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WHAT: Broward County Parks and Recreation Division's Special Populations Section will offer a summer session of **Take the Stage! Let's Get Physical**, a free dance program for youths, ages 9 to 14, with developmental disabilities. The program will be held weekly on Saturdays from June 8 – July 27, 2019 (No Class on 6/22/2019) from 9:30 to 10:30 a.m.

5, 6, 7, 8! Join us in the wonderful world of DANCE!

From hip hop, to jazz, to breakdancing, these sessions offer a variety of dance skills based in diverse forms of contemporary dance and physical fitness. Together, we will groove to the newest hits of today and throwback with some classics. The program operates in a fun, active, and noncompetitive setting while focusing on enhancing coordination, rhythm, socialization, self-awareness, self-expression, and confidence. Participants will be assisted by experienced student dancers, volunteers from St. Thomas Aquinas High School, as they explore the universal language of dance together. Each class will include a warm-up, dance techniques and steps, work with props, rhythm and coordination activities, social circle, cool-down, and more. Participants will be improvising their own moves into a routine that may be performed for family and friends at the end of the program. This is not a drop-in program - consistent attendance is required, as each week participants will build on skills they learned in the prior week's class.

WHERE: [Central Park Multi-Purpose Center](#)

9151 NW Second St., Plantation 33324 • 954-452-2510 (Park #)

WHEN: Saturdays, June 8 – July 27, 2019 (No Class 6/22/2019) • 9:30 to 10:30 a.m.

WHO: Youths, ages 9 -14, with developmental disabilities.

HOW: Free, but class size is limited. Preregistration is required by calling Special Populations at 954-357-8170 or emailing SpecialPopulations@Broward.org.

Individuals with disabilities requiring accommodations in order to participate in programs, services, and activities must contact the [Special Populations Section](#) at 954-357-8170 or TTY 954-537-2844 at least five (5) business days prior to the scheduled meeting or event.

Broward County Board of County Commissioners

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