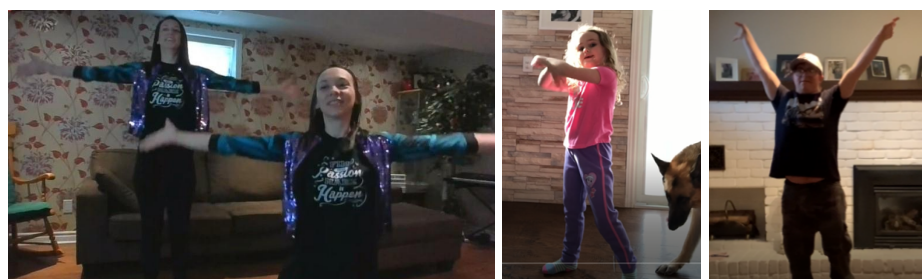


VIRTUAL DANCE WORKSHOPS



The Dance Ability Movement offers classes for dancers of all abilities in a safe, inclusive, and fun environment! Qualified instructors who have a passion for dance and celebrating differences lead engaging classes that provide your community with the opportunity to connect, be physically active, and learn new moves!



WHAT DOES A VIRTUAL DANCE CLASS LOOK LIKE?

A virtual dance class may include a dance warm-up, learning new steps, creative movement/freestyle, and a short choreography combination. Dance styles are typically based in Hip-Hop, Jazz, and Zumba. Adaptations are provided for all movements (i.e. seated options).

YOUR ROLE:



- **Coordinate the event:** share information with participants and manage registration;
- **Set up and host the zoom meeting:** if unable to host via zoom, The Dance Ability Movement (DAM) may host for an additional fee;
- **Allow for DAM staff to co-host the meeting.**



- **Classes typically 30 - 60 minutes;**
- **Contact us to discuss rates and packages that meet your needs and budget.**

WHAT WE OFFER:

- **Initial consult with one of our occupational therapists to customize the workshop to engage your organization's clientele;**
- **Provide 1-2 staff to lead participants in a fun and inclusive dance class;**
- **Share resources to prepare for virtual dance classes;**
- **Class facilitation including music, activities, and zoom interactive features.**

Contact us to create your virtual dance workshop package and get moving!

contact@danceabilitymovement.com