



Benefits of Hip Hop

- ✚ Improve confidence and self-esteem
- ✚ Improve motor planning
- ✚ Improve coordination
- ✚ Further develop social skills
- ✚ Improve fitness and health
- ✚ Improve concentration
- ✚ Improve mood

West Limerick Children's Services will be running a Hip Hop class in September 2017.

It is aimed at children attending the service aged 6-12 years.

It will be run by Kate Upton in conjunction with the Physiotherapy Department.

There are a limited number of places and they will be allocated on a first come basis. If necessary a waiting list for further classes will be created.

The class will run on Mondays from 3.15pm-4.15pm for 6 sessions. It starts on Monday 11th September 2017.

For further information or to book a place please contact Aileen Shinnors Senior Physiotherapist on 069-61919.