



DANCE YOUR CARES AWAY!

Therapeutic Dance and Movement Classes for Children

BACK BY POPULAR DEMAND!

This weekly class will provide children with a comfortable, supportive environment to participate in a group, make new friends, and of course, dance! Siblings are welcome.

Dancers will participate in a variety of fun, sensory-rich activities that will target body awareness, relaxation techniques, self-regulation, teamwork, strength training, flexibility, and social language. From ballet to hip-hop to yoga to obstacle courses, this class will allow children of all ages and abilities to shine!

ABOUT THE INSTRUCTOR:

Elizabeth Clark M^cKenzie, MS, CCC-SLP

Elizabeth is a licensed speech-language pathologist who has extensive experience providing therapy services to children with a variety of diagnoses including Autism Spectrum Disorder, Down Syndrome, Sensory Integration Dysfunction, Selective Mutism, Asperger's Syndrome, and various other cognitive and language disorders. A life-long dancer and former director of the Yorktown High School Dance Team, Elizabeth has a passion for encouraging expression through movement, and providing an inclusive environment for children of all abilities to feel welcome. Elizabeth also enjoys counseling siblings of children with special needs and facilitating bonding experiences through dance.

Each class will be assisted by 1-2 student volunteers from the Yorktown High School Dance Team.

**Saturday Mornings:
9:30-10:15**

**1487 Chain Bridge Road
Suite 102
McLean, Virginia 22101**

**Spring Booster Session!
May: 6th, 13th & 20th
June: 3rd, 10th & 17th**

**Cost: \$150 (6 sessions)
*Sibling Discount: \$135 per dancer***

For registration information, please contact Elizabeth McKenzie at
ElizabethM@skillbuildersllc.com or
703-941-7757 ext. 107