



HIGHLANDS RANCH
COMMUNITY ASSOCIATION

CREATIVE MOVEMENT BALLET WORKSHOP



In Partnership with



HIGHLANDS RANCH COMMUNITY ASSOCIATION
THERAPEUTIC RECREATION



FRIDAY, OCTOBER 18 • 2:30 - 3:30 P.M. • PRICE: \$5.00

AGES 5-10 • ALL ABILITY LEVELS WELCOME

EASTRIDGE RECREATION CENTER, DANCE STUDIO • 9568 UNIVERSITY BLVD.

Creative Movement: Students will learn about a variety of dance concepts and will develop spatial awareness, problem solving, and strengthening of the body and brain.

Colorado Ballet Education & Community Engagement: Providing high quality educational opportunities, the Colorado Ballet Education & Community Engagement Department has been engaging with the Colorado community for 20 years. The Education and Community Engagement Department strives to provide quality dance education that focuses on the mission:

EVERY - to make dance accessible to everyone.

BODY - to promote dance and movement as part of a healthy lifestyle

DANCE - to encourage creativity and expression through dance and foster an appreciation for ballet

BrainDance: Developed by Anne Green Gilbert, the BrainDance is a series of exercises that we use in all classes. These movements integrate the primary reflexes that are the foundation for healthy brain development. This lays the foundation for sensory-motor development, cognitive, physical, social and emotional health.

For more information: summer.aden@hrcaonline.org • 303-471-7043

WE ARE HRCA!



WWW.HRCAONLINE.ORG