

Roller Girl Gang



Social Story: Dance Class



Our classes are held here at the Ramgarhia Sikh Centre.



Please come inside and go up the stairs to your left.



You can take a chair and start putting on your roller skates in the getting ready area.

Feel free to leave your shoes and other things on the chair you have used.

A member of the team will ask for your name and check you in.



Once your roller skates are on, you can begin to roll around until the class begins.



When the class is ready to begin, one of our instructors will stand at the front of the class.

They will be wearing a teal t-shirt.

Please find a place you are comfortable to stand in for the class.



The class begins with a warm up.

The instructors will show you the moves!



During the class, you will be given instructions and shown how to practise the steps you will need.

Feel free to take this at your own pace and ask questions.



You will be given opportunities to take breaks however you are welcome to take a break, get a drink or nip to the toilet at any point during the class.



The toilets are located through these doors to your left.

You can go at any time during the class.

The class will end with a stretch and cool down.



When the class has finished you can take your skates off again.



See you next time!

Sensory Profile

Auditory:

The space can be loud and noisy. We use music during the dance class, although it is usually turned down low when breaking down new moves.

Ear defenders are welcome!! If you would like to wear ear defenders, ear plugs or your own headphones to have a better experience, please do so.

We deliver our instructions verbally. If you require support with our verbal instructions please let us know. We are also able to repeat instructions as many times as you need or write instructions down.

Visuals:

The lighting is bright however there are no flashing lights.

Please take your time skating and take as many breaks as you need. If you need to take a break outside in natural lighting, please remove your skates first for your own safety. You may then rejoin the class when you are ready.

Please ask us any questions you have and ask a member of the team for help, we will always do our best to support you.

Carers, PAs and Support Workers:

Carers are welcome at all our classes and events.

If your carer will be skating please book an additional ticket as usual, if your carer will not be skating please email us to let us know and they can attend the event free of charge.

If you have any further questions or would like to speak to us before attending class please email us at: skate@rollergirlgang.co.uk