

[www.](http://www.polestars.net)



[polestars.net](http://polestars.net)

## Resellers Information Pack

**Polestars offer a wide range of fabulously fun and exciting hen party products. We are always adding products to our already extensive repertoire.**

Having spent the last 8 years delivering hen parties nationwide; we consider ourselves experts.

We pride ourselves on our organisation, professionalism and quality of product.

# Polestars Hen Parties

We employ all of our teachers directly and have ongoing relationships with all of our venues. We don't subcontract any work except in real last minute emergencies. We truly understand the importance of delivering every detail of your customers' hen to a professional standard and on time. Most importantly we have the office staff and resources to ensure that we can deliver on our promises.

We have been offering *pole dancing parties* for 8 years, *burlesque parties* for 6 and *can-can parties* for 4 years. In the past two years we have expanded not only our locations and capacity, but also our range of parties. The musical theatre parties – *Dirty Dancing*, *Grease* and *Chicago* – are proving to be tremendously popular. We can also offer *Hula Hooping*, *Belly Dancing* and *Bollywood* in selected locations across the UK to target a niche audience,

If you are looking for an alternative hen party product, we have the *Cocktail Making Masterclass*, one of our best sellers and a new *Chocolate Making Party* or *Parkour/Free Running*

## Details of Parties

For an overview of the product, information on group sizes and what advise customers to wear and suggested website/promotional descriptions, please go to the relevant page.

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### **Photos**

We hold a good selection of photos of all our dance classes and all hen parties with the exception of cocktail making. We hold the rights to all of them and you are welcome to use them. You can download them at <http://www.polestars.net/press-images/>. Please contact us on [pr@polestars.net](mailto:pr@polestars.net) or 0207 274 4865 to discuss your needs.

### **Customer Information Sheets**

We have excellent customer information sheets that explain what to expect and what to wear. They are available for you if you wish to use them.

### **Locations and Times**

The classes are held in the private function rooms of bars and clubs, hotels or dance studios. Drinks are available to purchase at most venues in which case students are not allowed to take their own drinks with them. Some venues, where there is no access to a bar, customers will be able to take their own drinks. Food is also available at most venues.

All of our parties are 2 hours long. We offer a variety of slots on Saturday afternoons that vary from venue to venue, but in most areas we can offer 12noon-2pm, 2-4pm, 4-6pm or 1:30-3:30pm or 4-6pm. However we can do earlier or later time slots or other days of the week upon request.

With all the dance parties (apart from pole dancing) we are able offer the party in a location of your choosing, by special arrangement. We will still charge the standard fee, plus travel costs (if outside our standard cities).

In almost all of our cities we have more than one venue and in London we have 20 venues. Availability of classes available in each city in the UK is listed are below in the table.

Party																		
City	Pole	Burlesque	Can-Can	Cheerleading	Dirty Dancing	Grease	Chicago	Hula Hooping	Belly Dancing	Bollywood	Thriller	Street Dance	Salsa	70's	80's	Strictly	Glee	Line dancing
London																		
Aberdeen																		
Bath																		
Belfast																		
Birmingham																		
Bournemouth																		
Brighton																		
Bristol																		
Cambridge																		
Cardiff																		
Chester																		
Darlington																		
Edinburgh																		
Exeter																		
Glasgow																		
Leeds																		
Leicester																		
Liverpool																		
Manchester																		
Newcastle																		
Newquay																		
Norwich																		
Nottingham																		
Oxford																		
Portsmouth																		
Reading																		
Sheffield																		
Southampton																		
Swansea																		
York																		
Windsor																		

City	Party	Cocktail Making	Chocolate Making	Parkour	Full Monty	Improv Comedy	Sushi	First Dance	Indulgence	Rock band/postar
London										
Aberdeen										
Bath										
Belfast										
Birmingham										
Bournemouth										
Brighton										
Bristol										
Cambridge										
Cardiff										
Chester										
Darlington										
Edinburgh										
Exeter										
Glasgow										
Leeds										
Leicester										
Liverpool										
Manchester										
Newcastle										
Newquay										
Norwich										
Nottingham										
Oxford										
Portsmouth										
Reading										
Sheffield										
Southampton										
Swansea										
York										
Windsor										



	POLE	BURLESQUE	DIRTY DANCING	CANCAN	BOLLYWOOD	CHICAGO
Dublin City	X	X	X	X	X	X
Dublin West	X	X	X	X	X	X
Carlow	X	X	X	X	X	X
Kilkenny		X	X	X	X	X
Enniscorthy	X	X	X	X	X	X
Waterford	X	X			X	
Cork City		X	X		X	
Cork West	X	X	X		X	
Limerick	X	X	X		X	
Mullingar	X	X	X	X	X	X
Athlone		X	X	X	X	X
Sligo	X	X				
Carrick On Shannon		X			X	

Hen Parties and dance classes are run by our Ireland franchise, which is a completely separate business contactable on 1890 88 23 24 (or from outside Ireland +353 45 54 00 45), [info@polestars.ie](mailto:info@polestars.ie) or visit [www.polestars.ie](http://www.polestars.ie) for more info.

