

STUDIO & ONLINE

THE
SWINGERS
DANCE INC.

BOLLY Bounce

BLENDING JATKAS
TO FUNKY GROVES

AGE 3 ONWARDS

CLASSES

WEEKLY TWICE

1 HR EACH

TRAIN WITH

BEST FACULTY'S

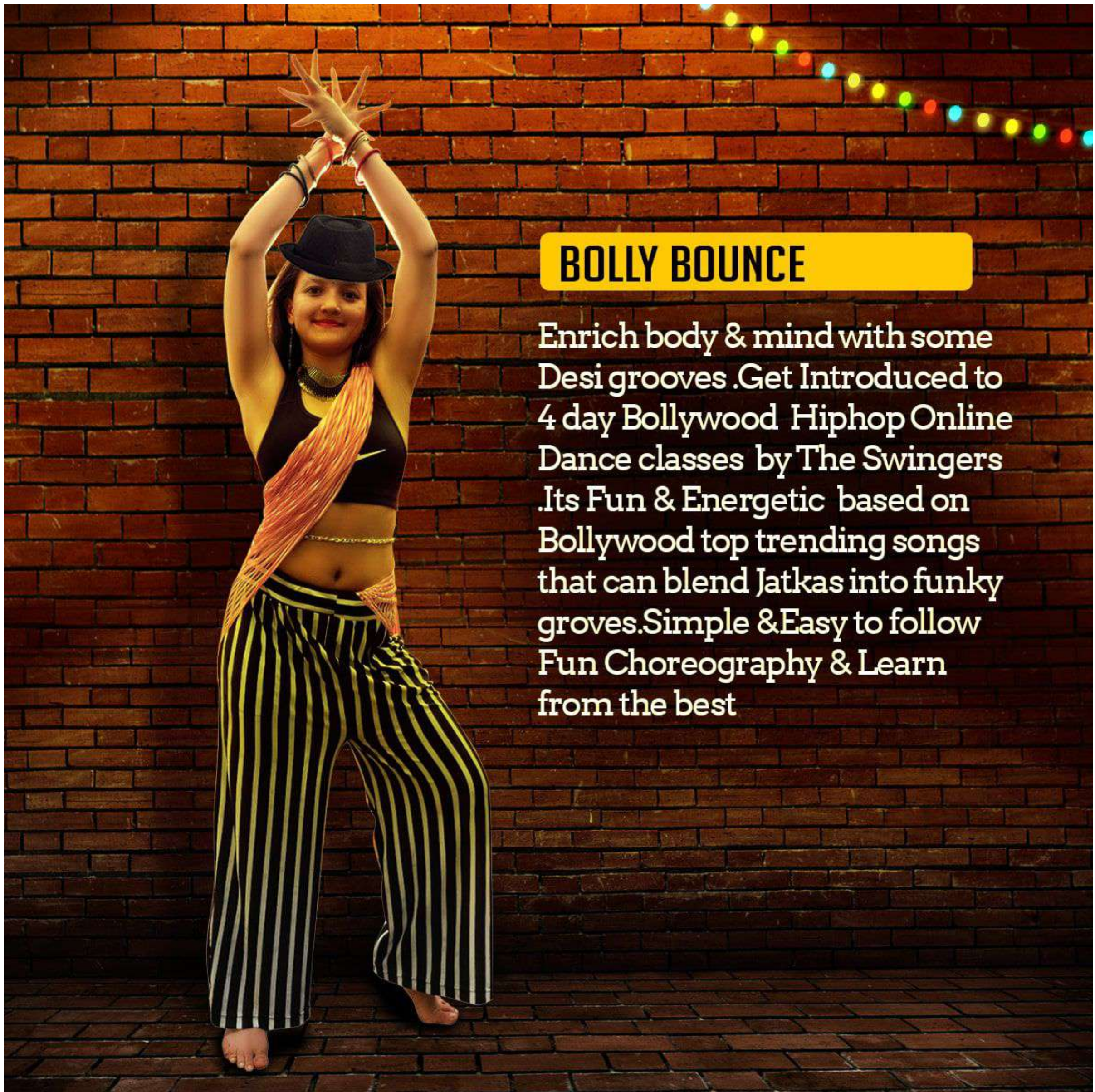
BEGINNERS

WELCOME

HIGHLIGHTS

TOP TRENDING BOLLYWOOD SONGS - IMPROVES FLEXIBILITY - DEVELOPS MUSIC SENSE - BEST STRESS BUSTER

IMPROVES FOCUS - BUILDS IMMUNITY - MAKE COOL VIDES-REELS & GET FIT WHILE HAVING FUN



BOLLY BOUNCE

Enrich body & mind with some Desi grooves .Get Introduced to 4 day Bollywood Hiphop Online Dance classes by The Swingers .Its Fun & Energetic based on Bollywood top trending songs that can blend Jatkas into funky grooves.Simple &Easy to follow Fun Choreography & Learn from the best

