



Tuesdays
Jan, Feb & Mar 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. Your program includes new performing arts genres and a variety of learning activities. 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.

You will explore the different types of body isolations that embody the hip-hop style.

DROP, POP, LOCK

**A MIXED DANCE PROGRAM
FEATURING BOOGALOO
STREET STYLE!**

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



Topics, Outcomes & Excursions:

DEVELOP HIP-HOP TECHNIQUES

SOCIAL INTERACTION

COMMUNICATE WITH DANCE

IMPROVE & ENCOURAGE FITNESS

EXPLORE THE CULTURE OF HIP-HOP

EDUCATE & PROMOTE SELF-CARE

LEARN TO BUILD YOUR OWN DANCE
ROUTINE & PERFORM

COMMUNITY STREET ART
WALK AROUND THE LOCAL COMMUNITY

SPECIAL GUEST
INDUSTRY PERFORMANCE

STAGE PERFORMANCE
AT A LOCAL VENUE

COME JOIN US

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