### Invoicing

For the first couple of parties that we do for you, we will require payment in advance. Once we have settled in to the relationship we can offer you 30 days credit.

### Contact details

For more info please visit our website [www.polestars.net](http://www.polestars.net)

Or contact Heath.

Or email [heath@listoflife.com](mailto:heath@listoflife.com) or [frank@listoflife.com](mailto:frank@listoflife.com)

# Pole Dancing Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

We have been providing pole parties and courses for 8 years and have it down to a fine art. Pole dancing parties are still very popular even with the rise of burlesque.

We have 2 or 3 poles in each of our venues; given the strenuous nature of pole dancing this will keep even a big group happy.

Pole dancing is quite hard work but our teachers have more than enough experience to tailor the party to suit the group's fitness levels.

We do have to be careful if girls have been drinking before hand and we may have to do some work off the pole if they are too drunk to safely get off the ground. Pole dancing makes a great icebreaker for any group.

## Copy for Website / Promotional Materials

A Pole Dancing Party is the perfect way to celebrate and let your hair down with friends. You will be taught some basic spins, moves and tricks on the pole. You will laugh a lot at putting yourselves in ever more compromising positions and encouraging each other to be more daring in your attempts to become a true Polestar. It makes a perfect ice-breaker to set you up for a nights partying.

## What to Wear

Please feel free to come wearing anything you feel comfortable in, however if you really want to get spinning it will help if you can bring some shorts. We also recommend high heels as they help you feel sexy.

# Burlesque Hen Parties

## Group Sizes

Ideal 10 – 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

With burlesque all over the news right now (Dita von Teese, Pussycat Dolls, Paris Hilton etc) burlesque parties are getting more and more popular. Our teachers provide the props for the class, but if customers want to get dressed up they will have an even better time.

A burlesque party could push some people's boundaries more than pole dancing and can-can as it involves acting sexily. However if taken in the right spirit, burlesque is a fantastic chance to have a giggle with your mates.

Burlesque is a good option for parties that want to go straight out afterwards as it is much less strenuous than pole dancing. It is also a great option for parties that contain pregnant women.

## Copy for Website / Promotional Materials

Our burlesque parties give you a chance to learn some glamorous 1950's style cabaret routines. During the class you will learn a variety of walks, facial expressions, dance moves and tricks that you get to put together in a routine. You will also get to play with some fun props like fans and crops. It is a great giggle and a fantastic chance to get dressed up.

## What to Wear

Please feel free to wear anything you feel comfortable in. You don't need any special clothing for the class but if you all get dressed up it will make the day more fun. Think corsets, showgirls, Moulin Rouge, feather boas and long gloves.

# Can-Can Hen Parties

## Group Sizes

Ideal numbers - 10 – 15

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Can-Can is intended to have a wider target audience than pole and burlesque as it has much less sexual content and people are much more accustomed to the idea of can-can. Although this is not our most well know product, we think it is the most fun.

We provide special can-can skirts for the classes which really make the session into something special. Can-Can classes provide great bonding for hen groups as they are forced to work as a team. The session ends on a high (quite literally) as it finishes with a fabulous high kicking routine.

The high kicking element of Can-Can is actually very hard work and will tire out the fittest hen if done for too long. Therefore we spend much of the party learning routines, moves and formations that are less tiring but just as fun.

The party is high energy and the participants will end up a little hot and sweaty at the end of it, so do warn the groups about this.

## Copy for Website / Promotional Materials

Get yourself in the mood for a party with some good old fashioned high kicking Moulin Rouge style fun. The fabulously colourful can-can skirts that are provided as part of the package will really put you in the mood for fun and giggles. You will learn a variety of basic moves, tricks and routines that will come together in a full chorus line performance at the end of the party. The party is energetic, fun packed and suitable for all ages. The parties make excellent photo opportunities so do bring your cameras.

## What to Wear

We provide skirts in a variety of sizes, to add to the fun you might like to wear tops that match the theme (like corsets) or bring accessories such as feather boas and long gloves to really get you in the mood. We do strongly suggest that you don't wear stilettos or particularly high heels as you will need to be stable on your feet.

# Cheerleading Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

The Polestars Cheerleading party is a fantastic fun filled energetic party to take the hens. Like all of our other products, it has that sexy fitness element to it. Every girl dreamt of being the popular cheerleader at school, and now they can learn some of the cool moves!

