

## Some comments

### From the dancers:

"I enjoy going to dancing, to get to know new friends, learn new dances and, hopefully, to appear on TV more."

### From the parents:

"The change in my son over the last couple of years has been tremendous. He is more willing to try out new things and seems more motivated."

"People see their ability when dancing, not their disability."

### From the teachers:

"They are constantly teaching me new things."

"An inspiration to many people. They have such an amazing way of expressing themselves."

"Their dancing changes people's perceptions in a positive way"

### From Kimberly Wyatt:

"I thought you guys were amazing. I have not been that happy in a long time."

## Contact us

If you are interested in joining us, require further information on **Dance 21** dance group, or would like us to dance at an event you are organising, please contact:

**Mary Schultz**

**E-mail:** [dance21@blueyonder.co.uk](mailto:dance21@blueyonder.co.uk)

## Sponsorship

We are always looking for sponsors to help keep our costs down. If you feel you could help us out either corporately or on an individual basis, please contact Mary.

[www.dance21.co.uk](http://www.dance21.co.uk)

Follow us on Facebook 



**Dance 21** dance group is based in Chelmsford, Essex and is for children and young adults with Down Syndrome and their siblings.

**All are welcome.**



## Introduction to **Dance 21**

**Dance 21** dance group was set up in September 2000 with Mary Schultz as founder and Jean Hunter as dance teacher. Mary felt that people with Down Syndrome are so much more capable than a lot of people give them credit for and wanted to raise their profile in her local community. Her daughter, Ellen who has Down Syndrome had attended one of Jean's other dance classes since the age of five years. She enjoyed it so much that Mary asked Jean if she would be willing to become the dance teacher of a very special dance group for children and young adults with Down Syndrome and their siblings. Luckily she agreed and soon after the group began.

Since then we have expanded to two dance classes, one for younger children and the other for young adults. Dancers range in age from five years upwards. We are extremely fortunate to have three excellent sessional dance teachers who match the depth of character, warmth, love, dedication, sense of humour and performance shown by our two groups. In addition to weekly dance classes and performing at events, we have also put on various workshops such as Body Popping, American Jive, Salsa, Zumba, Michael Jackson and the Haka.

**We always welcome new dancers.**  
**Please see back page for contact details.**

## Our details

### Venues

St John's Church Hall, Chelmsford, Essex  
for younger children.  
Springhealth, Chelmsford, Essex  
for young adults.

### When

Thursday evening, 5pm to 6pm, during school term.

### Ages

Five years up to young adults.

### Fees

Paid by monthly standing order.  
Please contact Mary for current fee.



## 'Got to Dance'

### 'Dance 21' audition for dance competition

We have danced several times at 'The Stars in Our Eyes' productions at Her Majesty's Theatre and Sadler's Wells in London, at the Down Syndrome Association's Bollywood Ball at Canary Wharf and more recently at the 'Got to Dance' audition. Judge Kimberly Wyatt was in tears after our performance and insisted on coming backstage to meet all the dancers to get to know them better.

### Some other venues we have danced at recently are:

The Boswells School Community Show, Walthamstock Festival, Colchester FC and Essex County Cricket Club performing the Haka, many local school fetes, the Civic Theatre in Chelmsford and Harlow Black History Day.

Dance 21 is fortunate to have excellent community links with the Boswells School and perform annually in their Community Show.

**For more information on past and future performances please see our website**  
**[www.dance21.co.uk](http://www.dance21.co.uk)**

**Please feel free to contact us if you would like us to dance at your event.**