

Dance



What is Adaptive Dance?

- Adaptive Dance helps children & youth living with physical and/or intellectual disabilities learn to dance in a fun, safe and inclusive environment!
- Dance incorporates all types of movements which allow anyone to be able to participate.
- In Nova Scotia, Easter Seals offers a Learn to Dance program allowing participants to exercise in a fun-focused, recreational, no judgment place, focused on movements that increase flexibility, range of motion and more!

For more in depth information
on program locations, visit
www.parasportns.com or follow
the QR code to the right.

