

# **RHYTHM WORKS INTEGRATIVE DANCE PROGRAM**

## 10 Week Session Structure

---

### PROGRAM STRUCTURE

#### **Week 1- GETTING TO KNOW YOU, GETTING TO KNOW ME**

- The first “day” of class is an informal orientation. This is a chance to get to see the studio and for everyone to feel better acquainted with this new environment
- You will receive a detailed intake form from the instructor
- You will also work with the instructor to book your 1 on 1 time and Small Group times for your dancer
- The goal of the program is to use the principles of RWID alongside existing therapy sessions, bringing a new and exciting way to practice fundamental skills and build muscle strength

#### **Week 2-4- 1 ON 1**

- Depending on the students specific developmental goals he/she is currently working on, we choose the steps that match that goal
- There are 31 categories/ goals that RWID program can utilize to create a custom dance program
- In the early stages of the initial 10 week session our goal is to become familiar with the personality, goals, sensitivities and best practices for each student

#### **Weeks 5-7: SMALL GROUP SETTING**

- Building on the trust and familiarity established during the first three sessions with the instructor, dancers will transition to a small group setting
- Through Dance Games and Activities we are able to practice a multitude of social and life skills
- Rhythm Lessons help ground, calm and organize the brain while proving a clear & precise connection between movement and sound

#### **Weeks 8-10: ALL TOGETHER**

- While bringing together all participants registered in the session, we will continue to reinforce and challenge skills introduced during the early weeks of the program
- The intention of such a comprehensive dance program is to aid the brain in developing new neuro-pathways, to learn new skills and to make friends!
- Not only do we hope the group setting brings dancers together but it also allows families to make connections and get to know one another