



SPRING BREAK

(Previously advertised as "March Break Blast")

Blast!

April 12th-16th, 2021

Check out different **virtual** dance classes and activities to keep you moving and having fun all week long! We are offering classes for Tots/Kids and Teens/Adults.

Enjoy savings of up to 20% off
with our class passes

1
Class

\$ 20/Class*

*HST included

5
Classes

\$ 16/Class
Pass = \$80*

[Click here
to get your
pass!](#)

UN
limited

Pass = \$ 150*



SPRING BREAK

Blast!

- Tots
- Kids
- Teens
- Adults
- All



Our Online Classes will be taught on Zoom by Dance instructors and Occupational Therapists, Emma Greenberg and Jade Ryan. All classes are inclusive and seated adaptations will be modelled. Interested dancers can contact us at contact@danceabilitymovement.com or create an account on our [Parent Portal](#) to purchase your class passes!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-9:45 am 30 min	Creative Movement (Tots 3-6)	Ballet (Tots 3-6)	Creative Movement (Tots 3-6)	Ballet (Tots 3-6)	Creative Movement (Tots 3-6)
11:00-11:45 am 45 min	Jazz Bop Kids (7-12)	Ballet/Lyrical (Teen/Adult 12+)	Jazz Bop Kids (7-12)	Jazz (Teen/Adult 12+)	Jazz Bop Kids (7-12)
12:30-1:30 pm 60 min	Cardio Dance	LunchTime Social !	Cardio Dance	LunchTime Social !	Cardio Dance
1:45-2:30 pm 45 min	Hip Hop (Adult 18+)	Jazz (Teen/Adult 12+)	Hip Hop (Adult 18+)	Ballet/Lyrical (Teen/Adult 12+)	Hip Hop (Adult 18+)
4:00-4:30 pm 30 min	Ballet (Tots/Kids 3-12)	Creative Movement (Tots/Kids 3-12)	Ballet (Tots/Kids 3-12)	Creative Movement (Tots/Kids 3-12)	Ballet (Tots/Kids 3-12)
4:45-5:30 pm 45 min	Hip Hop (Teen 12-17)	Musical Theatre (Teens/Adults 12+)	PARENT Q&A !	Musical Theatre (Teens/Adults 12+)	
6:30-7:15 pm 45 min	PJ Party & Bedtime Story !	Hip Hop (Teen/Adult 13+)	DinnerTime Social !	Hip Hop (Teen/Adult 13+)	



Please note that the community events don't count towards a class on your pass: Anyone who signs up for our Spring Break Blast is welcome to join us for our Lunchtime/Dinnertime Socials, PJ Party, and the Dance Party For ALL at the end of the week! Parent Q&A is FREE!

PICK YOUR CLASSES



Musical Theatre

This class is for dancers who express interest in acting, drama, and dance, and are looking for a FUN way to lip sync to musicals while learning dance choreography! Dancers will learn a combination to a song from a musical (combinations will be different in each class).

Dancers will engage in creative expression activities through exploration of music, props, and elements of dance. Have a scarf, pillow, and stuffed animal nearby to dance with in this class!



Creative Movement



Ballet (Tots/Kids)

This class is for dancers who express desires to be a ballerina, and are looking for a FUN way to build in ballet technique to their dance class! Have a scarf/ribbon wand nearby to dance with in this class!

Dancers will engage in an upbeat class focused on fun and participation! This class will include warm-up, centre dance skills, and freestyle opportunities, all while bopping along to some greatest hits!



Jazz Bop Kids

PICK YOUR CLASSES



Cardio Dance

Get your cardio in over lunch! Dancers and family members are welcome to join for this class that will get your heart rate up and keep everyone healthy and feeling good!

Let's keep our teens and adults movin' and groovin'! Class style is Hip Hop, teaching dancers to move in different ways. There are freestyle opportunities to develop self-expression and confidence!



Hip Hop



Ballet/Lyrical

This class is designed to engage dancers in developing their technique while learning elements of storytelling and personal expression through music and movement!

Join us for a PJ Party and story to help you get ready for bed and head off to sleep dreaming of dance!



**PJ Party &
Bedtime Story**

PICK YOUR CLASSES



**Lunchtime /
Dinnertime Socials**

Join us for a social hour to connect with old friends and meet some new ones! These social hours will include some structured activities as well as opportunities to chat and hang out, feel free to bring a snack!

PARENT Q & A

Loving your dance classes but have some questions about The Dance Ability Movement? Want to chat about what classes may be the right fit for your dancer in the future? Come chat with some of our occupational therapists during this open Q&A session!



[Click here to get your pass!](#)



**Let's have a blast!
Get your passes now!**

Interested dancers can contact us at contact@danceabilitymovement.com or create an account on our [Parent Portal](#) to purchase your class passes!

www.danceabilitymovement.com

QUESTIONS & ANSWERS

New Dancers

This is a great opportunity for NEW families to try out The Dance Ability Movement programming, but you will NOT go through the Occupational Therapy (OT) intake process for March Break Blast. Sessions are created with universal design principles by certified dance instructors and registered OTs.

BONUS! When you register for classes after our Spring Break Blast, receive a \$25 discount on your future OT intake! Our OTs provide consultative support to our group dance classes. The OT intake provides an opportunity to discuss what participation means to your family and how our team can support YOU throughout the program!



SSAH Funding?

If you still have SSAH Funding, dance class tuition can fall under the "Eligible Supports"!

Community Events Are FREE!



Please note that the community events don't count towards a class on your pass: Anyone who signs up for our March Break Blast is welcome to join us for our Lunchtime/Dinnertime Socials, PJ Party, and the Dance Party For ALL at the end of the week! Parent Q&A is FREE!

www.danceabilitymovement.com