



### **Free Street Dance and Toddler Dance Classes for Lakenham and Tuckswood Residents**

Families and young people in Lakenham and Tuckswood in Norwich can sign up for free dance classes run by The Garage in June.

The weekly toddler dance and street dance sessions are part of a new project called Lakenham & Tuckswood Energise which aims to help local residents get active and enjoy exercising.

Toddler dance is for under-fives with their parents and carers, and takes place on Fridays at 1.30pm at St Mark's Church Hall, Hall Road, starting June 9 and running until February 2018. The sessions are run in partnership with East City and Framlingham Earl Children's Centre and are an ideal opportunity for mums and dads to enjoy dance, music and storytelling with their little ones.

Street Dance for 11 to 16 year olds takes place at Harford Community Centre, Peterkin Road on Thursdays at 5pm starting June 15. This fun and energetic class will help young people keep fit while learning moves to the latest chart hits.

Clara Wiseman, Outreach Coordinator at The Garage, said: *"We hope that lots of people will come along to the free dance sessions. We're really pleased to be involved with the Energise programme and hope it will make a big difference for people in the area who may not be able to easily access activities in the city centre."*

The Energise project is part of an initiative focusing on Lakenham and Tuckswood from Norwich City Council, Active Norfolk, Community Action Norfolk and Healthy Norwich, working in partnership with local organisations who deliver activities and services in the neighbourhood. The aim is to encourage and empower people in Lakenham and Tuckswood in Norwich to get active, have fun and enjoy exercising.

To book your free place on the Street Dance classes contact The Garage on 01603 283382. To book your free place on Toddler Dance contact East City and Framlingham Earl Area Children's Centre on 01603 219717.

For more information about the Garage, visit [www.thegarage.org.uk](http://www.thegarage.org.uk)

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