

Party Dance online



Start date: Monday 20th July 2020
MONDAYS & THURSDAYS

Easy party moves

Tuesdays special

Chair based party moves

Time: **3pm to 3.30pm**

FREE

Join Zoom Meeting

[https://us02web.zoom.us/j/2696560548?](https://us02web.zoom.us/j/2696560548?pwd=am5hWjFpNVBRReGZJUmtpR2NIUldmZz09)

[pwd=am5hWjFpNVBRReGZJUmtpR2NIUldmZz09](https://us02web.zoom.us/j/2696560548?pwd=am5hWjFpNVBRReGZJUmtpR2NIUldmZz09)

Meeting ID: 269 656 0548

Password: Jean

If you need some more information
please email Jean Leclerc:

parisrockclub@gmail.com or visit

www.parisrockclub.com or

www.waterlooactioncentre.co.uk

Join our virtual home parties! Give it a try!!!

It's a fun way to help you stay healthy at home. Special focus on those over 60 but anyone can join.

Our parties are a great way to exercise, have a good time dancing to the rhythm of the 60's & 70's.

During the Zoom meeting you can disable your camera and microphone for privacy.

The waiting room will be open 5 minutes before the parties start so you can have a chat with

everyone waiting for the party to start.

We will mute everyone during the dance session and there will be a five minutes break during the session for friendly chat.

We suggest you have an open space to move freely and some water nearby.

For Tuesdays specially use a sturdy chair

You can also connect your computer / laptop to a TV screen via HDMI cable to see Jean's moves better.

Free .Funded by The Walcot Foundation. Run by The Paris Rock Club (Jean Leclerc)