2026

The School of Dance

Fall 2026 Programmes for Seniors and people with Parkinson's





Our classes encourage and support participants through interpretive, seated and standing exercises designed for people with Parkinson's to target fluid movement and overall mobility including posture, balance, stamina, range of motion and co-ordination. Join us to develop your artistry!

Connecting with Dance with Maria Shepertycki and Tanis Waller
Tuesdays, September 15 to December 15, 2026 from 1:00-2:00pm (Maria Shepertycki)
Thursdays, October 22 to November 26, 2026 from 1:00-2:00pm (Tanis Waller)
Memorial Hall, MacKay United Church (accessible space)

Connecting with Dance ONLINE with Sarah Kroetsch
Fridays, November 13 to December 18, 2026 from 11:00am-12:00pm
Online ZOOM link from the comfort of your home.

Trellis UP! with Maria Shepertycki
Thursdays, September 17 to December 17, 2026 from 11:00am-12:00pm
Thursdays, September 17 to December 17, 2026 from 1:00-2:00pm
The School of Dance, 200 Crichton Street, Ottawa

Individualized Trellis UP! Coaching with Maria Shepertycki
Mondays, September 21 to December 14, 2026 from 11:00am-12:00pm
(no class Thanksgiving Monday, October 12)
The School of Dance, 200 Crichton Street, Ottawa

Contact registrar@theschoolofdance.ca or call 613-238-7838 and we'll provide you with the information you need to join us! Please be our guest - there is no fee to register.

Please note:

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.

Photos: Nicola Fridgen

20261112

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

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

613-238-7838
registrar@theschoolofdance.ca
www.theschoolofdance.ca

Ontario

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