

**PROGRAM: Line Dancing****TIME: 12- 3 PM****DAY: Monday****FACILITATOR: Antoinette Lilje**

**AIM:** This program provides opportunities for participants to learn specific dance techniques to help skills, confidence, and mobility. Participants will learn different dance styles which will be show cased mid and end of year. This program was designed to support growth for self-expression and self-awareness. Yee-haw!

**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	
Dance fit paid App	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 1</b> <b>DATE: 5/1/26</b>	Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 2</b> <b>DATE: 12/1/26</b>	Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 3</b> <b>DATE: 19/1/26</b>	Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 4</b> <b>DATE: 26/1/26</b>	Public Holiday		
<b>WEEK 5</b> <b>DATE: 2/2/26</b>	New Dance: Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 6</b> <b>DATE: 9/2/26</b>	Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 7</b> <b>DATE: 16/2/26</b>	Keep revising dances taught old and new / Free time dancing/ dance off	Closed in shoes, lots of water, morning tea Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 8</b> <b>DATE: 23/2/26</b>	Keep revising dances taught old and new / Free time dancing/ dance off	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 9</b> <b>DATE: 2/3/26</b>	New dance – Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS



<b>WEEK 10</b> <b>DATE:9/3/26</b>	Reteach of new dance from last week Reteach last year dances to new participants also, getting use to terminology of step names/ dance fit/ free time dancing/ TikTok	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 11</b> <b>DATE:16/3/26</b>	Keep revising dances taught old and new / Free time dancing/ TikTok	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
<b>WEEK 12</b> <b>DATE:23/3/26</b>	Keep revising dances taught old and new / Free time dancing/ TikTok	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS