



VIRTUAL FUNCTIONAL DANCE CLASSES FOR CHILDREN

ACHIEVING THERAPEUTIC GOALS THROUGH DANCE

WHAT ARE FUNCTIONAL DANCE CLASSES?

Dance classes run by both a **Registered Occupational Therapist** and a **Registered Physiotherapist**.

The goal of the program is to help children **achieve therapeutic functional goals** through dance and movement while in a fun, **inclusive group setting**.

Parents will identify goals (physical, social, emotional) for their child to work on throughout the dance session. Class activities will focus on **balance, strength, coordination, motor planning, flexibility, social interaction, and self-regulation**.



Ali Schwartz
OT Reg. (Ont.)



Lindsey Schwartz
Physiotherapist

REGISTRATION NOW OPEN!

VIRTUAL 8-week session will run weekly from:

**Sunday, February 21st, 2021 to
Sunday, April 11th, 2021**

10-10:50am or 11-11:50am

(depending on which class best fits your child's needs)

\$80/class – total \$640/session

DID YOU KNOW...

dance has **social, physical, cognitive, behavioural, and emotional benefits** including:

- improving self-awareness and social communication
- increasing flexibility, strength, postural control, coordination, and motor control
- increasing self-esteem and self-confidence

**For more information, please visit
www.dualtherapy.ca
or contact us at: info@dualtherapy.ca**

***As this program is a therapy-based program, it will be covered by most insurance plans.**