We provide the fabulous pom-poms for the classes which really make the session into something special. Cheerleading is a guaranteed ice-breaker because as soon as the girls get hold of the pom-poms they won't be able to stop laughing. There will be quite a bit of running around and jumping, so it can be fairly tiring.

The party is fairly high energy and the participants will end up a little hot and sweaty at the end of it, so do warn the groups about this.

## Copy for Website / Promotional Materials

Why not kick off your hen night with a cheerleading party? This fun filled high energy party will start off with some simple cheers and combinations. Our fabulous hot pink and purple pom-poms are provided as part of the package. All your pom-pom shaking and combinations will come together in a fantastic routine. We can guarantee that you will be wildly running around laughing and cheering so much that you won't want to let go of your pom-poms at the end of your party! Bring it on!

## What to Wear

Please feel free to come wearing anything you feel comfortable in, however if you really want to get into the mood then go for pleated skirts and leg warmers. We do strongly suggest that you don't wear stilettos or particularly high heels as you will need to be stable on your feet.

# Dirty Dancing Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Dirty Dancing hen parties is a favourite of the new products we launched earlier this year. In theme with all our other dance classes, it is all about sexy fun and fitness. Having grown up watching the film and listening to the songs, every girl has dreamt of being Baby and this is a chance for them to relive the film in the star role!

We can also provide a professional male dancer/assistant to take on the role as Johnny Castle for an extra £100, so that they can do the mixed group dance moves. Therefore depending on if they have a male assistant or not, they can learn one of the varieties of dance routines straight from the film.

Though not as high energy as the can-can or as strenuous physically as pole dancing, Dirty Dancing parties do require the guests to perform lots of dance moves, so they may well end up a little hot and sweaty at the end of it, so do warn the groups about this.

(Polestars plan to launch Dirty Dancing nationwide next year, so please do contact us if you want a party outside the above 4 cities.)

## Copy for Website / Promotional Materials

You love the film; you know the songs... now learn the moves with a Dirty Dancing Party. This is the ultimate girls' party and a chance for you to learn one of those fabulous dance routines from a true cinematic classic. Incorporating Salsa steps and the Cha Cha Cha, in this 2 hour party you will learn the routine that Baby learns in the log cabin. Your group can even be provided with your very own Johnny Castle, so you can really be Baby! Get ready to have the time of your life!

## What to Wear

Please feel free to come wearing anything you feel comfortable in, however if you really want to do some Dirty Dancing then we recommend comfortable heels to make you feel sexy. We also encourage guests to come dressed up like they do in the film.

# Grease Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Grease is an all time favourite and has that same sexy girly dance element as all of our other dance hen parties. Without a doubt, everyone has seen the film at least once and most likely knows the songs from the film too, therefore we anticipate that it will become a top seller.

In the 2 hour party, students will learn dance moves that will be put together into a fabulous final routine to 'We Go Together' soundtrack from the film. Just like Danny Zuko captured Sandy's heart, so will this amazing fun filled party.

## Copy for Website / Promotional Materials

We go together like ramma lamma lamma ka dinga da dinga dong/  
Remembered forever as shoo-bop sha whada whadda yippidy boom da boom/  
Chang chang changity chang shoo bop that's the way it should be/  
Waooo Yeah/

We are taking you back to Rydell High in this new and exciting hen party. Get your Pink Lady jackets at the ready, as Grease dance classes are our latest hen party products. You've seen the film, you know the lines, (you've fallen in love with Danny Zuko!), now learn the moves. This upbeat class will include a traditional hand jive as well as rock 'n' rock steps, before finishing with the finale to 'We Go Together'.

## What to Wear

Students can wear anything that they want to, but we do suggest that they dress up to get themselves in the mood for the party. So think Pink Lady jackets and 50's dresses to give you that retro look. Footwear we suggest that students wear shoes that they can dance well in.

# Chicago Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Chicago is another musical theatre/dance class and as a hen party product it incorporates all the elements of girly fun and fitness like all our other dance based parties. The glamorous dancing and fashion style from Chicago really gives the ladies an opportunity to get dress up and get into the mood of the party.

Students will learn dance steps stylised by choreographer Bob Fosse that include intricate movements and hand movements. Students will also be provided with bowler hats and canes for the lesson.

## Copy for Website / Promotional Materials

"Ladies and Gentlemen, I present to you a story of murder, greed, corruption, violence, exploitation, adultery and treachery. All those things we hold near and dear to our hearts..."

This latest hen party offering is the sexy, sassy and stylish Chicago party. Dress to impress in flirty flapper fashion to razzle-dazzle like the simply divine Roxie Hart and Velma Kelly. Decked out with bowler hat, you will be dancing to the smash hit soundtrack 'All That Jazz'.

