

EVERYONE'S A DANCER

The All-Abilities Dance
Company

*"Everybody is a dancer if only in their heart."
- Unknown*

The Everyone's A Dancer company is an all abilities dance group for anyone with physical, or intellectual disabilities. This class provides an inclusive environment for dancers to realize their potential through creativity, fitness, and dance.

During this class we will work with the individual dancer's wants and needs using any assistive technologies or adaptable materials to allow dancers to get the most out of their dance class.



About the Style

Acrobatics

NORTHERN
DANCE
MOVEMENT

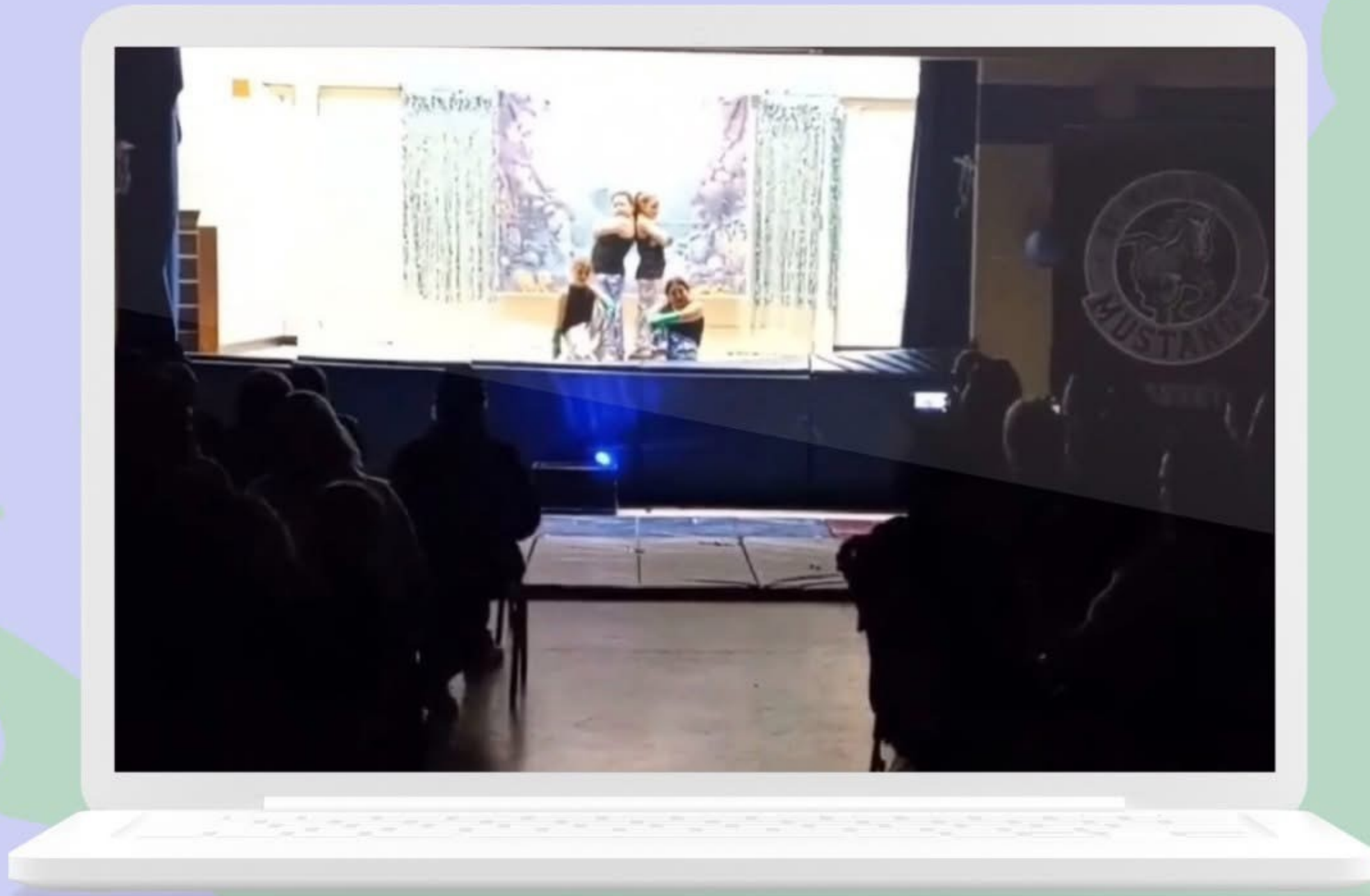


Acro is a combination of dance and gymnastics. This class provides the basic building blocks necessary to perform fundamental tumbling skills like a forward roll, backward roll, handstand, cartwheel, round off and walkovers. The focus is on self confidence, physical conditioning, strength, flexibility, control and endurance, while having fun! Offering two levels of classes depending on child's skill, experience, and age. Using a combination of Acrobatic Arts and Dance Master's of America's acrobatic syllabus dancers will be taught safe practicing when performing acrobatic skills

For more information contact us at
northerndancemovement@gmail.com

About the Style **Street Dance/Hip-Hop**

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In this class we'll learn about the basics of the Hip-Hop culture (including Break dancing), as well as explore other styles of Street Dance (Popping, Locking, and more)! Age appropriate music and choreography will be used for these classes.

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