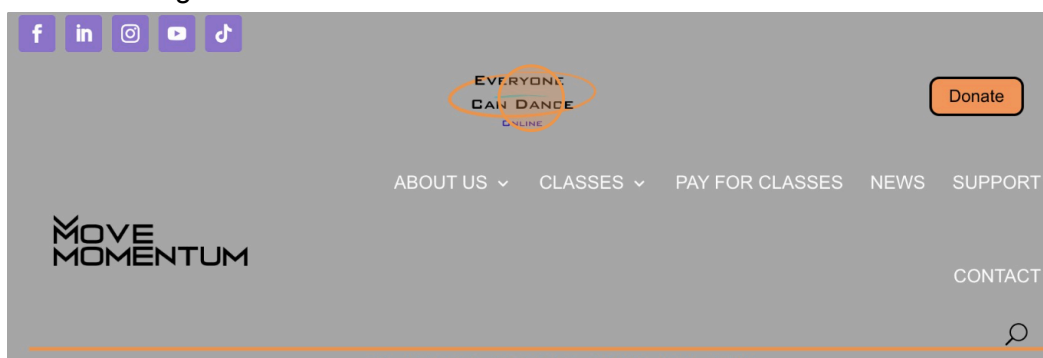


How To Guide for Everyone Can Dance Online

Registration Forms

1. Navigate to <https://movemomentum.co.uk/>
2. Click this image.



Move Momentum is an award-winning local charity based in Winchester, Hampshire that aims to make dance accessible to everyone. We provide inclusive and affordable dance classes for people who otherwise might not have opportunity to enjoy the benefits of dance.

We focus on providing weekly classes tailored for older adults, people with disabilities (including dedicated classes for wheelchair users), people with long term health conditions, and young people facing barriers to accessing dance. We

3. Click "Sign Up"

HOW TO REGISTER

Complete the [sign up form](#) below. Once completed you will receive an email to a second baseline measurement google form. Please complete both forms to receive the link to Everyone Can Dance – Online.

[Sign Up >](#)

Already signed up?

[Login](#)



4. Complete Move Momentum Registration Form.

SIGN UP

Move Momentum Registration Form

After completing the initial registration you will need to complete a sign-up form and then you will

Email*

First Name*

Last Name*



5. Read and Accept the Declaration.

Please specify here:

Marketing *

Consent

Do not consent

I accept that by completing this form that I am voluntarily giving permission for myself/my child to take part in Move Momentum's classes and events. I acknowledge that there is an element of risk involved when taking part in physical activity and whilst strict precautions have been taken by Move Momentum, including by staff, free volunteers, that sometimes injuries or damage to assets may occur. I am fully aware of the risks that are involved with the activity and assume all risks and accept full responsibility for the conduct of the activity. Considering this I hereby waive any claims against Move Momentum and voluntarily ask for permission for myself/my child to

Declaration*

Move Momentum needs the contact information you provide to us to contact you about our products and services. You may unsubscribe from these communications at anytime. For information on how to unsubscribe, as well as our privacy practices and commitments to protecting your privacy, check out our Privacy Policy.

protected by reCAPTCHA

[Privacy](#) - [Terms](#)



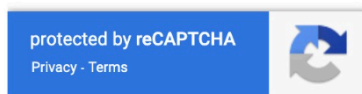
6. Click "Submit" to take you to the Everyone Can Dance - Online: Baseline Monitoring Form.

- Consent
 Do not consent

I accept that by completing this form that I am voluntarily giving permission for myself/my child to take part in Move Momentum's classes and events. I acknowledge that there is an element of risk involved when taking part in physical activity and whilst strict precautions have been taken by Move Momentum, including by staff, free volunteers, that sometimes injuries or damage to assets may occur. I am fully aware of the risks that are involved with the activity and assume all risks and to the conduct of the activity. Considering this I hereby waive any claims against Move Momentum and voluntarily ask for permission for myself/my child to

- Declaration*

Move Momentum needs the contact information you provide to us to contact you about our products and services. You may opt out of these communications at anytime. For information on how to unsubscribe, as well as our privacy practices and commitments to protecting your privacy, check out our Privacy Policy.



[Create your own free forms](#) to generate leads from your website.

7. Complete "Everyone Can Dance - Online: Baseline Monitoring Form".

Everyone Can Dance - Online: Baseline Monitoring Form

Please complete this sign up form in order to access Everyone Can Dance (online).

Move Momentum's Everyone Can Dance (online), is funded by The Hampshire Active Health Programme, which provides one off grants to organisations working to encourage and provide physical activity opportunities in communities facing the biggest health inequalities.

