



Tuesdays
Jul, Aug & Sep 2021



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.

Take the journey to find your inner cool and confidence. This program covers the fundamentals of hip-hop dance and encourages the self-assurance that only this genre can bring.

MIND, BODY & SWAGGA

**A MIXED DANCE PROGRAM
FEATURING HIP-HOP DANCE & YOGA!**

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



Topics, Outcomes & Excursions:

EXPLORE DANCE TECHNIQUES

SOCIAL INTERACTION

COMMUNICATE THROUGH DANCE

DEVELOP SELF-DISCOVERY

MINDFULNESS & RELAXATION

EDUCATE & PROMOTE SELF-CARE

LEARN TO BUILD YOUR OWN DANCE
ROUTINE & PERFORM

HIP HOP MOVIE
WATCH A HIP HOP MOVIE AS A GROUP

SPECIAL GUEST
INDUSTRY PROFESSIONAL

STAGE PERFORMANCE
AT A LOCAL VENUE

COME JOIN US

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