



Sharing Dance Older Adults

Community Classes

Developed by Baycrest and Canada's National Ballet School, **Sharing Dance Older Adults** empowers organizations in a range of settings to engage their community through dance. Through stream-able videos, older adults can participate in high-quality dance programming that supports physical, emotional and social wellbeing.



How are classes delivered?

- An instructor from Canada's National Ballet School (NBS) teaches the classes via video streaming from the studio in Toronto
- Each site is able to access class videos at their convenience via the Sharing Dance Older Adults web platform or app

Program Benefits

- A high-quality, professionally led dance program made accessible to older adults in your community
- Progressive classes build and develop independence and confidence
- Classes are designed to be adaptable for older adults with varying levels of physical and cognitive abilities

**The Summer term of Community Classes
begins on July 15, 2021**

In Your Seat

Designed to be accessible for people with moderate to significant physical and/or cognitive challenges, this class is danced entirely in a seated position.

Pricing:

- \$99 per term, per package *Special promotional pricing*
- Each term consists of eight Community Classes and access to six Dance at Home videos
- Includes access to an online facilitator training course approximately 30 minutes in length

What participants are saying about Sharing Dance Older Adults...

You don't have to have any dance experience. As long as you want to move to music, everyone and anyone is welcome.

Dorothy "Dot", Participant over 90 years of age

Some of the participants are more reserved and especially one does not like to come to activity programs ... She is probably the most active member in our dance class at this time and smiles the whole time through. Her comment, when [the class] was done, was that she cannot wait for next week. Thank you.

Marsha, Onsite Facilitator

The participants absolutely love it! The one gentleman in our class said, 'This is the most fun I have had in a long time.' The participants can't wait for next week – the infectious smiles and joy on the participants' faces were wonderful. A participant hummed her way through the entire program. Amazing class! Thank you!

Natalie, Onsite Facilitator

I thought it was fantastic! I was so impressed by everyone's effort and was blown away by the engagement, especially from our gentlemen!

Sarah, Onsite Facilitator



For more information about Baycrest NBS Sharing Dance Older Adults, visit www.nbs-enb.ca/sharingdanceolderadults

Or contact Martine Plourde at martine.plourde@nbs-enb.ca

About Baycrest NBS Sharing Dance Older Adults

Industry leaders in the respective sectors of geriatric care and dance training, Baycrest and Canada's National Ballet School (NBS) have developed a high quality one-of-a-kind program for aging Canadians. Supported by research, Baycrest NBS Sharing Dance Older Adults is an evidence-informed program committed to helping engage older adults in dance.

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NBS' 60th Anniversary Circle