



HUBBARD STREET
ADAPTIVE DANCE PROGRAMS

LET'S DANCE

ADAPTIVE DANCE WITH HUBBARD STREET DANCE CHICAGO

PREPARE

Remind students to take a moment before the video begins to "get ready." These classes are designed with a variety of home spaces in mind. Clearing out their space - put books, toys, and small furniture to the side to create your at home studio.

We often use props during our dance time. Here are items that could be used during your dance time. For this series, students will need a sturdy chair for lessons 2-4.

SUPPLIES

CLASS STRUCTURE

This dance class is divided into six sections: BrainDance, Across the Floor, Cool Down Break, Choreography, Free Dance, Cool Down & Goodbye!

Feel free to watch one section at a time if preferred, pause and return to the class whenever needed. The class is designed to be split into two parts ending class after our 'Cool Down Break' if preferred.

Instructors provide 1:1 support during in-studio classes. If you are able to participate with your child, try movement modeling while seated beside your child or offering hand-over-hand physical support during activities.'

BREAKS AND SUPPORT