

# 2026

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

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**Ontario** 

 **ONTARIO ARTS COUNCIL**  
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 **Ottawa**

**The School of Dance**

## 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 Maria Shepertycki**

Fridays, September 18 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

#### **Parkinson danse | avec Sarah Kroetsch**

Lundis, du 19 octobre au 23 novembre 2026 de 14 h 00 à 15 h 00

The School of Dance, 200 rue Crichton, Ottawa

#### **Parkinson danse - étirement | En ligne avec Sarah Kroetsch**

Samedis, du 24 octobre au 28 novembre 2026 de 11 h 00 à 11 h 30

Lien ZOOM en ligne, depuis le confort de votre domicile.

Contact [registrar@theschoolofdance.ca](mailto: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.