This programme is managed by Energise Me, on behalf of Hampshire County Council, with funding provided by the Contain Outbreak Management Fund (COMF) from the Department of Health and Social Care.

Important: By completing this form, you understand and give consent that all anonymised data will be shared with Energise Me, Hampshire County Council and our evaluation partners to undertake a measurement and learning exercise of the individual projects and the Hampshire Active Health Programme as a whole. They will publish reports and learning based on the data, but no individual will be identified without further explicit consent. In some cases, participants may be asked to provide non-anonymised feedback including the

8. Read and accept the Exercise Disclaimer and Feedback requirement. Click "Submit".

momentum disclaim any and all liability in connection with the exercises, instructions or advice given within our programme Everyone Can Dance (online).

Feedback Requirement:
I agree to provide Move Momentum with additional feedback on the Everyone Can Dance (online) program when contacted. I give consent for this form and future feedback on the project to be shared anonymously with Energise Me, Hampshire County Council, and their evaluation partners.

I have read, understood and accepted the Exercise Disclaimer and Feedback Requirement.

[Back](#) [Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Move Momentum. [Report Abuse](#)


Google Forms

9. After submitting, click the **link** to the Everyone Can Dance - Online website to complete check out. This can be located on the google form after completion. Any issues receiving this link please contact maria@movemomentum.co.uk.

Creating an EDCO account

10. Using the link above. Create an ECDO account by providing your email.

Discount Codes: *Input discount codes after the 14-day free trial is finished, otherwise you will not receive your free trial.*


 Move Momentum [Login](#)

Sign Up

Contact info

Email
 [Continue](#)

I accept the [Terms of Service](#) and [Privacy Policy](#). [Get now](#)


Everyone Can Dance - Online
Everyone Can Dance - Online:
£5/mo • 1 product • Free 14-day trial
 [Apply](#)

11. Click "Continue"

Full name

maria@movemomentum.co.uk

Password

.....

Minimum 6 characters

Continue

12. Click "I accept the Terms of Service and Privacy Policy"



Move Momentum

Community Products



Sign Up

Contact info

maria@movemomentum.co.uk

Logout

I accept the [Terms of Service](#) and [Privacy Policy](#).

Get now



Everyone Can Dance - Online


Everyone Can Dance - Online:
£5/mo • 1 product • Free 14-day
trial

Discount code

Apply

13. Click "Get now".

he [Terms of Service](#) and [Privacy Policy](#). [Get now](#)



14. Complete the "Password" field and create a strong password. Click "Continue" to finish creating your account.

Finish creating account

Full name

Password

Minimum 6 characters

[Continue](#)

Navigating the ECDO Platform

15. Once created an account. Click "Products". This takes you to ECDO's main page.



THANK YOU!

You've now got access to **Everyone Can Dance - Online**.

[View community](#)

Everyone Can Dance - Online is an inclusive online dance platform tailored for older adults and individuals with disabilities and long-term health conditions to help increase uptake and access to physical activity and improve social connection.

16. Click "Everyone Can Dance - Online"

The screenshot shows the Move Momentum website interface. At the top left is the 'EVERYONE CAN DANCE ONLINE' logo. To its right is the text 'Move Momentum'. On the top right are links for 'Community' and 'Products', and a user profile icon. Below the navigation bar is a 'Products' section with tabs for 'My products' and 'More products'. A search bar contains the text 'Filter by name'. To the right of the search bar are buttons for 'Active products' and 'Name'. Below the search bar, a product card for 'Everyone Can Dance - Online' is displayed, with a video icon and progress indicator '0/20 completed'. Below the product list is a black banner with white text: 'Everyone Can Dance - Online is an inclusive online dance platform tailored for older adults and individuals with disabilities and long-term health conditions to help increase uptake and access to physical activity and improve social connection.' At the bottom of the banner is the text 'Move Momentum Site'.

17. Click the video icon, to play the required introduction video.

The screenshot shows the course page for 'Everyone Can Dance - Online'. The page has a breadcrumb trail: 'Products / Course / Section / Lesson'. The main heading is 'Introduction'. On the left side, there is a sidebar with a video icon and the text 'Everyone Can Dance - Online' and '0/20 completed'. Below this, there is a section titled 'Welcome to Everyone Can Dance - Online! Let's get started! - REQUIRED' with a sub-section 'Introduction' highlighted. Underneath are sections for 'Warm Ups' and 'Upper Body Exercises', each with video icons and titles. The main content area features a large video player with a play button and the 'EVERYONE CAN DANCE ONLINE' logo overlaid. Below the video player, there is introductory text: 'Welcome to Everyone Can Dance - Online! Here you will find different categories of dance exercises, expertly tailored to you. We invite you to meander and cherry pick your dance exercises to suit your needs,'.

