



DANCE YOUR CARES AWAY!

Therapeutic Dance and Movement Classes for Children

SUMMER CLASSES!

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 McKenzie, 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 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:
9:30-10:15am
July 1st – August 19th**

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

Cost: \$200 (8 sessions)

Sibling Discount: \$180 per dancer

For registration information, please contact Elizabeth McKenzie at

ElizabethM@skillbuildersllc.com or

703-941-7757 ext. 107