

For Immediate Release

Ballet Academy East to Offer Adaptive Dance Classes

Sensory-Friendly Dance Classes for Children

New York, NY (September 15, 2022) – Beginning this fall, Ballet Academy East (BAE) will offer Adaptive Dance Classes. The classes have been designed specifically for children with autism spectrum disorders or other sensory sensitivities who would benefit from an accessible, empowering, and fun dance experience.

BAE's sensory-friendly classes are held in a warm and encouraging environment. Children will explore the joys of creative movement and experience live music while building coordination, musicality, expression, strength, and social skills. Class sizes are limited to allow for personalized attention for each dancer. The classes are also sensitive to each student's needs and allow for alone time and space when necessary.

There will be two classes: one for children ages 5 to 7 and another for 8 to 11 years old. Two twelve-week sessions will be offered to start in October and February.

Program Dates, Schedule, and Ages:

Two twelve-week sessions, 10/23/22-1/29/23 and 2/5/23-6/11/23

Ages 5-7, Sundays, 9:20-10:00 AM (9:10-9:20 AM is allotted for transition time)

Ages 8-11, Sunday, 10:10-10:50 AM (10:00-10:10 AM is allotted for transition time)

Julia Dubno, Founder and Director of BAE, believes these classes will provide a new form of expression for participants, some of whom may have verbal limitations. "Dance is a universal form of communication. We developed these classes to help students express themselves and interact in new, exciting ways," she explains.

Classes are led by faculty member Mackenzie Fey, an alumna of BAE, a professional dancer, and an experienced Adaptive Dance teacher. Ms. Fey previously taught Adaptive Dance at Pittsburgh Ballet Theatre and has completed additional training through Boston Ballet's Adaptive Dance Program. Several teaching assistants will participate in the class to ensure that there will be many helping hands for the young dancers.

Ms. Fey says, "I am thrilled to be bringing Adaptive Dance to Ballet Academy East. BAE not only brings an exceptional level of training and staff, but also the warm, inclusive, and nurturing environment needed for all students to thrive. We are so proud to expand our offering and bring this new program to our community. In teaching in the adaptive dance program at Pittsburgh Ballet Theatre School, I watched students flourish physically, socially, and creatively as the weeks progressed. There are endless possibilities for making dance more accessible for students of all abilities."

There are many benefits of participating in Adaptive Dance including:

- Improved gross motor skills and coordination
- Development of musicality
- Learning new ways of expression through dance
- Improved balance, posture, and alignment
- Enhanced spatial awareness
- Increased focus and attention

To learn more and sign up for classes, go to <https://www.balletacademyeast.com/adaptive-dance/> or contact info@baenyc.com.



Photo: Andre Pavlenko Photography

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About Ballet Academy East

Founded in 1979 by Julia Dubno, Ballet Academy East is home to aspiring dancers of all ages in its Young Dancer, Primary, Children & Teen, Pre-Professional, and Adult Divisions. BAE is New York City's leading center for complete ballet education. BAE offers comprehensive training by an accomplished faculty in an environment that encourages professional and personal success. The school's accomplished faculty lead programs that nurture students' physical and emotional well-being, build technical skills, and develop artistry.