



We are very proud to announce a new program to our studio

Everybody Dance Now

A Dance Program Designed for Special Needs Dancers



Class Curriculum Outline

- Circle time/Warm-up
- Activity
- Cool down/Send Off

Dance Class Benefits

- Increase self-expression & enhance creativity
- Knowledge of dance concepts, technique, vocabulary
- Practice cooperation
- Collaboration with peers in a group
- Strengthen mind & body connection
- Build flexibility & Spatial Awareness
- Improve healthier living
- Increase self-esteem & confidence
- Develop an awareness of beat, rhythm, & movement to music

Program Details

Classes are held on

Mondays

4:45-5:15pm

Ages: 6-18

\$30/month

Our inclusive, sensory-friendly classes help children enhance self-regulation, self-esteem, & social empathy while using props such as scarves, streamers/ribbons, magic wands & other objects and highlighting different types of dances!

Additional Information: Parent/caregiver must be present for initial class and at least on premises (if not needed in class) for the 30-minute class.