Dance Theatre of Ireland

Well-Dance for 60+ *Join Us*
Music , Movement, Fun!

Simple, modern, and creative dance movements & exercises to improve balance, fluidity, flexibility and strength—all to great music.

€6 per class | Supported by DLR Age Friendly

Ballinteer
Community School
Weds 4:15-5:15pm

Mount Merrion
Community Centre
Fri 3:30-4:30pm

the arts council schomhairle ealaíon | funding dance artscouncil.ie

Tel: (01) 280 3455
info@dancetheatreireland.com
www.dancetheatreireland.com

dlr
Comhairle Contae County Council

Dance to the music of Elvis Presley, Paul Simon, Frank Sinatra, Stevie Wonder, Aretha Franklin, and more!

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