

**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
WEEK 31 DATE: 3/8/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 32 DATE: 10/8/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, lots of water, morning tea Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 33 DATE:17/8/26	Learn a new dance. and keep dancing new and old dances/ dance fit	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 34 DATE:24/8/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, lots of water, Afternoon Tea	NIL
WEEK 35 DATE:31/8/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 36 DATE: 7/9/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, lots of water, morning tea Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 37 DATE: 14/9/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, lots of water, morning tea Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 38 DATE:21/9/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 39 DATE:28/9/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 40 DATE:5/10/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 41 DATE:12/10/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 42 DATE:19/10/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL
WEEK 43 DATE:26/10/26	Keep learning all dances new and old/ dance fit/ free time dancing	Closed in shoes, preferably shorts/pants, lots of water, Afternoon tea	NIL