Taking you back to the prohibition era of fame, fortune and vice, in this 2 hour sexy party, you will learn some intricate dance moves and hand movements to create a routine in true Bob 'father of theatrical jazz dance' Fosse style. Jazz hands at the ready ladies!

## What to Wear

Polestars recommend that students really dress up for this party as it'll get them in the mood for a real party. Think lots of black, flapper dresses, fishnets and high heels.

# Hula Hooping Hen Parties

## Group Sizes

Ideal numbers - 10 - 12

For larger groups please contact us to check availability.

## Overview

Whilst every girl remembers hooping from their childhood, modern hula is and very different proposition. Using adult hoops, which are larger, heavier and therefore easier to use, anyone can achieve a decent spin. With a little tuition you can achieve surprisingly elegant and sensual results.

The party will start with the basics of moving a hoop around your midriff, before advancing onto trickier moves using you arms and legs and even jumping in and out of the hoop. It makes a fabulous ice-breaker as students are able to chat and have a giggle while hooping.

## Copy for Website / Promotional Materials

Bringing you a blast from the past in our new Hula Hoop hen parties for all those who are forever young at heart. No longer a distant memory from your childhood; Hula Hoop parties provide 2 hours of youthful fun and giggles, no matter what age.

Using adult sized weighted hoops, this hen party is a perfect icebreaker as you can have chit-chat while learn how to spin the hoop around your stomach, before moving onto trickier moves using your arms and legs and then jumping in and out of the hoop. Get those hips movin ladies!

## What to Wear

Students should come dressed in comfortable clothing that they can move around in and flat shoes. Clothing should not be too loose.

# Belly Dancing Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Belly Dancing hen launched in 2009. Much like all of our other hen parties, the emphasis of the belly-dancing party is on fun and fitness in learn new and exciting routines. The class will be choreographed and taught by an experienced Belly dancing teacher. The music that will be used in be things like Shakira, Akon, Holly Valance or Arabian pop so it is all very upbeat.

The ladies will be provided with some Belly dancing hip belts which will give the class an authentic feel and really get them in the mood. Students will learn a series of basic rotations (hips/chest, vertical/horizontal, rolling), undulations (camels, snake arms/ripples), shimmies (Egyptian, shoulder/muscle), Figures of Eight and Hip lifts/tacs and Hip Drops, all of which will be put into a routine.

## Copy for Website / Promotional Materials

Belly Dancing Parties are a great activity for a hen night. Originating from Greece and the Middle East, this cultured dance style has been made widely popular by Latin American superstar Shakira. Work your stomach and hips as you perform and try out some hip and chest rotations, vertical and horizontal rollings, hip lifts, shimmies and camels, snake arms and ripples! Not forgetting the Egyptian walk of course! As you perform the wide range of techniques, you'll get to discover the beauty and power of your body aswell!

## What to Wear

Polestars will provide you will some fantastic hip belts to make sure that you really get in the mood of the party. We do suggest that you come in loose clothing that you can dance to and flat soft shoes. Crop tops and long flowing skirts are great option.

# Bollywood Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Recently Bollywood has taken the nation by storm and Polestars have a fantastic Bollywood party to offer. Like all of our other hen parties, it emphasis is on fun and fitness in learn new and exciting routines. The class will be choreographed and taught by an experienced Bollywood teacher.

The ladies will be provided with some Indian scarves which will give the class an authentic feel and turn the party into something special. Students will learn a series of traditional Bollywood dance moves with hip hop and belly dancing elements in this 2 hour class that climaxes in a fantastic end routine, done to the upbeat popular soundtrack from a Bollywood blockbuster.

Bollywood is a good option for parties that want to go straight out afterwards as it is much less strenuous than pole dancing or can-can.

## Copy for Website / Promotional Materials

Looking to do something a bit different on your hen night? Bollywood hen parties are just the answer. In this new and exciting dance lesson, traditional Bollywood dancing is fused together with hip-hop and belly dancing elements to give you a fantastic 2 hour party. Immerse yourself in the fluidity of Indian dancing and the energy of hip-hop dancing to the upbeat popular Bollywood soundtrack.

You wont be able to resist showing off the the jhapkas and mhapkas (hip shaking), Bhangra style shoulder movements and wrist flicks you've learnt on your night out. Taught by an authentic Bollywood dance teacher, even those without any previous dance experience will have a ball. You will be provided with Indian scarves to add that extra special touch to your party.

## What to Wear

You can wear anything that you want to the Bollywood party or whatever you are going out in later. If you really want to get in the mood for the party, then think lots and lots of Indian bangles that jiggle! Polestars will be providing students with Indian scarves for the lesson.

