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Dance Down Zoom Sessions 2021

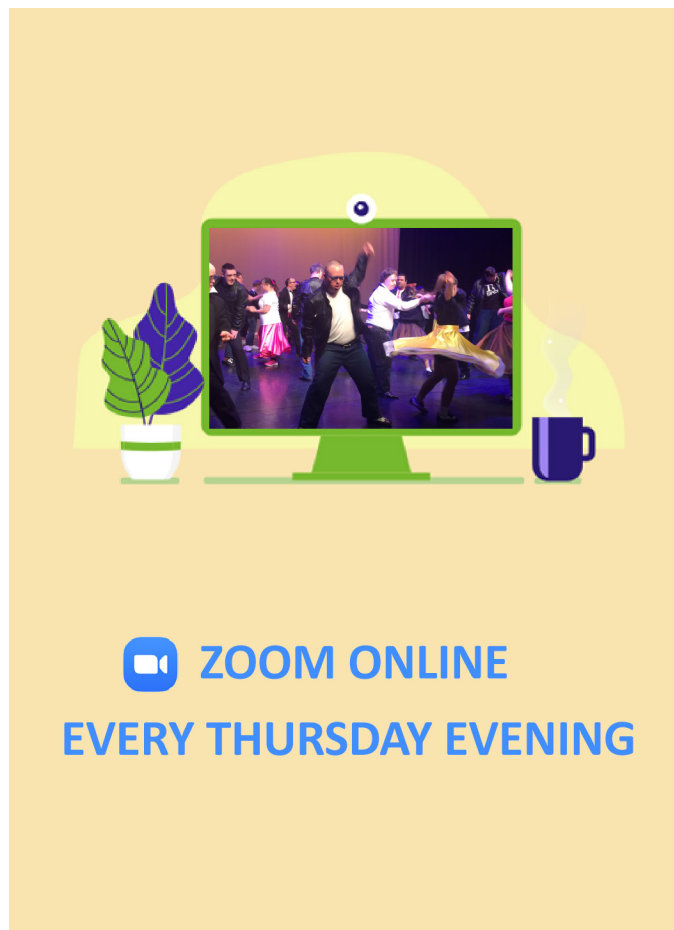
The Dance Down program is a weekly online dance program for people with Down syndrome and other chromosomal disorders.

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 in an encouraging environment, improves rhythm, encourages a healthy body image and self-confidence, tones muscles, improves posture, balance and coordination.

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

Zoom classes will be available from 4th February and will run through until 9th December.



ZOOM ONLINE
EVERY THURSDAY EVENING

Timetable:

CLASS NAME	TIME
Contemporary	5:40pm – 6:10pm
Jazz	6:20pm – 6:50pm
Ballet	7:00pm – 7:30pm
Hip-Hop	7:40pm – 8:10pm

To find out more please contact us on (08) 8245 4600 or info@downssa.asn.au