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Dance Down

The Dance Down program is a weekly dance program for people with Down syndrome and other chromosomal disorders.

The focus is on fun, participation and skill development and is inclusive of all genders, cultures and ability levels.

Dance Down provides opportunities for individual expression and creativity. It gives participants performance opportunities in an encouraging environment, improves rhythm, encourages a healthy body image and self confidence, tones muscles, improves posture, balance and coordination and enhance academic achievements.

Participants will learn dance styles such as Jazz, Hip-Hop, Contemporary and Ballet.

All groups rehearse weekly on a Monday afternoon and evening during school term at the Glenunga Hub.

In December, we celebrate with our Dance Down Concert performance for family and friends.



Timetable

- 4.30pm – 5.15pm Junior Team (Ages 5-12)
- 5.00pm – 5.30pm Open Ballet (Ages 12+)
- 5.30pm – 6.15pm Girls Group (Ages 13+)
- 5.30pm – 6.15pm Boys Group (Ages 13+)
- 6.15pm – 6.45pm Competition Team (Invite Only)
- 6.45pm – 8.00pm Adults Group (Ages 18+)
- 6.45pm – 8.00pm Performance Team (Invite Only)

**Glenunga Hub,
Conyngham Street,
Glenunga SA 5064**

To find out more please contact us on
8245 4600 or email info@downssa.asn.au

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