



Studio
505

Home of the Arts

Creative Movement for all abilities

A Fun dance program for Children ages 4 -7 years

This program is designed to foster a love of dance and creative expression in children with special needs. The primary goal of Adaptive Dance classes is for the children to experience the pure joy of dance and music. Program benefits: build balance and coordination, overall fitness, focus, listening, self-esteem, self-expression, rhythm and musicality.

Fall session: September 29 – November 17

8 weeks

Saturdays 9:15am-10:00am

Cost: \$120.00 (paid to Studio 505)

Location: Studio 505 Dance Studio, 505 Sherbrooke St.

Participant Requirements:

- * Interested and motivated to learn a range of dance styles
- * Able to follow 1 & 2 step directions and simple rules and participate on own in group setting
- * Independently mobile with or without aids
- * Parent/caregiver must stay in waiting area during program & be available to assist teacher/volunteers if needed
- * Ballet shoes are required in the studio dance space

**For more information or to register for this program
Please contact Tanya Keast
Recreation Therapist at Five Counties Children's Centre
748-2337 ext. 251
tkeast@fivecounties.on.ca**

