

4 DROP-IN  
OPPORTUNITIES

FEBRUARY 3 | 10:30-11:00

MARCH 2 | 10:30-11:00

APRIL 6 | 10:30-11:00

MAY 4 | 10:30-11:00



# ADAPTIVE DANCE CLASS

\$20 PER  
CLASS

TAUGHT BY NICOLE KNOEBEL (MS, OTR/L)



ADAPTIVE DANCE CLASS IS DESIGNED TO ACCOMMODATE INDIVIDUALS WITH VARYING PHYSICAL AND COGNITIVE ABILITIES. THESE CLASSES OFTEN INCORPORATE MODIFIED MOVEMENTS, ASSISTIVE DEVICES, AND PERSONALIZED APPROACHES TO CATER TO THE UNIQUE NEEDS OF EACH PARTICIPANT. THE GOAL IS TO PROMOTE SELF-EXPRESSION, CONFIDENCE, AND PHYSICAL WELL-BEING THROUGH DANCE, WHILE FOSTERING A SENSE OF COMMUNITY AND ACCEPTANCE.

GRADES K-2

