



'MOVE TO THE RHYTHM' DANCE CHALLENGE



Learn a new dance with us weekly!



#BeActive



DANCE CHALLENGE DATE

COMPLETED

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It's easy...

- Log on to our YouTube Channel - <https://www.youtube.com/channel/UCPhBXjgEPP2wcLJeWpwSbQw>
- Learn the short dance routine uploaded each day from Monday to Thursday by a professional dance teacher.
- Join her on Friday to follow the entire dance routine .
- Fill in the chart each day. Take a picture of it at the end of each week and email it to us to be in with a chance to win a €50 One4All voucher! Remember to get parental permission!
- Ask your siblings to join in too! Please maintain social distancing at all times!

We'd love to see your dance video clips, so send them to us!
Any question please email us!!!

E: sportspartnership@dlrcoco.ie