



DANCE CLASSES

Light Dance Moves for Seniors (55+)

Monday 9:30AM | \$66.75

Elevate your mornings with gentle and enjoyable dance routines tailored for seniors. Each class we will warm up, practice new dance steps and sequencing - all while having a blast! A variety of music from across the decades will be played. Keep fit, have fun, and meet like-minded individuals in a welcoming environment.

Teen Dance Club

Sunday 3:00PM | \$66.75

Get active, understand a variety of music genres, build self esteem and community in a club dedicated to empowering creative teens! In a non-competitive dance environment, participants will learn how to warm up properly, technique for confident dancing, and build choreography in an uplifting environment.

Mommy & Me Jazz Moves (Infants)

Monday 10:30AM | \$73.95

Do you and your little one like to move and groove? Come out and join us for an hour each week where we share the joy of rhythm, flow, and expression while listening to one of the most diverse styles of music! From swing to popular music that is influenced by Jazz today, each class will have a warm up, jazz movement technique, and encourage self-expression! Introduce you and your kiddo to dance with a positive and uplifting attitude! Bring your own mat and blanket for your infant.

Adult Routine Choreography

Sunday 4:00PM | \$73.95

Get down to rhythmic classics from the 2000s! Each week we will warm up, learn techniques for sequencing dance moves together, and learn routine choreography!

INSTRUCTED BY:

Norah
Elora Dance and Heart
Classes held in the Sportsplex Aerobics Room
Classes start April 7 & 8 and runs for 9 weeks

Township of Centre Wellington

Community Services - Parks and Recreation
519.846.9691 x.903
parks@centrewellington.ca
www.centrewellington.ca/recreation