

## NEW!!! MONARCH DANCE CLASSES

---

**Parent/Child Movement & Exploration:** This class, which has been specially adapted for children ages 3 to 6 with autism, will focus on increasing attunement and empathy through movement interactions between the parent/caregiver and child. Through motivational activities and techniques, we will explore fun and dynamic “dancing dialogues” that can be done in the classroom and at home. Examples include exploring sensory objects (e.g., scarves, bubbles, balls), singing, warming-up from head to toe, mirroring one another’s movements, and participating in guided relaxation. Parents/caregivers and children will enhance their relationships by interacting for elongated durations through movement and dance. Visual supports, sensory breaks, choice time, non-invasive and motivating movements, trained professionals, and a comforting environment make this class ideal for children with autism and their parents/caregivers.

**Facilitator:** Jordan Owen, MS, R-DMT (Dance/Movement Therapist and Monarch School Associate Teacher)

**Schedule:** Saturdays—May 4, 11, 18 & June 1 from 11:30am to 12:15pm

**Fee:** \$75 (for 4, 45-minute sessions)

**Location:** Monarch School (22001 Fairmount Blvd., Shaker Hts., Ohio 44118)

**Registration:** Please complete and submit the registration form by May 1, 2013. Please contact Karin Hess-Hopkins via email ([hessk@bellefairejcb.org](mailto:hessk@bellefairejcb.org)) or telephone (216.320.8658) with questions. Enrollment is limited to 6 parent/child pairs.

**Creative Movement & Socialization:** This class, which is available to children ages 6 to 9 with autism, promotes guided movement explorations, which enhance the physical, cognitive, emotional, and social integration of the child. Within a structured session, children will be afforded opportunities to explore, move creatively and improvise. Activities include guided socialization with peers, warming-up from head to toe, exploring the room to enhance body control, engaging in interactive games with peers, and participating in guided relaxation. Visual supports, sensory breaks, choice time, non-invasive and motivating movements, trained professionals, and a comforting environment make this class ideal for children with autism.

**Facilitator:** Jordan Owen, MS, R-DMT (Dance/Movement Therapist and Monarch School Associate Teacher)

**Schedule:** Saturdays—May 4, 11, 18 & June 1 from 12:30pm to 1:15pm

**Fee:** \$100 (for 4, 45-minute sessions)

**Location:** Monarch School (22001 Fairmount Blvd., Shaker Hts., Ohio 44118)

**Registration:** Please complete and submit the registration form by May 1, 2013. Please contact Karin Hess-Hopkins via email ([hessk@bellefairejcb.org](mailto:hessk@bellefairejcb.org)) or telephone (216.320.8658) with questions. Enrollment is limited to 8 children.

**Fitness Made Fun:** This class is available to children ages 7 to 12 and adolescents ages 13 to 17 with autism (age groups will meet separately). Through the exploration of gross motor exercises, participants will be guided through motivating activities and routines to increase endurance and introduce self-regulation strategies that can be conducted in the classroom and at home. Examples include warming up from head to toe, exploring movement impulsivities and establishing boundaries to self, others and the environment, participating in gross motor obstacle courses, and performing guided relaxation. Visual supports, sensory breaks, choice time, non-invasive and motivating movements, trained professionals, and a comforting environment make this class ideal for children and adolescents with autism.

**Facilitator:** Jordan Owen, MS, R-DMT (Dance/Movement Therapist and Monarch School Associate Teacher)

**Schedule:** Sundays—May 5, 12, 19 & June 2 from 12:30pm to 1:15pm

**Fee:** \$100 (for 4, 45-minute sessions)

**Location:** Monarch School (22001 Fairmount Blvd., Shaker Hts., Ohio 44118)

**Registration:** Please complete and submit the registration form by May 1, 2013. Contact Karin Hess-Hopkins with questions ([hessk@bellefairejcb.org](mailto:hessk@bellefairejcb.org); 216.320.8658). Enrollment is limited to 8 children/adolescents in each age group.