

DSEngage Live - Wake up and dance with DanceSyndrome

09
Apr

⌚ 9.15am to 10am
📍 Online.

DSENGAGE LIVE | DANCE CLASS

Join people who have Down's syndrome from all over the country to Wake up and dance with DanceSyndrome via Zoom!

MORE INFORMATION

The sessions will be led by Jen Blackwell and Donna Wheeldon from DanceSyndrome.

What you will need:

- Comfy clothing and trainers/bare feet
- Enough space to safely turn around and swing your arms as you dance and move
- A glass/bottle of water

Please take part at your own pace and stop at any time if you feel unwell. Participants take part in the activity at their own risk. Under 16's must be supervised.

Sign up here: <https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/dsengage-live-dance-class/>

Organiser and contact details

Organiser

Down's Syndrome Association

Email address

ian.jones-healey@downs-syndrome.org.uk

Costs

Costs

Free

Event repeats

Repeats

This event repeats on the following dates:

- 9Apr
- 16Apr
- 23Apr
- 30Apr
- 7May
- 14May
- 21May
- 28May

Additional useful information to download

File attachments

- DSEngage Live Schedule (Adobe Portable Document Format, 444 KB)

Accessibility

Accessible building

N/A

Accessible toilets

N/A

Parking facilities

N/A

Dietary needs catered for

N/A

Staff have specialist training

N/A

We can remind you about this event

Please create an account or login to set up reminders for this event.