



# Centacare – Dance program

## Program Content

Participants in each class will partake in a warm up, learn a dance, have free time to express themselves and participate in a cool down.

### Weeks 1-3

- Participants will:
  - Learn how to do the Nutbush

### Weeks 4-6

- Participants will:
  - Learn how to do the twist

### Weeks 7-9

- Participants will:
  - Learn how to do the Cha Cha slide

### Weeks 10-12

- Participants will:
  - Learn how to do the Hokey Pokey

## Program Goals

Build team work and encourage creative expression.

Support participants to learn rhythm and gain organisation skills.

Connect with other participants and have fun.