ASAO Dance.

Committed to DANCER HEALTH & SAFETY

SAFE DANCERS. BRIGHTER FUTURES.



SAFE PEOPLE
in our studio

All ASAO staff and volunteers are required to complete background checks to ensure a safe and trustworthy environment for our dancers.

INJURY PREVENTION
stronger, safer dancers

Our curriculum includes dance physiotherapy-based exercises from Marie Walton-Mahon's Progressing Ballet Technique (PBT) to build strength, improve alignment, and reduce the risk of injury.

PBT
PROGRESSING BALLET TECHNIQUE
BY MARIE WALTON-MAHON

INJURY RECOVERY
a team approach

In the event of an injury, we follow a clear recovery protocol in collaboration with medical professionals to guide communication between families, instructors, and health providers for a safe and successful return to dance.

YPAD
YOUTH PROTECTION ASSOCIATION FOR DANCERS

MENTAL WELLNESS
mind as strong as the body

Weekly activities have been incorporated into our lesson plans using Danscend resources to support confidence, resilience, and overall mental wellness.

danscend®
MOVE | MIND | THRIVE

AGE APPROPRIATE STANDARDS
keeping dance childhood

We follow clearly defined, age-appropriate standards from the Youth Protection Association for Dancers to actively reduce the sexualization of youth dance. These standards guide our choices for music lyrics, choreography elements, and costuming in all ASAO classes

YPAD
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Train. Perform. Inspire.