



BAE

# ADAPTIVE DANCE

BALLET ACADEMY EAST

Everyone should have the opportunity to be able to experience the joy of movement. BAE provides exceptional dance training in a supportive, nurturing environment.

**2025 - 2026**

**Contact Us**

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 **info@baenyc.com**

[balletacademyeast.com/adaptive-dance](https://balletacademyeast.com/adaptive-dance)

# BAE

Ages 4-6: Sunday, 9:15-10:00am

Ages 7-9: Sunday, 10:00-10:45am

## Program Highlights

- Small faculty : student ratio
- Live music
- Classes will use elements of ballet and creative movement and focus on building gross motor skills, musicality, and expression through dance.
- Financial aid is available to those who qualify.



BAE's Adaptive Dance Classes are designed for children with autism spectrum disorders, Down syndrome, developmental delays, or sensory sensitives who would benefit from an accessible, empowering, and fun dance experience. Sensory-friendly classes are held within a warm and encouraging environment where children will have the opportunity to explore the joys of creative movement and live music while building coordination, musicality, expression, strength, and social skills.