



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 and can also be funded through the Active and Creative Kids Programs.

When

Tuesdays from 3.45 - 4.45 pm
From 27/04/21 until 22/06/21

Where

Early Links Ashtonfield Office
19 Galway Bay Dr, Ashtonfield

What to bring

Please bring water and comfortable clothes



Book now

Email admin@earlylinks.org.au
or call 02 4934 3773.

Limited spaces and sessions are dependent on numbers.