



Tuesdays
Oct, Nov & Dec 2021



Futures Dance Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

TAKIN IT BACK TO THE OLD SCHOOL

A MIXED DANCE PROGRAM
FEATURING RETRO HIP-HOP DANCE

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



Topics, Outcomes & Excursions:

EXPLORE DANCE TECHNIQUES

SOCIAL INTERACTION

COMMUNICATE THROUGH DANCE

DEVELOP SELF-DISCOVERY

PROMOTE BEING ACTIVE

EDUCATE & PROMOTE SELF-CARE

LEARN TO BUILD YOUR OWN DANCE
ROUTINE & PERFORM

BUNGEE FITNESS
ANTI-GRAVITY STUDIO

MINGARA ONE
FITNESS YOGA SESSION

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.

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.

COME JOIN US

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