



NBS Kids Adaptive Dance Program



Come Dance with us at Canada's National Ballet School Fall 2022!

Term One: September 12 – December 11, 2022

Term One classes begin Sunday, September 18

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 4+ 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. Term One classes begin Sunday, September 18

To register for an intake interview and to find more information visit: www.nbs-enb.ca/adaptivedanceprogram.

Please do direct all inquiries to nlehan@nbs-enb.ca

Creative movement – 1

Primary (ages 4+) Sundays 9:45am- 10:30am

Junior (ages 9+) Sundays 11:00am-11:45am

This stream provides 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, an Occupational Therapist and a team of volunteers.

Creative movement – 2

Primary (ages 4+) Sundays 12:15pm- 1:00pm

Junior (ages 9+) Sundays 1:30pm- 2:15pm

This stream is a moderate to fast-paced class and a good fit for children who are both ready and working towards two step instructions and participating independently in programming. These classes are led by an NBS Community Dance Specialist and supported by a live accompanist, an Occupational Therapist and a team of volunteers.

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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Generous Supporter



Special Thanks to Supporters of the pilot program:

J.P. Bickell Foundation

The Harry E. Foster Charitable Foundation

Pilot Program developed in consultation with:

Holland Bloorview
Kids Rehabilitation Hospital

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