

# ADAPTIVE *Dance* AT NBDC

PROVIDING OPPORTUNITIES TO DEVELOP SOCIAL,  
EMOTIONAL, AND PHYSICAL SKILLS IN A SAFE  
ENVIRONMENT THROUGH THE ART OF DANCE



## *Rhythm Works Integrative*

Our Adaptive Dance Faculty are certified in Rhythm Works Integrative; a ground-breaking rhythm and dance class that uses evidence-based therapeutic practices to achieve developmental goals.



## *Adaptive 1*

Geared towards dancers who are learning basic skills such as walking on a balance beam, following one-step commands, & needing more 1:1 support in the studio.



## *Adaptive 2*

Geared towards dancers who can follow multi-step commands and can be easily redirected as needed.

*No* **DANCE**  
*Boundaries* **COLLECTIVE**



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