

Little Wigglers

CDC
DANCE



What Do We Do?

Little Wigglers is designed to introduce toddlers and pre-schoolers to dance and movement in a **FUN** way, through music, interaction and play.

Accompanied by their 'Big Person' our key focus is having **FUN** through a variety of dance related activities, but in doing so, our **Little Wigglers** develop coordination, flexibility, language and listening skills, social skills, and confidence.

It's aimed at little ones who are confident walkers, through to when they are ready to move into our independent Tiddlers class, once they're in pre-school nursery or start school.

It's very sensory based and we use a series of props such as masks, sparkly pom-poms, scarves, ribbons, hoops, tunnels, bubbles, disco lights etc. Younger siblings are welcome to tag along & join in the **FUN** – you'll be amazed how early they get involved!

We run the dance class for approx. 45mins & at the end of each half term we get out our bouncy castle as well.

We now deliver weekly sessions in a primary school's stay & play setting... speak to us to learn more about what we can offer in your nursery/school

Key to our success is ensuring that every child, every week, has bucket loads of FUN & looks forward to their next class!

We understand how important repetition and routine are for preschool children, so maintain a consistent structure and keep the same program of dances and music for a half term. This works really well, and we find that as familiarity grows, our **Little Wigglers** get even more from the session.

When?

Fridays in term time
10am – 10:45am



Where Are We?

CDC Dance Ltd

Above Poundland/Clarks

153 High Street
Kings Heath
Birmingham
B14 7DG

Our 2019 renovated studios are above Poundland & Clarks, the doorway is to the left of Poundland's entrance, shared with Foundry Gym, with stairs only up to the first floor

We have someone on hand to assist on the stairs but most of our parents opt for carriers over pushchairs as there isn't anywhere secure on the ground floor where pushchairs can be left.

If travelling by car, the Europark or St Dunstan's car parks behind the building on Institute Road are the closest places to park

Facilities

Our newly refitted venue boasts:

- 3 studios, with a folding partition
- wall between studios 1 & 2, allowing a more flexible space;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest wifi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller & crash mats
- Industrial fogger for anti-viral cleaning



Terms 2026

The first class is a **FREE** taster. You can then pay weekly for the first month before switching onto advance monthly payments via GoCardless DD

Monthly fees are calculated as:

(Weekly fee x 40 weeks) * Divided by 12

1 st Sibling Monthly Fee	2 nd Sibling Fee	3 rd Sibling
£35 (£10.50 per class)	£30 (£9 per class)	FREE

In addition to the monthly class fee, there is a £2.50 per customer/family, per month, admin fee payable and an annual membership fee, due at the start of each calendar year & pro-rata for remaining months of the year when first join.

