

# Zumba & African Drumming

In this activity participants will learn about different ways to get fit and healthy, build core strength, and body toning through Zumba dance moves and aerobics. African Drumming will give participants the opportunity to learn the skills of drumming, rhythm and hand-eye coordination. Additionally, this activity will give participants the opportunity to learn routines through repetition, sensory techniques, community and social skills.

You will enjoy the chance to socialise and interact with each other while learning to appreciate Zumba dancing and African Drumming skills.

