



# NBS Kids Adaptive Dance Program



*Come dance with us! | January 9<sup>th</sup> – April 3<sup>rd</sup> (12 classes)*

The NBS Kids – Adaptive Dance Program was created by Canada's National Ballet School (NBS), in consultation with Holland Bloorview Kids Rehabilitation Hospital. The program offers adapted creative movement classes for children ages 6-9 with diverse cognitive, physical and developmental needs. These 45-minute sensory-friendly dance classes provide opportunities for children to explore creativity and expression through the use of movement and music.

**Creative movement – 1** offers one-on-one support throughout the duration of class and moves at a slower pace. These classes are led by an NBS Community Dance Specialist and supported by a live accompanist, Holland Bloorview Occupational Therapist and team of volunteers.

**Creative movement – 2** offers a fast-paced class and is a good fit for children who are both ready and working towards participating independently in programming. These classes are led by an NBS Community Dance Specialist supported by a live accompanist, Holland Bloorview Occupational Therapist and team of volunteers.

This program will run Sunday mornings at Canada's National Ballet School from **9:45am-10:30am**

This program will run Sunday mornings at Canada's National Ballet School from **11:00am-11:45am**

For registration information visit: <https://www.nbs-enb.ca/en/classes/adaptive-dance-program>

Please to direct all inquiries to [nlehan@nbs-enb.ca](mailto:nlehan@nbs-enb.ca)

Thank you to the generosity of our partners and donors for supporting this program

Lozinski Centre  
for Community  
Dance at NBS,  
Founding Donors &  
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Joan & Jerry Lozinski

Generous Supporter



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The Harry E. Foster Charitable Foundation

Pilot Program developed in consultation with:

**Holland Bloorview**  
Kids Rehabilitation Hospital

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