

KEY TAKEAWAY POINTS

Group Class Structure



GROUP SESSIONS AND DANCE

Engaging and Enjoyable

Engaging in dance in a group setting creates a sense of community and togetherness that can often be limited for individuals with CP. Therefore, it is important to structure a group class in a way that is engaging, inclusive, and safe for all who participate.

TIP 1

Warm-Up

The warmup will prepare the individuals both physically and mentally for the class to come. Select music that has a strong beat, and incorporate a series of repeated movements

TIP 2

Barre

A good transition from seated warm up, is to move to activities either at the barre, or using a chair for stability. While using the support from the barre or chair, you can engage in movements that incorporate leg swings, toe taps, heel strikes, weight transfers, as well as rise and lowering of heels.

TIP 3

Center of the Floor

There are many ways to travel across the floor: forwards, backwards, sideways, heel to toe, toe to heel. The group members can engage in slides, lunges, and marches in order to incorporate various opportunities for weight exchange.

