

# chill. moves



## About

Chill Moves is a creative dance program that uses dance and creative movement as a platform for social skill development. Facilitated by professional dancers, Chill Moves uses dance games, creative movement, dance technique and routines to explore a myriad of dance genres from the 1920's to jazz, hip hop, funk, modern pop and many more.

## Program features

- Creativity & movement as self-expression
- Dance technique
- Use of space & time
- Proprioception
- Repertoire
- Choreography
- Learning & recalling routines
- Improvisation
- Music genres & dance

## Benefits

- Consolidation & generalisation of social skills
- Increased self-confidence
- Improved self-awareness
- Improved balance & strength
- Growth in independence
- Reduced social isolation
- Improved cognition
- Gains in emotional development & self-expression
- Boosts mood
- Growth in problem solving skills while boosting memory
- Growth in coordination, muscle tone, endurance & physical strength
- Friendship-forming
- So much fun!

## Dates 2024

### Term 1

22 January - 28 March

### Term 2

15 April - 21 June

### Term 3

8 July - 13 September

### Term 4

30 September - 6 December

## Session times

1.5 hour workshop | once a week  
for 10 weeks

## Wednesdays

2:00pm - 3:30pm

## Venue

Chill Studios  
29 Rogers Street  
West End, QLD, 4101

## Fee

\$1,980 per term

Enrol online



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