

Para Dance Classes Are Back – Term 2

We are thrilled to announce that all of our weekly online inclusive dance sessions returned at the beginning of 2024 and we have now completed our first term. It has really been wonderful to see so many dancers returning to our sessions and I would like to say a huge thank you to every one of you for your continued support. You are really amazing.

We would love to see more people join our weekly online dance clubs, it will help keep you physically active, have healthy well-being, meet new friends and most importantly have lots of FUN!

Our wonderful children and young adults from Wednesdays Dance Club over the next term will be preparing for their first online summer show performing a variety of routines including Street, Musical Theatre, Lyrical and so much more. They are all super excited and looking forward to showing what they can do. Would your child like to be part of this exciting experience? It's not too late to join us. All Secondary school children and young adults are very welcome.

There is something for everyone with our weekly online sessions, sign up today and get ready to have some FUN!!

Please note, if you were dancing with us last term you will need to register again for Term 2 for the new Zoom links.

All the online dance sessions started again on Monday 15th April taking us right through to the summer holidays.

Elaine and Matty's Testimony

Elaine and her son Matty have been dancing for a long time now and are a testament to why everyone should dance. They attend every Monday without fail dancing away together, having fun and making new friends along the way.

Elaine says "Many people look forward to Saturdays, but for me and my son Matty, our special day is Monday. It's Para Dance Day! Party time!

We find the sessions so friendly, welcoming and inclusive. We're all friends online, even though we've only met via Zoom. Matty looks out for everyone each week; sometimes he's nearly inside the computer trying to spot a particular friend!

Selina's routines are brilliant and she makes the whole session fun! I've noticed Matt's ability to copy Selina's moves and to move his body in time to the music has developed remarkably over these past few years. And his level of concentration has greatly increased. When we first started, he would last about 5 minutes. Now he's engaged and dancing throughout the entire session. And he's so confident and proud of himself, which is a joy to see!

We had a party dance session for his birthday last week. He chose the songs to dance to and he was the centre of attention. He really loved that.

As for me, I have had chronic fatigue and other health issues for years. I can hardly get out of bed in the mornings. But during the Para Dance sessions, I'm boogying along with the best of them, and feeling so invigorated! It's brilliant! And best of all, it's something that Matty and I can do together. Thank you, Selina. And roll on Mondays!"

Matty celebrated his 35th birthday on the 3rd of April. A massive happy birthday to you on behalf of all at Para Dance UK and Communities 1st we hope you had an amazing day!!!



Matty celebrating a previous birthday with his mum Elaine, his brother Jack and a special guest from Dr Who 😊