



DANCE + DISABILITIES PROGRAMME



8-18
YEAR
OLDS

OPEN
DANCE
CLASS

MONDAYS

6PM - 7.30PM
£2 A SESSION

Sessions will take place the week commencing the 3rd of October

Castle Sports,
Complex Albion Street,
Spalding,
Lincolnshire,
PE11 2AJ

TAKE PART

A dance session open to all with learning and physical disabilities. The class covers a variety of styles, genres and movement explorations to encourage and develop co-ordination, mobility and fun!

We ask that carers/guardians attending the session are welcome to take part, however this is not mandatory

WHAT TO WEAR

Something cool, comfortable and easy to move in.

For more information, please contact the team on:

☎ 01406 701006 📞 07747 271 824

📧 ArtsNK Dance Team 📱 @artsNKDance 📷 artsnkdanceam

✉ lauren.williams@litc.org.uk 🌐 www.artsnk.org



DANCE + DISABILITIES PROGRAMME



8-18
YEAR
OLDS

OPEN
DANCE
CLASS

THURSDAYS

6PM - 7PM
£2 A SESSION

Sessions will take
place the week
commencing the
3rd of October

OneNK,
Moor Lane,
North Hykeham
Lincoln,
LN6 9AX

TAKE PART

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We ask that carers/guardians attending the session are welcome to take part, however this is not mandatory

WHAT TO WEAR

Something cool, comfortable and easy to move in.

For more information, please contact the team on:

☎ 01529 410595 📠 07747 271 824

📍 ArtsNK Dance Team 📧 @artsNKDance 📷 artsnkdance team

✉ amy.osullivan@litc.org.uk 🌐 www.artsnk.org



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