



Dance Group

Get Grooving to Get Moving!

Learn routines, mirror your partner, tell stories through movement, regulate your body in response to different tempos and genres of music and create movements to express your emotions.

Dance group helps you maintain a healthy and active lifestyle, build confidence and improve quality of life.



Who

Dance group is for NDIS funded participants

When

11.30 am - 12.30 pm

Group A

Tue 12th and 19th Jan 2021

Group B

Fri 15th and 22nd Jan 2021

Where

Early Links Ashtonfield Office
19 Galway Bay Dr, Ashtonfield

What to bring

Please bring water and comfortable clothes

Book now

Please RSVP by Wednesday 16th December 2020.
Email admin@earlylinks.org.au or call 02 4934 3773.
Limited spaces and sessions are dependent on numbers.



Early Links
Inclusion Support Service