

WEEKEND SENIOR CITIZEN'S DANCE WORKSHOPS

These will also be run 2 x Saturdays a month. Encouraging groups of adults to combine a day trip/ weekend to Waiheke Island with a fun experience of dancing together. We call this class ' Super Groovers'!

SUPER GROOVERS - Senior citizens or those close to it or anyone recovering or rehabilitating that wishes to have some fun, at a slower easier on the body pace.

FEBRUARY Saturday 13th & 27th

MARCH Saturdays 13th & 27th

APRIL Saturday 10th

11.00am	Fun songs and dance moves
11.45am	Break
12.00pm	Flowing style followed by a stretch
12.30pm	FINISH & head out to Lunch!

SUPER GROOVERS \$30 pp for Saturday workshop experience

Please email Rachel danceoutloudwaiheke@gmail.com to confirm your placement.

WEEKEND ADULTS DANCE WORKSHOPS

Love to dance? Used to dance? Have always wanted to dance?

Here is your chance! Bring your friends and make a day or a weekend of it!

JANUARY Saturday 23rd

FEBRUARY Saturdays 13th & 27th

MARCH Saturdays 13th & 27th

APRIL Saturdays 10th

1.30pm	Warm up & upbeat & fresh routine
2.30pm	Break
2.50pm	Grounded & flowing
3.50pm	Stretch it out & relax
4pm FINISH	

ADULTS \$ 40 pp for Saturday workshop experience

Please email Rachel danceoutloudwaiheke@gmail.com to confirm your placement.

