

## Powerstation Youth Centre: Dancefloor Family

09  
Apr

⌚ 7pm to 8.30pm

📍 Powerstation Youth Centre, 121a Mortlake High Street . [View map](#)

A great way to let loose, have some fun and a giggle with your nearest and dearest.

The aim of the class is to free ourselves for an hour and a half a week, and forget about our 'to do' lists, homework, alarm clocks and general life stress and concentrate on something a bit different that might make you feel a little bit good!

It's a break from all the stuff that consumes your mind for 95% of the day.

If you can concentrate for three minutes of a song, just remembering what move comes next, then that's three minutes that you're not thinking about the routines of daily life.

We also get fit. Dancing is perfect for body and mind! We do a couple of warm-ups focusing on mobility, isolation and getting your heart rate up, we will learn two or three routines and then cool down and stretch. There may even be a little freestyle thrown in if we have time!

The playlist is anything from the BeeGees to Beyonce, most importantly at the end we turn off the lights and turn on disco lights and dance to your heart's content!

### Age range

#### Age of users

From 9 years to 60 years

### Organiser and contact details

#### Organiser

Powerstation Youth Centre

#### Phone

020 8288 0876

### 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

- Dance Family Flyer (Adobe Portable Document Format, 889 KB)

## **Taking part if you are a child or young person with additional needs or a disability**

### **How can a child or young person with SEND take part in this activity**

Our provision is inclusive of all children and young people including those who may have a disability or who have Special Educational Needs. Please contact us to ensure that your child's needs are understood and supported.

## **We can remind you about this event**

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

## **Location map**