



# **Dance Arts Los Alamos**

## **Ages 4-7 Adaptive Dance 2026-2027**

### **Thursdays 3:45-4:15 in Los Alamos**

**What is Adaptive Dance?** Adaptive Dance is one of DALA's signature outreach initiatives, providing dancers with disabilities the opportunity to participate in high-quality dance education in a welcoming, professionally taught, and appropriately paced environment. With three progressive class levels and multiple annual performance opportunities alongside other DALA students, the program fosters true inclusion within our dance community.

**How does class work?** This 30 minute weekly class is adapted to each student's unique needs and offers an introduction to the structured ballet, modern, and jazz dance techniques which includes warm up, center, across the floor, improvisation, partnering, and phrase work exercises. We have 2 instructors in the room for every class.

**Who is welcome to attend?** Students ages 4-7+ who would be overwhelmed by a traditional dance class are welcome to attend this class. This age group is expected to attend class with a caregiver/parent/guardian as an accompanying dance partner. Dance partners are expected to participate fully alongside their dancers.

**What do we learn in class?** Students develop technical skills, musicality, coordination, self-expression, and confidence while building meaningful connections with their peers. By the end of the course, students will be able to translate and exhibit basic knowledge in ballet, modern and jazz technique terminology and skills. Students will have the opportunity to perform onstage in our Young Children's Showcase in the spring.

**What is the dress code?** Dancers are welcome to wear any comfortable moving clothing.

**What is the cost?** The class is currently offered free of charge thanks to a grant provided by United Way of Northern New Mexico.

**How to sign up?** Go to DALA's website and click "enrollment" and then "registration" to create an account and get registered today!

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