

GeTIN2...

GeTIN2Dance is an exciting course for people with a learning disability who would like to take part in **dance activity**.



Would you like to take part in dance classes?

Would you like to be a part of our fantastic show at The Gala Theatre that takes place every year?

If you have answered YES then our GeTIN2Dance course might be the right course for you.

Why not come along and see what it's all about?

Old School House, Front Street, Framwellgate Moor, Durham DH1 5BL
Telephone: 0191 384 0728

Our GeTIN2... courses enable people to:

- Grow in confidence & independence
- Develop life skills
- Develop new creative skills
- Develop motivation
- Develop relationships with others
- Improve physical health and cognitive abilities
- Broaden their horizons

Our **GeTIN2...** courses are an important new step towards using the arts to challenge, excite and stimulate people to lead fitter, more creative, inspiring lives. It is a specialist service and we want to find passionate, dynamic and energetic people to join us on an adventurous journey!

GeTIN2Dance focuses on dance for fun, creativity and performance!

Each day will consist of:

- A fun enjoyable movement warm-up
- Opportunities to learn new styles of dance
- Creative activities to help you to create your own dance movement and to move with others
- Opportunities to work with a range of dance teachers
- Opportunities to learn the skill of creating new dance movement
- Time to rehearse new work created ready for performances!



SPACES AVAILABLE:

COURSE: GeTIN2Dance

WHERE: TIN Dance Space, Durham

WHEN: Tuesdays 9.30am-3.30pm, 36 weeks a year

COST:

The course is 'pay to attend'. Most people can afford to meet the cost of attending through Direct Payments.

INTERESTED?

We will be holding 'have-a-go' taster sessions over the next few months so get in touch on 0191 384 0728 and book your place now.



0191 384 0728
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