# Cocktail Making Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

A Polestars Cocktail Making hen party is a fantastic option for those that want to learn some tricks of the trade and test out their flair skills. The barman will spend the two hours demonstrating and teaching the guests how to make 2 cocktails from a set menu. The last cocktail is designed and created by the hen party with the guidance of the barman.

Polestars cocktail makings hen parties work fantastically as an individual event. It is also a brilliant add-on to one of our existing dance parties, especially if they have worked up a thirst. In addition, cocktail making sessions also allow the option for a mixed group.

## Copy for Website / Promotional Materials

Cocktail making lessons are very simple and a whole barrel of fun. Our charming barmen will teach you how to mix cocktails from a set menu and you all get the opportunity to make (and most importantly, drink) the cocktails. So you will be joining the bartender from behind the bar pouring drinks and shaking tins. You might discover your talent for flairing and mixology too! To top the cocktail workshop off, you get the chance to design and drink your own cocktail, named after the hen / birthday girl.

## What to Wear

For cocktail making hen parties, the guests can come in whatever they want to wear.

# Chocolate Making Hen Parties

## Group Sizes

Ideal numbers - 10 -20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

The Polestars Chocolate Making party is a great way to kick off any hen night. In the 2 hour session, party goers will be given an intro and tasting session where there are taught the history of chocolate and get to try out exotic flavoured chocolates.

Following this is the making the fillings session, where guests learn the skill of tempering bowls of melted chocolate, make decorations and pipe dark chocolate truffles.

Finally comes the dipping and decorating element to the party, where participants cut, dip and decorate their chocolates with various tasty fillings and toppings. At the end of the party, participants get to take home about 30 handmade chocolates!

## Copy for Website / Promotional Materials

Given that women love chocolate – white chocolate, milk chocolate or dark chocolate – a chocolate making session will make a delicious start to your hen night. In your 2 hour party, you will be surrounded by some of the tastiest melted Belgian chocolate. Discover the art of creating beautifully hand crafted chocolates and become a master chocolatier. Surround yourself and indulge in the chocolate fondue, giant marshmallows, creamy praline, gooey fudge and scrumptious truffles, all to be taken home in a cute ribbon tied parcels.

## What to Wear

There is no particular dress code for this party.

# Parkour/Free Running Parties

## Group Sizes

Ideal numbers - 8 -10 per instructor.

## Overview

We have teamed up Parkour Generations, the largest teaching body for the dynamic art of movement that is Parkour (Free Running) to provide a new alternative hen party for those ladies of a sportier disposition.

Within the workshops, participants will be encouraged to discover and improve their ability to move within any environment and across any terrain in a swift, efficient and graceful matter. With multi-purpose drills, this party will work on coordination, movement, spatial awareness, balance and strength as well as confidence and mental fortitude.

It will be perfect for an adrenaline seeking group of girls that don't mind getting their nails broken and dirty. Unlike all the rest of our parties, the Parkour workshops will take place in special chosen outdoor surroundings that will challenge and provide an exciting terrain.

Classes will all include a thorough warm up and warm down and are tailored depending on the ability of the class. 1 instructor is assigned to each group of 10. The girls will want to go back and get changed/ shower before continuing with the rest of the evening.

Strictly NO alcohol. The girls can take a bottle of water with them as it's very physical.

Good option for a mixed group.

## Copy for Website / Promotional Materials

A Parkour workshop is definitely for the girls who don't mind getting down 'n' dirty and getting a few chipped nails in the process! A 2 hour adrenaline fuelled lesson, Parkour is a great way for a group to really physically push their boundaries in an activity that everyone has an affinity for, even if they don't know it yet!

You will learn to view your environment in a new and exciting way (remember how a wall or bollard was fun as a child??) before spending time moving through this specially chosen outdoor area in a dynamic and innovative way.

This is a party that will encourage teamwork, self-confidence and achievement. More importantly, its high-energy, very physical and will keep you on your toes....!!

## What to Wear

Loose comfortable clothing that you don't mind getting sweaty in and dirty in! Sports clothing / gear and light sports trainers such as running shoes is ideal. If you want to bring a bag, try to make a small backpack that you can carry easily while running. You may want to bring a bottle of water too.

# Full Monty Stag Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

At last, a dance routine that the lads and the ladies will both enjoy! The Full Monty is a film classic that shows that any man can be hot. The emphasis is on having fun and the dance is very simple allowing those with two left feet to strut their stuff without technical moves.

The routine will be performed to the Tom Jones classic You Can Leave Your Hat On. This includes a jacket and tie striptease plus mimed tear-off trousers and thong moves so the stags can go as far as they like after the party! Security hats are provided as props for the duration.

## Copy for Website / Promotional Materials

The opportunity to get your kit off in front of your mother in law and assorted friends and family is one that doesn't often come up (legally that is). If you want to pull the perfect wedding surprise or just break the ice at a stag do then learn a simple routine that will make the grannies blush and the girls scream.

