

Where:

Ballarat Community Health Centre
260 Vickers Street, Sebastopol



When: Thursdays

4.00 – 5.00 pm

Primary School group

5.00 - 6.00 pm

Secondary School Group

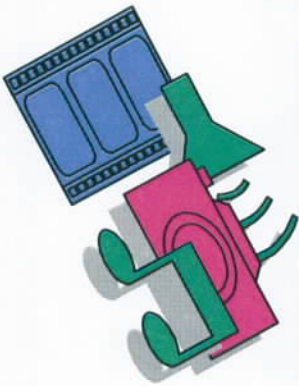
**(Sessions not available
during school holidays)**

Costs:

Only \$4.00 per session

Contacts:

5338 4500



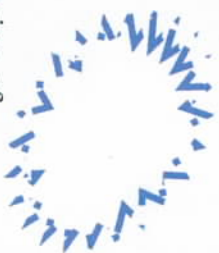
Funk Dancing

Learn the moves that have
been the popular from your
favorite hip hop, R&B,
pop music, film clips and
commercial dance programs



WHAT IS FUNK DANCING?

Funk dancing is the perfect fusion of styles incorporating jazz, hip hop and funk dancing.



Learn the moves that have been made popular from your favorite hip hop, R&B and pop music film clips and commercial dance programs.

Each class involves learning a dance routine, set to popular music. No previous dance experience is required.



Try to arrive early to stretch and warm up as the main focus of this class is dancing and only light stretches are carried out during class time.



WHY IS FUNK DANCING BENEFICIAL?

This funk class is designed specifically for beginners who possess plenty of enthusiasm and a passion for dance.

It works to increase fitness, strength and flexibility through a range of easy exercises.

The class also uses simple progressions and break down of various steps.

This gives students the chance to learn great dance moves, develop an individual funky dance style and boost confidence and self esteem.



WHAT TO WEAR?

Wear clothing that won't restrict your movement. T-shirts, active leg wear, sneakers, trainers or jazz shoes.



WHO IS FUNK DANCING FOR?

A great dance session for primary and secondary school students.