



Cohesion Dance Project
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What can I Expect from Cohesion's Adaptive Dance Classes?

Adaptive Dance is creative movement that is specifically designed for people with varying physical and developmental ability. We love making dance and movement accessible by engaging different learning styles and using different techniques and activities. There are many different Adaptive Dance Programs around the country, and each has a unique style and set of expectations. Here are some things that you can expect from Adaptive Dance Class at Cohesion:

- Dance class is a time to explore our bodies independently and is closed to parents and caretakers. You are welcome to wait in the lobby and peek in through the window. If there is an emergency or we are unsure how to handle a situation, we will contact you immediately. If you feel your dancer needs a one-on-one caregiver or volunteer in class, please let us know.
- Teachers and volunteers custom design each class with students' strengths and limitations in mind. We do our best to check in with dancers and families before class starts and we really appreciate it when you let us know what's going on in your dancer's life (new medications, hard day at school, wants to show us a new dance move, etc.).
- Dance class is filled with sights, sounds, smells, and movement and sometimes dancers need to take a break. Sometimes this looks like leaving the classroom and sometimes this looks like sitting or stimming in the corner of the classroom for a few moments. If a dancer needs a break, a volunteer or teacher will be with them and help them re-enter class when they are ready.
- To ensure everyone is able to dance to their fullest, we have some rules to keep our classroom safe. If a dancer is having a tough time remembering the rules, a teacher or volunteer will help them take a break outside of the classroom.
- We encourage dancers through positive feedback and asking for behaviors we want to see. Our teachers and volunteers are trained to ask and receive consent before touching dancers and to avoid physical corrective behaviors (such as picking up, dragging, etc.). We will make an exception to these standards if a dancer's behavior is potentially harmful to themselves or others.
- We work on filling each class with tools, games, and activities that will be engaging and fun for dancers. We appreciate suggestions and feedback and are always looking for ways to grow!

Please reach out to us with any questions, comments, or suggestions and we look forward to working with your dancer!