



**Children
and Adult
Daytime**

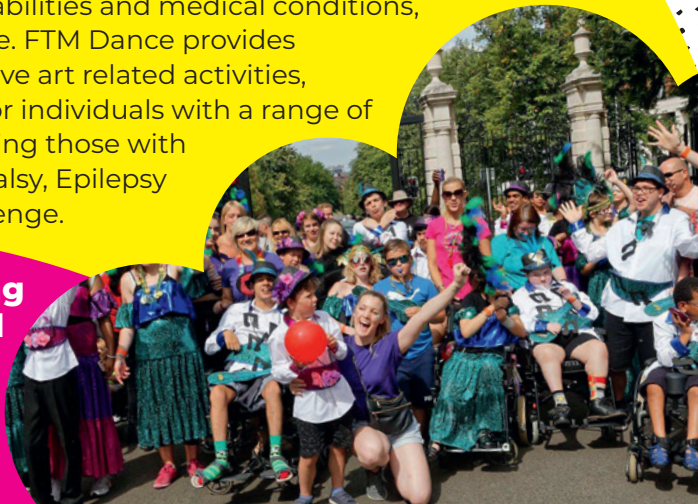
#ftmdanceforjoy

Performing Arts Respite Service

**Holiday Clubs - After School Clubs
Weekend Clubs - Adult Day Services**

FTM Dance is a Performing Arts respite service for children and adults with additional needs, disabilities and medical conditions, aged 3 years old and above. FTM Dance provides performing arts and creative art related activities, sessions and workshops for individuals with a range of needs and abilities, including those with Autism, ADHD, Cerebral Palsy, Epilepsy and Behaviours that challenge.

**New sessions running
from West Bridgford
Young Peoples
Centre starting
April 2021**



Dance

In Dance, we promote our preteens, teens and adults to engage in choreography and create their own performances, alongside learning specific dance techniques and genres if they wish too. Our younger children sessions promote turn taking, fine and gross motor skills, listening skills through dance related activities and action based songs, along with prop exploration.

Music

In Music, individuals have the opportunity to explore an array of instruments and create songs, rhythmic beats and more. We use paired and group work to promote team building skills, relationships and leadership. We also use solo work to facilitate an individual's sense of identity and independence.

Drama

In Drama, individuals have the opportunity to learn social skills in 'understanding the world' drama pieces, alongside creating their own creative and imaginative drama pieces, alongside creating scenery and props.

All of our sessions are fun based, with elements of learning and development embedded in the sessions. In all of our sessions, we can adapt the activities to suit individual needs and abilities and also provide sensory alternatives.



Contact FTM Dance
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