

ZOOM MUSIC AND DANCING FOR NEURODIVERGENT TEENS AND YOUNG ADULTS



What is it? An eclectic mix of songs spanning across the genres all the way from Moon River by Andy Williams to Uptown Funk by Bruno Mars. Simple stretches and movements that have been choreographed to each song have been carefully selected to improve range of motion and provide a structure for physical fitness.

Ideal Audience: Anyone from these groups who loves music and would benefit from basic dance exercise. Exercises are simple and repetitive, but intended to improve balance, range of motion, and cardio stamina.

When: Tuesdays and Thursdays at 4:30. Registration ongoing.

Cost: \$20 per week, per person. Please pay by e-transfer to kathleen@kathleenrooney.ca or by debit or credit at www.auyou.ca under services.

Where: Online using the Zoom platform. Simply click on the link provided after registration.

Who: Kathleen Rooney, a multi-talented clinician with 29 years experience working directly with families and their children in the development and delivery of intervention services and training. Kathleen offers a wide range of clinical services that are determined individually for each person based on a thorough needs assessment. Services are provided online and in person.