

## *Move to the Beat*

*A Prisms Options Activity  
with Yen Tran*



Adaptive choreography classes providing engaging, joyful and a creative movement repertoire for anyone who is drawn to upbeat music. Whether it is drumming over stability balls, shaking maracas or tambourines, trying some country moves or dancing with other props, this unique musical experience will uplift your soul. Have a look: <https://youtu.be/vLDRL1qJ0HU>

2:00- 3:00 p.m.

September 10, October 15, October 29,

November 12, November 26, December 10

All 6 sessions: \$81.00

Kanata Beaverbrook Community Centre

1002 Beaverbrook Road, Kanata

*Note: Participants requiring any assistance must participate with parent, worker or other.*

Please email prior to registering as spaces are limited.

Register via e-transfer [prismsoptionsprograms@gmail.com](mailto:prismsoptionsprograms@gmail.com)