DOWN'S SYNDROME ASSOCIATION

DSEngage weekly timetable

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DSActive DSEngage

You can read about DSEngage and find out how to join DSEngage online sessions at **www.downs-syndrome.org.uk/our-work/services-projects/dsengage**

Monday

Weekly Workout

4 pm to 4:45 pm



bit.ly/DSEngageWeeklyWorkout

Tuesday

4 p.m. Disco

4 pm to 5 pm

bit.ly/DSEngage4pmDisco



Evening Disco

7 pm to 8 pm

bit.ly/DSEngageEveningDisco

Wednesday

Information about extra sessions is advertised on the DSEngage webpage

Thursday

Wake Up and Dance with DanceSyndrome

9:30 am to 10:30 am



bit.ly/DSEngageWakeUpAndDance

Friday

Get Moving

10 am to 10:45 am



bit.ly/DSEngageGetMoving