

NBS Kids Adaptive Dance Program

CANADA'S
NATIONAL
BAILET
SCHOOL
Sharing Dance
Lozinski Centre for
Community Dance

Come Dance with us!

The NBS Kids – Adaptive Dance Program was created by Canada's National Ballet School (NBS), in consultation with Holland Bloorview Kids Rehabilitation Hospital and offers adapted creative movement classes for **participants ages three to adult with diverse physical, developmental and sensory needs**. This program is centred on fostering a love for dance and dancers are welcome to engage in the class in a way that feels right to them.

Each class is led by an NBS Community Dance Educator and supported by a live accompanist. We offer 3 streams of programming with eight classes, spanning from primary grades to high school.

Our Family Creative Movement and Music program is accompanied by a Music Therapist and is for dancers **ages 3-5** and their grown-ups to participate in dance classes together.

Our **Creative 1** program is for dancers ages 5+, accompanied by an Occupational Therapist and a team of volunteers that provide 1:1 support throughout class.

Our **Creative 2** program is for dancers ages 5+ and is tailored toward dancers who are both ready and working towards participating more independently in programming with volunteers present to support.

Why Dance?

- Builds on creativity
- Opportunities for self-expression through movement
- Opportunity to explore new sensory inputs
- Builds self-confidence
- Encourages independence and leadership
- Opportunity for socialisation with peers
- Promotes physical activity, physical literacy skills and body awareness

Programming runs from **9:45am-3:30pm on Sundays**, with nine different classes to choose from.

For registration information visit www.nbs-enb.ca/dance-for-life/kids-adaptive-dance-program/
Please direct all inquiries to adaptivedance@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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CIBC
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Thank you to our Generous Supporters of Adaptive Dance:

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Foundation

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Foundation

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Holland Bloorview
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