Learn the iconic dance routine from classic British film comedy The Full Monty. The class lasts for two hours and in that time you will learn everything you need to know from our experts. Just bring a jacket and tie to strip out of and we'll provide hats for the party duration.

Drink, laugh and striptease, but above all have fun with your mates, learn something new and remember, you can leave your hat on.

## What to Wear

Guests should wear clothes comfortable for dancing in as well as bringing a jacket and tie to strip out of!

# Improv Comedy Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Improvised comedy has been popular in the UK ever since the TV show *Whose Line is it Anyway?* and more recently with improv-based panel shows such as *Mock the Week* and *Argumental*. Improv games are easy to understand and perform, creating comedy in the moment and building confidence. After all; what could be more enjoyable than laughing for two hours!?

The class will kick off with high energy group games then gradually introduce helpful guidelines before ending in a 'show'. The whole class is taught through doing and everyone gets to watch and perform comedy.

The classes are taught by professional comedians who regularly perform with top improv troupes on the comedy circuit. They know their stuff!

## Copy for Website / Promotional Materials

Spend your party laughing as you learn the basic principles of improvised comedy as seen on *Whose Line is it Anyway?* and *Mock the Week*. You too can be a comedian for two hours and you don't even need to be clever or funny! Through fun games and exercises in a supportive environment your creativity will be tapped and your confidence built. Suitable for beginners, this party is all about exploring improvised comedy and having a laugh!

## What to Wear

Guests should wear clothes that they can move comfortably in (jeans are fine).

# Thriller Hen Parties

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Since the tragic death of Michael Jackson in 2009 there has been an even greater appreciation for his work. Thriller is one of his most popular songs with an unforgettable 14 minute music video that is a film classic in its own right. This energetic hen party teaches the dance routine from the video.

Our teachers break down Jacko's disco/street dance moves so that by the end of the class even non-dancers can perform as fantastically choreographed zombies!

Thriller is a great party for girls who like a challenge and who really like to move.

## Copy for Website / Promotional Materials

What better way to spend your hen night than with werewolves, zombies, Vincent Price and Jacko! Learn the dance routine from Michael Jackson's classic Thriller music video and amaze your friends every time you hear the song!

With all the best elements of disco and street dance, Thriller is a rich, varied and fun dance routine for dancers and non-dancers alike. So don your best red jacket and all the latex you can find for 2 hours of spooky fun.

## What to Wear

You can wear anything that you want to the Thriller party but bear in mind that you may get a little hot and sweaty with all the dancing! We always like it when parties dress to a theme, so pedal pushers, and 50s skirts through to jeans and zombie masks all work for us!

# Street Dance Hen Parties

## Group Sizes

Ideal 10 – 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Everybody's doing it, from Beyonce on MTV to Diversity on Britain's Got Talent. It's a very active and engaging type of dance that combines strength, stamina and coordination. It is bourne out of various dance styles such as hip hop and funk and evolved outside of institutional dance.

This is a great party for girls that love to go out dancing as the skills are ones they can use straight after the party when they hit the town clubbing!

Street dance is the perfect balance of physicality and fun and also works well with small or large groups. It's sexy, energetic, challenging and a good laugh.

## Copy for Website / Promotional Materials

Learn to strut your stuff like Beyonce with the Polestars street dance party. We'll show you how to bump, grind and hip hop it up with your friends in this two hour tutorial. After learning the basics you will go on to practise and perform a fabulous routine. Whatever happens, shake ya ass (show me what you workin with), shake ya ass...

## What to Wear

The nature of street dance dictates that you can wear anything you like, but it's probably best to go for something you can really move in.

# Salsa Parties

## Group Sizes

Ideal numbers - 8 -10 per instructor.

## Overview

Salsa is a sensual Cuban dance with deep Afro-Cuban beats. It is the most popular partner dance in the world and can also be a fantastic solo dance. 'Salsa' implies a dance with a spicy flavour!

Salsa has a pattern of six steps danced over eight counts of music involving turns and side-to-side patterns of movement. The overall look and feel of Salsa is very free and joyous. Salsa music from Hispanic influenced countries sets the scene and the mood beautifully.

Like all of our dance products, salsa is a great way to burn calories, gain fitness and build confidence.

## Copy for Website / Promotional Materials

Salsa dancing parties are a fabulous way to enjoy your hen night. If you like Salsa music you'll love this party. Our fantastic instructors will teach you the basic footwork and build on this with passionate and dynamic salsa moves. By the end of the two hour session you'll be performing a whole salsa dance like a Cuban pro!

You've seen it on Strictly, now it's your turn to salsa.

