

DSC ONLINE SESSIONS

Spring 2021



WHAT?

WHERE?

SESSION TYPE

TUESDAY 4.30-5PM

Basketball and Football

Zoom

Moderate intensity.
Skills and fitness

WEDNESDAY 4.30-5PM

Mindfulness and Yoga

Zoom

Low intensity.
Relaxation and self-love

THURSDAY 4.30-5PM

Dance

Zoom

High intensity. A range
of dance movements

FRIDAY 4.30-5PM

Quiz Time

Zoom

A fun social quiz with
rounds to suit all