18. On the left hand side scroll down to choose your dance video and click e.g. "The Hippy Hippy Shake: Dance Tutorial".

Welcome to Everyone Can Dance -
Online! Let's get started! -
REQUIRED

Introduction

Warm Ups

The Hippy Hippy Shake: Dance Tutorial

The Hippy Hippy Shake: Dance Version


Upper Body Exercises

Stayin Alive: Dance Tutorial

Stayin Alive: Dance Version

#WarmUp#Tutorial#AllAbilities#Fast#Energetic#60sMusic

Ability Level: All Abilities



19. Use the orange buttons to pause, rewind, adjust volume, add subtitles and expand the screen.

Welcome to Everyone Can Dance -
Online! Let's get started! -
REQUIRED

Introduction

Warm Ups

The Hippy Hippy Shake: Dance Tutorial

The Hippy Hippy Shake: Dance Version

Upper Body Exercises

Stayin Alive: Dance Tutorial

Stayin Alive: Dance Version

Let's Twist Again: Dance Tutorial

Let's Twist Again: Dance Version

Lower Body Exercises

Hound Dog: Dance Tutorial

Hound Dog: Dance Version

Warm Up Tutorial
The Hippy Hippy Shake

Ability Level: All abilities
Pace: Fast

#WarmUp#Tutorial#AllAbilities#Fast#Energetic#60sMusic

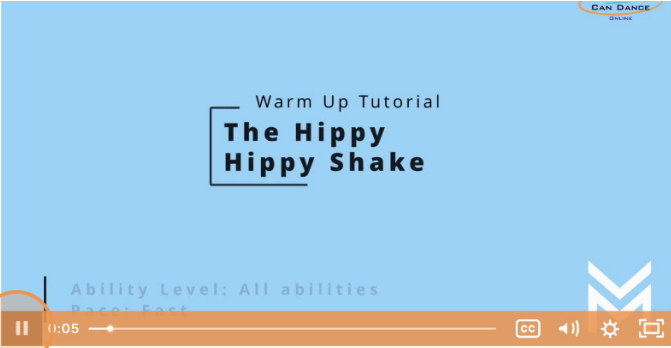
Ability Level: All Abilities

Pace: Fast

Duration: 01:40

Suggested Music: The Hippy Hippy Shake - The Swinging Blue Jeans

Description: Spoken dance tutorial. Limb shaking warm-up, designed to increase your heart rate whilst moving through the whole body. A happy and energetic dance warm-



20. Click "Complete" to track your ECDO progress.

Spice Up Your Life: Dance Tutorial

Spice Up Your Life: Dance Version

Upper Body Exercises

Stayin Alive: Dance Tutorial

Stayin Alive: Dance Version

Let's Twist Again: Dance Tutorial

Let's Twist Again: Dance Version

Here Comes The Sun: Dance Tutorial


Here Comes The Sun: Dance Version

Lower Body Exercises

Hound Dog: Dance Tutorial

Hound Dog: Dance Version

Choreography



#UpperBody#LowerBody#Tutorial#Easy#MediumPace#Twist#60sMusic

Ability Level: Easy

Pace: Medium


Duration: 02:14

Suggested Music: Let's Twist Again - Chubby Checker

Description: Spoken dance tutorial. Join us as we twist with our bodies and arms in this easy, cheerful upper body focused dance at a medium pace. Choreographed to 1960s music to take you back in time.

Learned the dance? Check out Let's Twist Again: Dance Version.


No comments




ECDO Community

21. For the ECDO Community, click "Community".

Move Momentum

Community Products 


an Dance - Products / Course / Section / Lesson

pleted **The Hippy Hippy Shake: Dance Tutorial** 

Can Dance -

ted! -

hake: Dance



22. Click a community page e.g. "ECDO Updates!"

Community
powered by **podia**

- Home
- Members
- Search

Topics

- ECDO Social!
- ECDO Updates!** 1w
- Feedback 2w
- All topics

Home

New post

Info * Creator → # ECDO Updates! 1w

Welcome to Everyone Can Dance - Online!

We are delighted to have you join us on your dancing journey! At Everyone Can Dance, we believe that dance is for everyo...

No comments | No likes | Read post...

23. Click to read posts and connect with ECDO members!

Home

Members

Search

Topics

- ECDO Social!
- ECDO Updates!** 1w
- Feedback 2w
- All topics

ECDO Updates!

