



**7<sup>TH</sup> APRIL TO 26<sup>TH</sup> MAY 2016**

Thursdays 10.00am – 11.00am 1 Mann Street, Invermay

Join Active Launceston  
& *start dancing*  
to improve your health!

- 🕒 **FREE** dance workshops
- 🕒 **Beginners welcome** – designed for people with all experience levels or for those who just want to have fun!
- 🕒 **No booking required**

Active Dance will teach you the basics of various dancing disciplines including: Ballroom, Jazz, Contemporary & Creative, and new to Active Dance, Appalaachian Tap!

**These sessions will help motivate you to get moving!**

More information over page or contact  
Active Launceston on 6324 4027

**Move More, Live More!**

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website [www.utas.edu.au/foundation/donate](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.



“No bookings required and beginners are encouraged!”

## Active Dance 2016 Schedule

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6 & 7	WEEK 8
April 7	April 14	April 21	April 28	May 5	May 12 & 19	May 26
Appalachian Tap	New Vogue (Sequenced)	Modern Jazz	Latin	Ballroom	Contemporary/ Creative	Circle Dancing

- ⚡ Please arrive around 15 minutes early to each session
- ⚡ Workshops open to anyone over the age of 10 and any fitness level
- ⚡ No commitment required, join us when you can
- ⚡ Dance partners not necessary
- ⚡ Wear loose comfortable clothing, appropriate footwear and bring a drink bottle
- ⚡ The involvement of children in Active Dance is at parent's discretion. We recommend 12 as the minimum age. Please consider your child's ability to engage socially and physically with the group.



### Appalaachian Tap

Appalachian dancing is a form of folk dancing developed in the Appalachian Mountains of North America. It's something like a cross between Irish dance, traditional English dance, and clogging.

### New Vogue (Sequenced)

New Vogue Sequence Dancing was developed in Australia during the '30s, and is now a very important part of the competitive and social dance scene. New Vogue Sequence Dancing has so much to offer the social dancer and beginners tend to pick up the style quicker than other variations based on the limited sequences.

### Modern Jazz

Enjoy learning the basic techniques of ballet with the more modern steps found in Pop and Broadway; "Jazz" is an upbeat, stylish, and versatile dance form.

### Latin

Latin dance is fairly easy to learn, as most of the dances are made up of the same basic footsteps. So move your hips, tap your feet and have some Latin fun.

### Ballroom

Relax and enjoy learning the basics of this partner style of dance which originated in the western world and is now enjoyed both socially and competitively around the globe.

### Contemporary/ Creative

Learn the basics of contemporary dance technique in an entertaining and encouraging environment. Specifically these classes will allow participants to: develop technical skill; improve flexibility; develop dance specific strength and develop body awareness.

### Circle Dancing

Circle dance is a style of dance done in a circle or semicircle to musical accompaniment, such as rhythm instruments and singing. Dance from many cultures – often with an intention or a story.

The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

**Move More, Live More with Active Launceston**