



**Mondays**  
Jan, Feb & Mar 2022



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



**NDIS funding**  
+ activity costs

# DISCOVER YOURSELF THROUGH DANCE

A MIXED DANCE PROGRAM  
FEATURING CONTEMPORARY &  
JAZZ DANCE STYLES!

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



## Topics, Outcomes & Excursions:

DEVELOP DANCE TECHNIQUES

SOCIAL INTERACTION

EXPLORE CREATIVITY & CONFIDENCE

IMPROVE & ENCOURAGE FITNESS

DEVELOP TEAMWORK

EDUCATE & PROMOTE LIFE SKILLS

LEARN TO BUILD YOUR OWN DANCE

ROUTINE & PERFORM 'SOLO'

MINGARA ONE FITNESS  
PRIVATE GROUP FITNESS SESSION

LOCAL BEACH  
EXPLORE DANCE INSPIRATION

STAGE PERFORMANCE  
AT A LOCAL VENUE

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. We create the perfect stage for a safe, meaningful, healthy and creative performing arts experience you will love.

Each week you will be introduced to new ideas while consolidating those you have already learnt, providing lots of opportunities for both your personal growth and physical development.

## COME JOIN US

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