



A class for children aged 9+, parents and carers

Dancefloor Family

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!

Thursdays 7pm to 8.30pm

Powerstation Youth Centre
121 Mortlake High Street, SW14 8SN

For more information, phone
T: 020 8288 0876

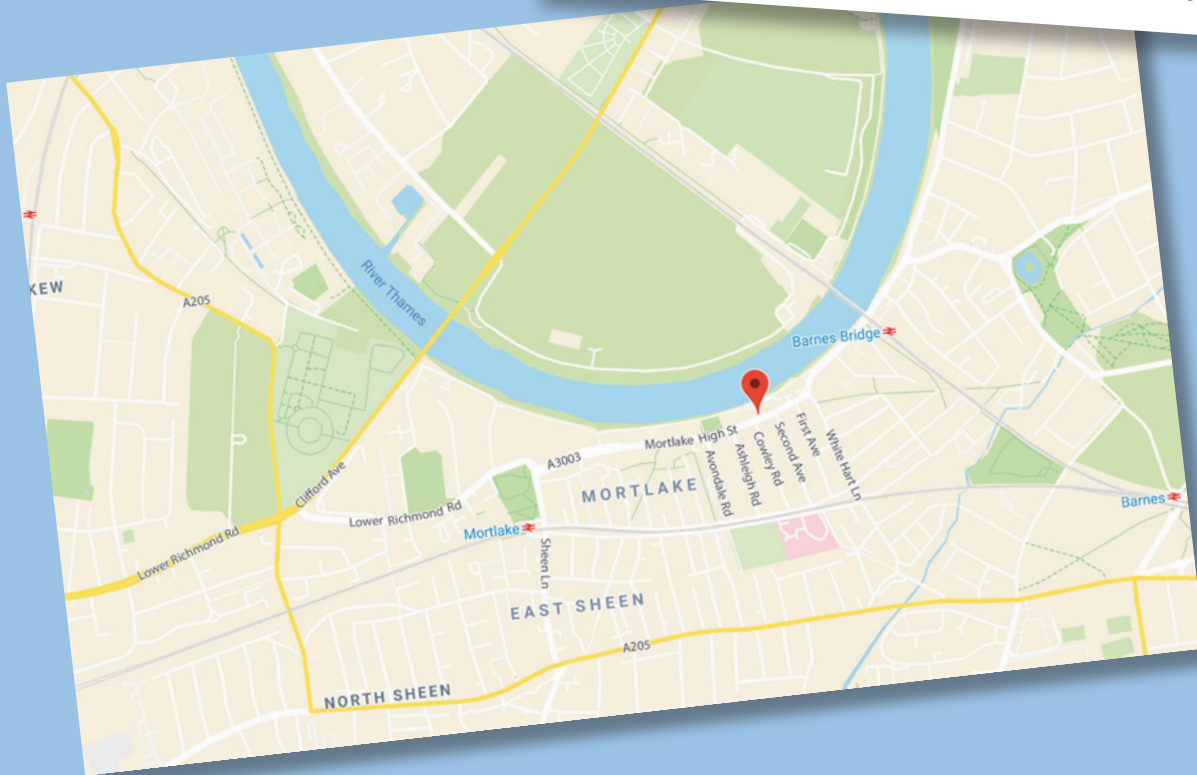


**achieving
for children**

How to find us....



POWERSTATION YOUTH CENTRE



**PowerStation is in
the ULEZ Zone**

Nearest train stations:

Barnes Bridge (6 minutes walk)

Mortlake Station (10 minutes walk)

Nearest bus stops:

White Hart Lane (1 minute walk)

209, 378, 419, 533, 969 & N22