



PROGRAM: Line Dancing

TIME: 12:00 – 3:00 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
WEEK 13 DATE: 30/3/26	Keep learning all dances new and old/ dance fit/ free time dancing / possible Zumba with Ozzie	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 14 DATE: 6/4/26	Public Holiday		
WEEK 15 DATE:13/4/26	Learn a new dance. and keep dancing new and old dances/ dance fit/ free time dancing / possible Zumba with Ozzie	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 16 DATE:20/4/26	Keep learning all dances new and old/ dance fit/ free time dancing / Zumba with Ozzie if she is available this week	Closed in shoes, lots of water, Afternoon Tea	NIL COSTS
WEEK 17 DATE:27/4/26	Keep learning all dances new and old/ dance fit/ free time dancing / Zumba with Ozzie / keep working on concert dances	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 18 DATE: 4/5/26	Public Holiday		
WEEK 19 DATE: 11/5/26	Keep learning all dances new and old/ dance fit/ free time dancing / possible Zumba with Ozzie/ keep working on concert dances	Closed in shoes, lots of water, morning tea Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 20 DATE:18/5/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie/ keep working on concert dances	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 21 DATE:25/5/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie/ keep working on concert dances	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 22 DATE:1/6/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie/ keep working on concert dances	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 23 DATE:8/6/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie/ Keep working on concert	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS



	dances		
WEEK 24 DATE:15/6/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie / Keep working on concert dances	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 25 DATE:22/6/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS
WEEK 26 DATE:29/6/26	Keep learning all dances new and old/ dance fit/ free time dancing /Zumba with Ozzie	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL COSTS