetables are SUPER STARS! Our vegetables class is jam packed full of healthy fun in which the children learn all about the importance of healthy eating.

SEASONS

"Summer, Autumn, Winter, Spring, as the seasons change so does the weather they bring" In this class we explore the changes in weather at different times of the year. We go to the beach for a surf in summer and put on our welly boots to jump in some puddles for some winter time fun too!

COLOURS & SHAPES

"Colours & Shapes are everywhere a Triangle, a Circle and a Square". Using their super duper magic powers the children draw shapes in the air which magically appear in our Happy Feet book. Using our magic again we colour all the shapes in different colours. A super fun way to learn about colours and shapes!



PLANES, TRAINS & AUTOMOBILES

This class is all about going places and how we go places. First we do some awesome acrobatics while flying our planes high in the sky. Next we climb aboard the "Happy Feet Express" for a magical train ride to some very interesting places. To finish off we ride the bus to town and check out all the action along the way!

YOU R YOU

"You R You & I am me, Everybody is special and does things differently!" This is a beautiful class that teaches children about each of us being unique and different, for them to understand how wonderful that is!

AUSTRALIA

Australia is a great place to be, Our Island home is surrounded by sea, With Kangaroos that jump really high, And Kookaburra's laughing in the SKY!

In this class we have so much fun learning about Australian things, especially when dancing to the sound of the didgeridoo!

SPACE

Happy Feet Kids into space we will fly, Blasting in our rocket ships, As stars and meteors zoom by, Sounds like an awesome adventure in space, Let's go Happy Feet it's going to be ace! Oh boy, do the children laugh when they meet our special friend 'LA LA the alien' in fact there is laughter throughout the entire centre (adults too!)



DOWN ON THE FARM

There's so much to do, so much to see, its as big as can be!

Down on the farm with all of our friends, chickens and cows and Pigs in their pens.

BIG AND SMALL

From tiny little butterflies to huge Giants, we discover the world of BIG and Small. We explore the tiny little seed that grows into a big giant tree.



SHARING AND CARING

You can share with me, I can share with you, We can share together because that's what friends do! The message is loud and clear in this class that Sharing and Caring is FUN!

COMMUNITY HERO'S

Important people in our community, We use are imaginations to help others and save the day!

THE HAPPY FEET OLYMPICS

Lots of fun and exciting sporting activities to explore in this class. We even use our magic to make the olympic flag appear.

HAPPY FEET INCURSIONS

HEALTH & FITNESS

The entire centre gets to meet our friend "Silly Sally" The girls and boys help Silly Sally learn all about keeping fit and healthy, by choosing the right food for our breakfast table, the importance of how to brush our teeth and how exercise can be fun. A very powerful, educational and very entertaining show for the whole centre to enjoy.

MULTICULTURAL

In this incursion we travel around the world, learning all about different Countries, Music, Dances and Languages. The children will visit many places including Ireland, Spain, Russia, China, France and of course the Australian Outback. This is a fast moving incursion that will have the children going home to tell their families all about their trip around the world and the friends that they made along the way!



Here comes happy Feet,
it's magic and it's fun,
helps us to be healthy,
so come on every one!



9524 9094

www.happyfeetfitness.com.au