



**Tuesdays**  
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.

Discover the evolution of hip-hop! In this program we explore the different types of hip-hop styles that have merged together to create new styles in pop culture. The most commonly evolved style is JFH (jazz funk hip) and will be our primary style for this program.

# FUNKY FUSION

**LEARN THE LATEST JAZZ/FUNK/  
HIP-HOP STYLE DANCE MOVES**

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



## Topics, Outcomes & Excursions:

EXPLORE DANCE TECHNIQUES

SOCIAL INTERACTION

COMMUNICATE THROUGH DANCE

DEVELOP SELF-DISCOVERY

IMPROVE & PROMOTE FITNESS

EDUCATE & PROMOTE SELF-CARE

LEARN TO BUILD YOUR OWN DANCE  
ROUTINE & PERFORM

MINGARA ONE FITNESS  
PRIVATE GROUP PILATES CLASS

LOCAL FILM STUDIO  
GUIDED TOUR

STAGE PERFORMANCE  
AT A LOCAL VENUE

## COME JOIN US

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