

A Chance to Dance!

Adaptive Dance for Children Ages 4-8

**Classes start on Sunday,
March 14th!**

About the Class...

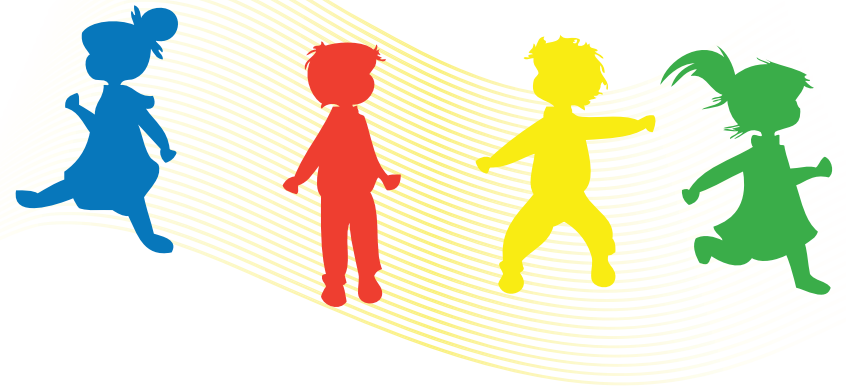
With teacher led activities, this fun yet structured class will help children explore movement and music in a joyful and creative way while gaining confidence and body awareness. The class is designed for young children with physical, cognitive or emotional needs who can function well in a group setting. Children attend class with a mature sibling, parent or friend. Aides are always welcome! Children and adults should wear comfortable, easy to move in clothing.

It is the goal of the Adaptive Dance Program at One Studio to provide a place of equality for children with disabilities. Dance is a way to celebrate the unique beauty in ALL of us!

For questions, contact Laurie Flaherty at 802-244-8600.

www.OneStudioDanceAndYoga.com

**Free Class &
Open House!**
Sun, March 14th
10:30-11:15am



Location: One Studio Dance and Yoga
2 Elm Street
Waterbury, VT 05676
Date/Time: Sunday, 10:30-11:15am
Tuition: \$10 per class
Drop-ins are always welcome!
Tuition assistance is always available when needed.

About the Instructor: Sidra Hoffman

Sidra Hoffman was a principal dancer with the Vermont Chamber Ballet and she has also performed with the Mountain West Ballet. Sidra graduated with a BS degree from the University of Utah in 2009. While attending college, she headed up the dance portion of "U-FIT," a fitness program for disabled children and their families at the University of Utah. During that time she provided an opportunity for children with special needs to expand upon the physical aspects of dance, while still promoting creativity and positive learning. Sidra is currently pursuing a graduate degree in Pathology at UVM and teaching ballet at One Studio. She is very excited to be able to share her experience teaching adaptive dance with children here in Vermont!