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Supporting Special Children and their Relatives and Friends

Saturday Multi Sports Club Fun Dance, Yoga and Clubbercise! Jan/Feb 2018

Join us for 5 fun sessions based around dance, yoga and fitness, mostly taking place at the Forest Arts Centre, New Milton (with one session at Arnewood School gym). We will start with 2 sessions of fun dance with Jo, where you'll learn some funky moves and work towards a routine at the end of each session. We have a chilled out yoga session booked with Anya who will teach you some traditional yoga postures. Finally, after lots of fun doing this last year, we have two Clubbercise sessions with Vicky – this is the latest fitness craze which involves fun dance routines performed in the dark using glow sticks.

The sessions are for children with additional needs from 7 to 19 years. Parents do not need to stay for these sessions – support workers and volunteers will be there to support the children/young people.



When? Saturday 13th Jan (Fun Dance), Sat 20th Jan (Fun Dance), Sat 27th Jan (Clubbercise), Sat 3rd Feb (Yoga), Sat 10th Feb (Clubbercise)

Where? Forest Arts Centre, Old Milton Road, New Milton, Hants, BH25 6DS (except yoga on 3rd Feb which is at Arnewood School gym)

What Time? From 10.30am to 12pm

How much? £35 for five sessions

Spaces are limited, so please book (via telephone or email) as soon as possible if you wish to come along. For further information contact Lucinda Dowson, Scarf Programme Coordinator on 07874 221249 or email admin@scarfnewforest.org.

Scarf Charity Number: 1015081

Website: www.scarfnewforest.org