



PROGRAM: Line Dancing

TIME: 09:00 – 12:00

DAY: Monday

FACILITATOR: Antoinette Lilje

AIM: The line dancing program aims to promote health and wellbeing for people with disability through fun, accessible movement. By engaging in rhythmic, low-impact dance routines, participants can improve physical fitness, coordination, and balance. Just as importantly, the class fosters social interaction, helping to build confidence, reduce isolation, and create a welcoming community where everyone can connect, express themselves, and enjoy shared experiences.

GOALS: (Relates to NDIA goals of clients)

- Increased community access
- Improving Overall Health and Wellbeing
- Improving Social and relationship Development

OUTCOMES:

- Improve concentration
- Capability of Building and Maintaining Respectful Relationships
- Greater social and interaction skills
- Increased Mobility (co-ordination, gross motor skills, fine motor skills)

RESOURCES:

Speaker	
Club shirts	
Spotify – Music	
Projector	
Dance fit App	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 37 DATE: 15.09.25	Keep working on new and old dances taught from last year/ Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	None
WEEK 38 DATE: 22.09.25	Teach new dance "A bar song" and keep working on other dances / Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 39 DATE: 29.09.25	Reteach new dance from last week / Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 40 DATE: 06.10.25	PUBLIC HOLIDAY King's Birthday		
WEEK 41 DATE: 13.10.25	Keep practicing dances / start practicing for concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 42 DATE: 20.10.25	practice dances / keep practicing for concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 43 DATE: 27.10.25	Keep revising dances taught/ keep practicing for concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 44 DATE: 03.11.25	Keep revising dances taught/ keep practicing for concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 45 DATE: 10.11.25	Keep revising dances taught/ keep practicing for end of year concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 46 DATE: 17.11.25	Revision of all dances taught/ keep practicing end of year concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 47 DATE: 24.11.25	Revision on all dances /keep practicing for end of year concert. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 48 DATE: 01.12.25	Revision on all dances /FINAL Practice till end of year concert!! Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 49 DATE: 08.12.25	Revision on all dances. Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	
WEEK 50 DATE: 15.12.25	Keep revising dances taught/ Break up party! Free time dancing/ dance fit	Closed in shoes, lots of water, morning tea	