

# 1st Position

Early childhood dance & music classes

Want an easy solution to incursions?

Want to add an arts program to your curriculum?

We come to you with fun dance and music activities, props and musical instruments to try!



# We bring the fun!

The 1st Position program teaches fundamental dance and music concepts. It is designed to support early childhood development.

- Partner dance exercises to encourage social development.
- Percussion instruments to explore fundamentals of music theory.
- We use basic sign language!
- Emotional toolboxes: naming feelings, practising deep breaths.
- Fostering independence with set up/pack up and use of manners.
- Introductions to cultural music.
- Bubbles and ribbons to develop eye-tracking coordination.
- Scarves for sensory play.
- Parachutes help explore us dynamics.
- Finger puppets to develop sitting and singing/listening skills.



# The Program

We run the program independently with all props and equipment. We work with the spaces you have available and can move between rooms.

The levels we can offer are:

- Seedlings: Birth to Sitting
- Sprouts: Sitting to Toddling
- Buds: Walking to 3.5 years
- Blossoms: 3.5 years to Preschool
- Or a mix of these ages

Sessions can run anywhere from 20 minutes to an hour!



**Contact us to organise a trial**

Email [6thposition.kids@gmail.com](mailto:6thposition.kids@gmail.com)

Discounted trial price: \$150 for one-hour in up to four rooms!  
This fee covers Anouska & Sophie's attendance plus travel.

We can also organise bespoke packages or in-studio classes at  
our studio

# About Us

6th Position is a local dance school located in Canberra City. Since 2017, we have provided dance classes to Canberra's adults, and have recently expanded our services to new groups that are missing out on the joys of dance.



Anouska is the Program Manager and teacher of the 1st Position program. She has taught dance for fifteen years and developed the program based on what she wanted for her own children.

Anouska has undertaken numerous physiotherapy-for-dance courses and is qualified in the Intellidance Babies method.



Sophie is our Assistant and a highly regarded local music teacher. She specialises in Suzuki piano pedagogy and early childhood education.

One of her goals is to nurture the next generation through music and provide children with the foundation to flourish.

Visit our website to see more:  
[www.6thposition.com.au/early-childhood](http://www.6thposition.com.au/early-childhood)

Follow our Instagram page to see us in action:  
[@6thposition.kids](https://www.instagram.com/6thposition.kids)

