

# ▶ On The Move - Online ◀

Love to dance, aged 10-16yrs and live or go to school in Newham?

If so, East London Dance has an amazing programme of  
**FREE** online dance classes for you!



Photo by Chris O'Donovan

Learn routines, make friends and perfect your moves from home. Dance with us and feel like the best possible you! Sign-up to gain access to **FREE** weekly Zoom dance classes, activities, monthly group coaching sessions and the chance to win prizes.

Our programme aims to build resilience, confidence and dance skills. All you need is an internet connection and either a computer, tablet or smart-phone to take part from home.

**Sign-up\*** for activity in July & August: [bit.ly/OnTheMoveOnline](https://bit.ly/OnTheMoveOnline)

For more information go to [eastlondondance.org/classes](https://eastlondondance.org/classes)  
or email [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or text 07732 492408

**Mondays & Tuesdays**  
4-5pm  
(10-13yrs)  
All levels welcome

**Wednesdays**  
4-5pm  
(13-16yrs)  
All levels welcome

**Thursdays**  
4-5pm  
(13-16yrs)  
Advanced level

\*We will send you all the info you need to join in the activity once you have signed up



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