8 # Open

Following

Here you will find updates on upcoming dance videos and Everyone Can Dance - Online news!

Only the creator can make posts in this topic.

Info * Creator 1w

Welcome to Everyone Can Dance - Online!

We are delighted to have you join us on your dancing journey! At Everyone Can Dance, we believe that dance is for everyo...

No comments | No likes | Read post...

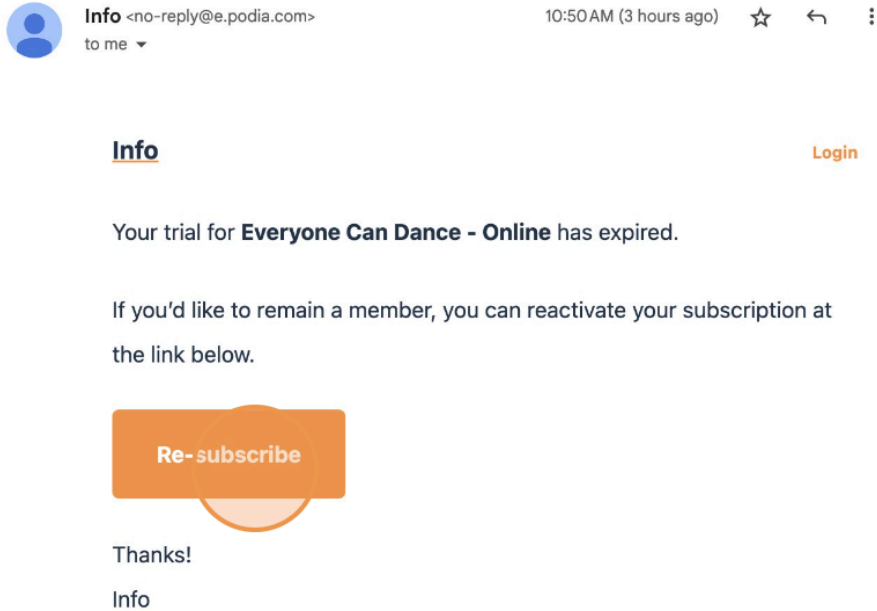
Info * Creator 2w

Music Update

Hello, ECD Dancers!

End of 14-day Free Trial

24. Locate email from Info “Your Everyone Can Dance - Online trial has expired.” To continue being an ECDO member click “Re-subscribe”.



25. Click “Join Now”.

EVERYONE CAN DANCE - ONLINE

Community • Free 14-day trial • 1 product



The inclusive, affordable and friendly dance platform where everyone can dance!



Adding a Discount Code

26. Add a Discount Code and Click "Apply". *Important reminder to only add your discount code after your 14-day free trial is completed.*


Payment

Card number  **Expiration date** **Security code** 

Country **Postal code**

By providing your card information, you allow Move Momentum to charge your card for future payments in accordance with their terms.



| | |
|-----------------------------|------------------|
| Everyone Can Dance - Online | £5.00 |
| Total | GBP £5.00 |



Everyone Can Dance - Online
Everyone Can Dance - Online:
£5/mo • 1 product • Free 14-day trial


27. Fill in your card information. Click "I accept the Terms of Service and Privacy Policy".

Payment

Card number  **Expiration date** **Security code** 

Country **Postal code**

By providing your card information, you allow Move Momentum to charge your card for future payments in accordance with their terms.



Everyone Can Dance - Online
Everyone Can Dance - Online:
£5/mo • 1 product • Free 14-day trial

28. Finally Click "Pay Now"

| | |
|-----------------------------|------------------|
| Everyone Can Dance - Online | £5.00 |
| Total | GBP £5.00 |

I accept the [Terms of Service](#) and [Privacy Policy](#).

[Pay now](#)

29. Remember to click “Products” to return to the Everyone Can Dance - Online Platform.

The screenshot shows the checkout page for 'Everyone Can Dance - Online'. At the top left is the logo for 'EVERYONE CAN DANCE Online' and the text 'Move Momentum'. At the top right are navigation links for 'Community', 'Products', and a user profile icon. The main content area features a large 'THANK YOU!' heading, followed by the text 'You've now got access to **Everyone Can Dance - Online**.' Below this is an orange button labeled 'View community'. At the bottom, a black banner contains the text: 'Everyone Can Dance - Online is an inclusive online dance platform tailored for older adults and individuals with disabilities and long-term health conditions to help increase uptake and access to physical activity and improve social connection.' and 'Move Momentum Site'.