## What to Wear

Wear clothing that you can move in including shoes that are neither too grippy or slippery for those steps and turns. Flowing clothing can also accentuate the beauty of your moves, but is by no means an essential.

# Sushi Parties

## Group Sizes

Ideal numbers - 10 -20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

The Sushi Party is an ideal alternative to the more energetic hen party. In the class party goers will learn the history behind sushi and the skills to make 4 individual rolls from authentic ingredients.

The class can be made suitable for everyone, please let us know when booking if there are any food allergies or restrictions, e.g. vegetarians, vegans, kosher, etc. At present the Class is only available in London and Brighton but we are looking to roll it out to the rest of the country asap.

## Copy for Website / Promotional Materials

The ancient art of Sushi is brought to life in the Polestars latest Hen party product. To give you an idea of the skills these chefs possess it takes 15 years to become a trained sushi chef and it only takes 7 to become a doctor! During the 2 hour Sushi class you will learn a brief history of the cuisine then the group will learn how to make 4 different types of sushi before eating it all at the end. All the ingredients are authentic and fresh and the group is led through the process one step at a time. Below is a brief run down of what to expect:

## What to Wear

There is no particular dress code for this party

## **Strictly Come Dancing**

### **Group Sizes**

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

### **Overview**

Each teacher learns 6 of the most popular dances which then allows the Hen Party to choose 3 of their favourite to give it a tailored feel. 4 volunteers get to become the judges for the 'Strictly Hen Dancing' competition at the end of the session.

### **Copy for Website / Promotional Materials**

The biggest show in the country has just become the best party to be at. The Strictly Come Dancing party lets you glide across the floor with all the grace, style and dignity of your favourite stars of the show. You get to pick from a number of the favourite dancers and will be taught

### **What to Wear**

We have all seen the TV show, and all know the strictly outfits, sequins and sparkles are an important part of the show and the ballroom experience. However it's important to consider what you are doing before and after our class. If you don't want to fully dress up; we would recommend a floaty knee length or longer skirt (or leggings) and a nice top, small pair of heels or ballet pumps to look glam and feel graceful for twirling in circles.

# First Dance Classes

## Group Sizes

Ideal for couples who want to perfect their 'first dance' on their wedding day.

## Overview

Prior to your class, a short consultation over the phone is required, this will enable us to get an accurate understanding of what you aim to achieve from the classes, thus we can tailor them to your own individual needs. We therefore recommend that you have a think about how you feel the classes could help you, what style of dance you want to do and your song choice - your teachers will be able to assist you from there on. All classes can be purchased in two hour sessions.

## Copy for Website / Promotional Materials

Polestars First Dance Class is ideal for couples wanting to learn a routine for that romantic first dance at their reception. Even so, perhaps with all the tension of wedding planning, you would simply like to spend a bit of quality time together doing something exciting and different. Either way, the first dance classes are great preparation for your special day and help relieve some of the stress that comes along with it.

## What to Wear

We would recommend clothing that will make the participants comfortable, however the bride to be should wear shoes that resemble those on her wedding day so that if any heels are involved she can get used to dancing around in them.

# Rock Band

## Group Sizes

Minimum group size 10 people.

## Overview

Within the 3 hours session you and your friends will come down to our studio based in south London and record your own version of your favourite song. At the end of the session you will each take away a CD as a memento of a great day.

## Copy for Website / Promotional Materials

Rock Band is ideal for stag's wanting to get together with their friends and enjoying a day rocking out releasing the inner rock god inside them. The Session's are held at professional studios which are regularly used by mainstream artists and have on site kitchen and leisure facilities allowing you to relax, drink and indulge during your day. Talent is by no means necessary for the experience; the producers can weave their x factor style magic and have you strutting and swaggering like a young Mick Jagger in no time. Rock Band is currently only available in London.

## What to Wear

Clothing is down to preference on this one, but we recommend dressing up like your favourite rock hero, wigs and all to get that hand bang perfected.

# Indulgence Experience

## Group Sizes

Minimum group size 10 people.

## Overview

Shake your own chocolate martini and decadently dip your martini glass in molten Green & Black's Milk Chocolate. A Master Chef will reveal the recipe for the perfect butter frosting and mouth-watering marshmallow filling. Everyone gets 6 freshly baked cupcakes and 2 whoopie pies.

## Copy for Website / Promotional Materials

Cupcakes, chocolate martini's and Whoopie Pies. Design your heart out on this cupcake, whoopie pie and martini making class!

You'll be spoilt for choice with all the decorations on offer. Choose from old favourites such as Ice Gems and chocolate shavings as well as luxurious gold leaf and sugar craft.

Package your cakes with boxes, bags, ribbons and stickers so you can give them as gifts...or keep them all for yourself! Take home recipe pamphlets jam-packed with cupcake, whoopie pie and decorating ideas.

