

plymouthdance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**Dance and Cancer
Project**
12.30pm – 1.30pm
Performance Studio

**Movement to
Music**
1.30pm – 3.00pm
Multi-purpose room

**Mayflower
Wheelchair Dancers**
2.00pm – 5.00pm
Performance studio

Wheelfever
(5- 16 years)
1.00pm – 2.00pm
Performance Studio

**Wheelfever
Crossing Tracks
Program**
(11 – 21 years)
2.00pm – 4.00pm
Performance Studio

TIMETABLE OF AUTUMN TERM CLASSES AT THE LIFE CENTRE

Please be aware that each class runs to an individual timetable and set of dates. (Please note there will be no dance classes during the week of the February half-term).

For the most up to date information please visit www.plymouthdance.org.uk or contact lifecentre@plymouthdance.org.uk or call 07760 164254

Mayflower Wheelchair Dancers

Dance class for manual or power chair users lead by a WSA Certified instructor.

Class dates: 5 / 12 / 19 / 26 Mar 2 / 9 / 16 / 23 / 30 Apr 7 / 14 / 21 / 21 / 28 May 4 / 11 / 18 / 25 June 2 / 9 / 16 / 23 / 30 Jul

Movement to Music

Classes are designed for the over 60s and the less able to continue to experience and enjoy the benefits of gentle movement to music. £3.00

Class dates: 6 / 13 / 20 / 27 Mar 3 / 10 / 17 / 24 Apr 1 / 8 / 15 / 22 / 29 May 5 / 12 / 19 / 26 June 3 / 10 / 17 / 24 / 31 Jul

Dance and Cancer Project

Gentle movement to uplifting music for anyone who is or has been a cancer patient. Friendly and informal, bring a friend or family member if you like. Get active, Feel good!
With support from The Mustard Tree. For more information contact Sue Smith 07713 485806 sue@tonicproject.co.uk £2

Class dates: 6 / 13 / 20 / 27 Mar 3 / 10 / 17 / 24 Apr 1 / 8 / 15 / 22 / 29 May 5 / 12 / 19 / 26 June 3 / 10 / 17 / 24 / 31 Jul

Wheelfever Projects

Creative and playful dance sessions for disabled children and young people aged 5-16 years from 1.00pm – 2.00pm. £2.00

Crossing Tracks Program. Inclusive dance workshops for disabled and non-disabled children and young people aged from 11-21 years from 2.00pm – 4.00pm. £3.00

Class dates: 8 / 15 / 22 / 29 Mar 19 / 26 Apr 3 / 10 / 17 / 24 May 7 / 14 / 21 / 28 June 5 / 12 / 19 Jul