

Fall 2020 Adaptive Classes



Learn a Dance

Tuesdays 3:15-3:45_{PM} • ONLINE ONLY

Learn a Dance is a structured dance sequence for any BODY. This class teaches choreography set to fun, energetic music in a fun, accessible and friendly way.



Dance Imagination Movement

Wednesdays 3:15-3:45_{PM} • ONLINE ONLY










Dance Imagination Movement is creative free-form movement from imaginative prompts, games, adventures, and stories encouraging dancers' own unique movement.



Brain Dance

Thursdays 3:15-3:45_{PM} • ONLINE OR IN-PERSON

Brain Dance is a sequence of dance-based movements and stretches. This class is a great way to wake up the mind and body and bring a little joy into any day!

Monday	Tuesday	Wednesday			Thursday	Sat.	
					9:30-10:15 ^{AM} Creative Movement Ages 3-6, \$34/\$100*	9:30-11 ^{AM} Adult Int/Adv Modern Ages 15+, \$53/\$155*	10-11:15 ^{AM} Movement for All Ages 7-Adult, \$47/\$140*
	3:15-3:45 ^{PM} Adaptive Dance: Learn a Dance All Ages; Online Only**		3:15-3:45 ^{PM} Adaptive Dance: Dance Imagination Movement All Ages; Online Only**		3:15-3:45 ^{PM} Adaptive Dance: Brain Dance All Ages; Online or In-Person**		
4-5 ^{PM} Beg. Modern Ages 10-14 \$40/\$120*	4-5:15 ^{PM} Adult Adv. Modern Ages 15+, \$47/\$140*	4:15-5 ^{PM} Creative Movement Ages 4-6, \$34/\$100*	4:15-5 ^{PM} Beg. Modern Ages 7-9 \$34/\$100*	4-5 ^{PM} Int. Modern Ages 10-14 \$40/\$120*	4-5:15 ^{PM} Adult Adv. Modern Ages \$47/\$140*		
	5:30-6:30 ^{PM} Adult Beg/Int Modern Ages 15+, \$40/\$120*				5:30-6:30 ^{PM} Adult Ballet Basics Ages 12+, \$40/\$120*		

*Classes may be paid monthly or for the whole session. Financial assistance available. **Adaptive Dance suggested donation: \$50 for whole session or \$5/class.



At-Home Dance Kits

A variety of dance and movement activities, exercises and props to explore creative movement and expression from the comfort of your own home.

Call **(406)422-0830** or e-mail **julynn@cohesiondance.org** to schedule a time to pick up your kit!



cohesiondance.org • (406)422-0830 • 1020 Argyle Street