AGE BASED

3-5 Years - Bolly bounce for Toddlers

6-12 Years - Bolly bounce for Juniors

13 & Above Bolly bounce Teens & Adults

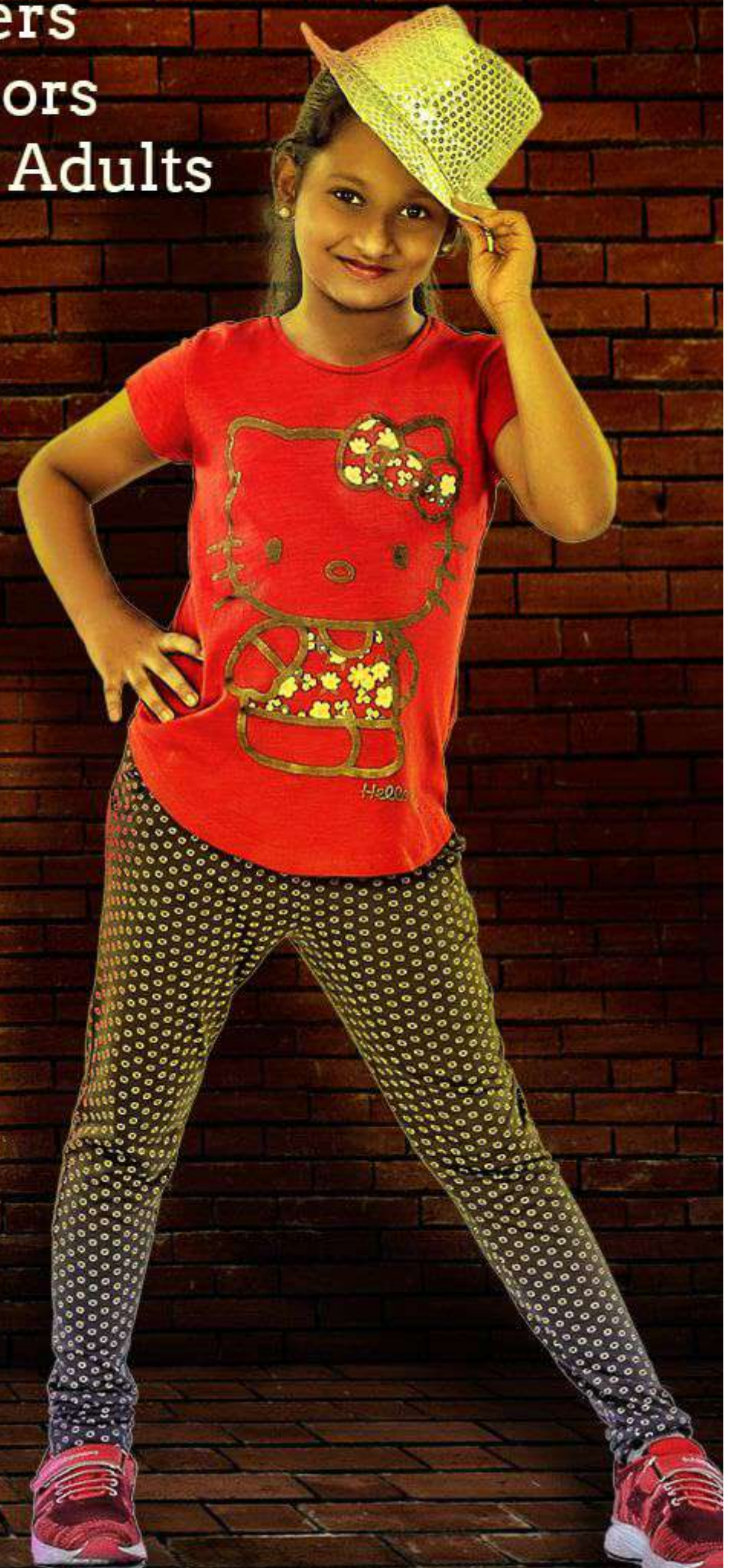
BOLLY BOUNCE ?

BOLLY +

HIPHOP +

GROOVES +

JATKAS = BOLLYBOUNCE



BOLLY BOUNCE- HIGHLIGHTS

Exposure to performing arts
Body and mind co-ordination
Sense of counts and rhythm
Flexibility and muscle toning
Develops sense of choreography
Make cool videos
Improves balance
Posture and coordination
Best Stress buster &
The best way to stay in shape "





CLASS STRUCTURE

Classes are Split into multiple sections

- 10 min warm-up
- 5 min Cardio
- 45 Min of Choreography

DRESS CODE & OTHER

- Track pants
- T-Shirt
- Leggings
- Shorts
- Sports wear
- Sports Shoes
- Towel & Water Bottle

ABOUT SWINGERS

The Swingers Dance Inc is a leading dance institution associated with Broadway Dance Center, New York having branches at Chennai & Bangalore . We trained more than 100000 dance professionals including dancers, choreographers and teachers in studio & over 6000 students online since last year

ARTISTIC DIRECTOR

"Mr.Prasanna started his dance career at the age of seven and has undergone extensive training in dance at several internationally acclaimed dance Insitutions across the world including Edge Performing Arts California, Broadway Dance Center New York. He has taught classes and performed many productions across United States of America and United Kingdom. "



Online Dance Classes



Kids ,Te , Fitness