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The School of Dance  
200 Crichton Street  
Ottawa, ON K1M 1W2  
www.theschoolofdance.ca  
613-238-7838

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

Charitable Registration  
#119253391RR0001

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



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



## The School of Dance Seniors Programmes

# Dance is BEST®

*Body. Energy. Space. Time.*



### ONLINE CLASSES

#### **Mondays**

Pilates Plus Online | 11:00am-12:00pm

#### **Tuesdays**

Seniors Fall Proof Online | 9:00-10:00am

#### **Wednesdays**

Pilates Plus Online | 12:00-1:00pm

### IN-PERSON CLASSES

#### **Mondays**

The Hands of TIME: Our Stories - Choreography Project | 11:00am-12:00pm

#### **Tuesdays**

Connecting with Dance for Seniors and people with Parkinson's | 1:00-2:00pm

#### **Wednesdays**

Ballet for Seniors | 12:00-1:00pm

#### **Thursdays**

Contemporary for Seniors | 12:30-1:30pm

Trellis UP! for Seniors and people with Parkinson's | 1:30-2:30pm

***Further details below!***



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# Dance is BEST<sup>®</sup> Class Descriptions

## **Pilates Plus Online**

Mondays, 11:00am-12:00pm & Wednesdays, 12:00-1:00pm | Teacher: Cathy Kyle-Fenton

A stretch and strength class online, with exercises performed seated, on the floor and standing. Equipment needed: resistance band and yoga mat.

## **Seniors Fall Proof Online**

Tuesdays, 9:00-10:00am | Teacher: Cathy Kyle-Fenton

This online class builds core-strength while adding simple stretching and bone-density work focused on fall prevention strategies.

## **Ballet for Seniors**

Wednesdays, 12:00-1:00pm | Teacher: Lisa Brooks

This class consists of a simple barre and centre practice, followed by sequences moving from the corners or with partners. Always flowing with the music and enjoying the movements of ballet!

## **Contemporary for Seniors**

Thursdays, 12:30-1:30pm | Teacher: Cathy Kyle-Fenton

Learn the fundamentals of Contemporary Dance Technique while exploring your creativity! This class is accompanied by percussionist Rob Graves.

## **The Hands of TIME: Our Stories - Choreography Project**

Mondays, 11:00am-12:00pm | Teacher: Maria Shepertycki

Develop your movement vocabulary and creative expression! Let's work together to design and present movement sequences that explore intriguing individual and group themes.

## **Connecting with Dance for Seniors and people with Parkinson's**

Tuesdays, 1:00-2:00pm | Teacher: Maria Shepertycki

Join us as we gather together to dovetail creative movement and music! Let us encourage and support you as we move through interpretive, seated and standing exercises designed to activate and ease you from head to toe.

Please note: this class is held at Memorial Hall (accessible space) - MacKay United Church (39 Dufferin Road) near the corner of Dufferin & Avon Lane.

## **Trellis UP! for Seniors and people with Parkinson's**

Thursdays, 1:30-2:30pm | Teacher: Maria Shepertycki

This class will keep you **UP** on your feet throughout the hour as we complete standing exercises designed to further develop your artistry and overall mobility including walking, co-ordination, posture and balance.

### **Interested?!**

Contact [registrar@theschoolofdance.ca](mailto:registrar@theschoolofdance.ca) or call 613-238-7838 and we'll provide you with the details you need to join us, including information on any class fees!

Please note that The School of Dance building at 200 Crichton Street is not wheelchair accessible and there are stairs at every entrance.

3-hour free street parking is available near The School of Dance and Memorial Hall.