## What to Wear

No specific clothing requirements

# Line Dancing

## Group Sizes

Minimum group size 10 people.

## Overview

Our teachers will take you through a variety of popular line dancing moves, showing the right techniques and skill to make you a pro in no time! First they will start by giving you the history of the line dance and teaching some basic steps, so that you can get a feel for it. Then the real fun begins, as you start to explore some sexy line dancing moves to tracks such as 'These boots are made for walking'. You'll learn how to walk the walk, and try out moves such as the hat roll and booty slap in true cowgirl style! Lastly, using the available furniture, you will perform a coyote dance, incorporating all the steps that you've learnt into one final routine.

## Copy for Website / Promotional Materials

Ever fancied trying Line dancing for a bit of fun? Well now you can with our exciting new Line Dancing parties. Since the 1970's, Line dancing has become a popular group activity, evolving with music and now being danced to pop, swing, rock n roll as well as traditional folk music. Originally, line dancing was done in a straight line, however that is no longer the case and our classes will have you lassoing yourself all over the room!

## What to Wear

We recommend dressing up to the max – cow boy boots, checked shirt, demins, cow boy hat, pig tails, chaps etc.

## Availability and locations

For Irish locations see separate table below (please note these are booked on a separate number).

# Glee

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

Since in inception in 2009 Glee has become a monster in practically every country in the world. It has gone on the smash every record available to them and don't seem to be stopping anytime soon.

The Glee dance party is a chance for people to be part of a global phenomenon. Our professional choreographer will take you through the steps of the already iconic dance routines and break them into easy to learn accessible chunks.

## Copy for Website / Promotional Materials

It's without doubt the biggest T.V show on the planet; millions of Glee's up and down the land, now have the party they have been waiting for. Incorporating a five song mega mix of all the most popular songs from the show including; Don't Stop Believing, Vogue and Toxic. It is going to be a Glee-tastic mixture of Modern dance, Broadway Jazz with a pop twist flavour!

## What to Wear

We would recommend a floaty knee length or longer skirt (or leggings) and a nice top, small pair of heels or ballet pumps to look glam and feel graceful for twirling in circles.

# Urban Assault Course

## Group Sizes

Ideal numbers - 8 -10 per instructor.

## Overview

Within the workshops, participants will be encouraged to discover and improve their ability to move within any environment and across any terrain in a swift, efficient and graceful manner. With multi-purpose drills, this party will work on coordination, movement, spatial awareness, balance and strength as well as confidence and mental fortitude.

Classes will all include a thorough warm up and warm down and are tailored depending on the ability of the class. 1 instructor is assigned to each group of 10. The girls will want to go back and get changed/shower before continuing with the rest of the evening.

Strictly NO alcohol. Take a bottle of water as it's very physical.

Good option for a mixed group.

## Copy for Website / Promotional Materials

The Urban Assault Course is the inner city adrenaline activity that offers you the opportunity to push your limits and test your metal within a metropolitan environment. Instead of the woods and tress of the country your obstacles are the walls and buildings that you walk past everyday. In this safe and exhilarating activity you will interact with your environment in a way you never thought possible.

## What to Wear

Loose comfortable clothing that you don't mind getting sweaty in and dirty in! Sports clothing / gear and light sports trainers such as running shoes is ideal. If you want to bring a bag, try to make a small backpack that you can carry easily while running. You may want to bring a bottle of water too.

# 80's Dance Party

## Group Sizes

Ideal numbers - 10 - 20

For larger groups please contact us, we can accommodate them in our larger venues.

## Overview

The 80's party combines everyone favourite anthems from the era into a 2 hour dance class. The teacher will break down each part of the routine to make it easy for the group to master. The class is sound tracked by a mega mix of songs with a performance at the end.

## Copy for Website / Promotional Materials

Cindy Lauper once sang "Girls just wanna have fun" and how right was she! Of course all girls want to do is have fun and at our Fab 80's Flashback Hen Party you are guaranteed the best time ever!

In this 2 hour class you will start with some Jane Fonda style 80's aerobics to warm up, and then move onto the classic 80's dance moves – remember the sprinkler, shopping trolley and how to reverse that imaginary bus?! Oh, and that's only the beginning, don't forget your air guitar because girls, you will be channelling your AC/DC and rocking out like you have never done before!

Get footloose, grab your legwarmers and think FAME! for what can only be described as a trip back to the craziest era ever!

## What to Wear

For an 80's Dance Party you will need to wear flat shoes or trainers as there is some running around. We recommend that you dress up with whatever is comfortable in and we suggest not wearing high heels, as you want to be steady on your feet. But get into the 80's vibe with leg warmers, head bands, plenty of Lycra and bright fluorescent gear to make you stand out and be proud!

