



**Mondays**  
Apr, May & Jun 2022



**Futures Dance Academy**  
The Entrance, Central Coast



**NDIS funding**  
+ activity costs

Futures Dance Academy programs are for young people living with disability who are inspired by dance and performing arts. If you'd like to get involved in this art form in an active, guided and enjoyable way, this is for you!

You will benefit from small, personalised classes led by passionate, expert staff who have the skills to adapt traditional dance practice to match and develop your current level of ability.

Ballet creates the technical and historical foundation for most of the forms of dance we encounter. This 12-week program puts our ballet training in the spotlight and shows how it has inspired and underpinned other genres. We will explore and express musical connection through the art of ballet and its different forms.

# WHERE IT ALL BEGAN

**A MIXED DANCE PROGRAM  
FEATURING THE BEST OF BALLET!**

**AT LEAST 2 EXCURSIONS/  
GUEST APPEARANCES &  
A CHANCE TO PERFORM!**



## Topics, Outcomes & Excursions:

EXPLORE DANCE TECHNIQUES

SOCIAL INTERACTION

EXPLORE CREATIVITY

DEVELOP SELF-CONFIDENCE

IMPROVE FITNESS TECHNIQUES

EDUCATE & PROMOTE LIFE SKILLS

LEARN TO BUILD YOUR OWN DANCE  
ROUTINE & PERFORM

MINGARA ONE FITNESS CENTRE  
PRIVATE GROUP LESSON

SPECIAL GUEST  
INDUSTRY PROFESSIONAL

STAGE PERFORMANCE  
AT A LOCAL VENUE

## COME JOIN US

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