



**MIND.
BODY.
BEST.**

October School Holidays Dance Program

Interested in trying a variety of dance forms these holidays?

Activities will help to develop skills such as rhythm, coordination, body awareness and creativity while having fun to music.

WHAT DOES THIS PROGRAM INVOLVE?

- Try our new dance program focusing on 'fun and movement'
- Get fit and improve your coordination
- Explore the use of costumes and instruments
- Have fun and make some new friends

WHEN DOES THIS PROGRAM RUN?

WHEN: Friday 12th October
TIMES: 10:00am - 12:00pm at CPA Prairiewood Office
1:00pm – 3:00pm at CPA Kingswood Office
RSVP: To Sally at: swinchester@cerebralpalsy.org.au by Friday 28th September to secure your place
NDIS: Use your NDIS funding to purchase this service or pay privately
COST: \$57 per participant & siblings can join for the same fee



**8-14
years**