



Mondays
Oct, Nov & Dec 2021



Futures Dance Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

EXPLORING THE WORLD OF DANCE

**LEARN ABOUT DIFFERENT
DANCE CULTURES**

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



Topics, Outcomes & Excursions:

EXPLORE DANCE TECHNIQUES

SOCIAL INTERACTION

EXPLORE CREATIVITY & CONFIDENCE

IMPROVE & ENCOURAGE FITNESS

EXPLORE DANCE CULTURE

EDUCATE & PROMOTE SELF-CARE

LEARN TO BUILD YOUR OWN DANCE
ROUTINE & PERFORM

ADVENTURE
VISIT TO NAISDA

SPECIAL GUEST
INDUSTRY PERFORMANCE

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.

Embody different cultural dance values. Enjoy the many forms and diversities of dance. We will learn the fundamentals of ballroom and partnership dance along with explorations of Indigenous dance.

COME JOIN US

Michelle Cuneo
Area Coordinator
P: 0409 658 476
E: michelle.cuneo@catholiccaredbb.org.au

Disability Futures
P: (02) 9488 2500
E: disabilityfutures@catholiccaredbb.org.au
W: catholiccaredbb.org.au