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The School of Dance
200 Crichton Street
Ottawa, ON K1M 1W2

613-238-7838

aide@theschoolofdance.ca

www.theschoolofdance.ca

Artistic Director
Merrilee Hodgins A.R.A.D.

Charitable Registration
#119253391RR0001

The
School
of
Dance



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario

Ottawa

The School of Dance presents Connecting with Dance

Designed for people with Parkinson's



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Exploring Dance through Creative Movement
with teacher Maria Shepertycki
and musician Nenad Duplancic

10 week session at The School of Dance

200 Crichton Street, Studio 3

Stairs at the front of the building

Tuesdays, March 19 to May 21, 2019

1:00-2:00 pm

10 week session at Dovercourt Recreation Centre

411 Dovercourt Avenue , Carling Motors Room

Accessible space

Wednesdays, March 20 to May 22 , 2019

1:00-2:00 pm

8 week session at Residence Saint-Louis

879 Hiawatha Park Road, Orleans

Accessible space, classes will be held in the Auditorium

Fridays, March 22 to May 24, 2019 (NO CLASS: April 19 and May 10)

1:00-2:00pm

If you would like more information

please call us at 613-238-7838

and we will help you to register!

Care partners are encouraged to participate.

All sessions are free of charge

Connecting with Dance is a registered programme of Dance is BEST®

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About Connecting with Dance

Designed for people with Parkinson's, **Connecting with Dance** begins with seated exercises and progresses to both standing supported and free standing travelling movements. Creative exercises throughout the hour long class will be adapted to suit each individual's abilities. Inspiring music by Nenad Duplancic will enhance the focus on concepts including: posture and breathing, core flexibility and support, body awareness and extensions, patterning and coordination, sustained and dynamic balance, partnering/group work and walking variations designed to improve spatial awareness, rhythm, gait and confidence.



About Maria Shepertycki

Maria Shepertycki began her dance training in Ottawa at a young age, focusing her learning on the RAD exam syllabus as well as character and folk dance techniques. After performing nationally and internationally with Ottawa's Ukrainian dance ensembles for several years she has remained involved in Ottawa's dance community as a teacher and choreographer with both The School of Dance and the Svitanok Ukrainian Dance Society. Maria graduated from the University of Ottawa after combining her academic focus from within the School of Human Kinetics and the Dept. of Social Sciences. She continues to work as a Physiotherapy Assistant for a select number of private Physiotherapy practices in the Ottawa area. Since 2012, Maria has received training and provided treatment activities specifically for people with Parkinson's Disease under the direction of LSVT Big! and PWR! Clinicians. After attending advanced teacher training courses offered by Dance for PD, Maria designed and continues to develop and teach The School of Dance's '*Connecting with Dance*' programme for people with Parkinson's Disease. Maria is delighted to continue to combine her rehabilitative movement knowledge with her choreographic and teaching experience through The School of Dance's new complementary programme for people with Parkinson's Disease – *Life with Rhythm!*

About The School of Dance

Located at 200 Crichton Street in Ottawa, The School of Dance has an international reputation as a centre for excellence in arts education. Each year The School touches the lives of over 70,000 Ontarians with special outreach programmes including DragonFly® for learners with Down syndrome, Boys Only! classes, Dancing in the Street, DanceONTour® school visits and Dance is BEST®, in collaboration with Bruyère Continuing Care.