

CERTIFIED & INSURED

Manitoba's Only Mobile Dance, Fitness & Theatre Education & Entertainment
Difinity Dance, a place where all generations, cultures and abilities can learn and perform.



DDSP offers inclusive, cross-cultural dance theatre fitness classes for person's with disabilities and/ or health conditions ages 45 years end up through our (SSDF) Services for Seniors/ Older Active Adults.

Our trademarked dance fitness classes are a fusion of classic dances from across the world with a modern dance twist. Our SSDF services were founded in 2019 with the mission of providing our trademarked dance fitness classes to people of all ages with disabilities, and or heath conditions. Our unique classes, workshops, and camps are customized to prevent injury in participants, and provide them with optimal dance fitness benefits. Our Educators provide a participant-centered fitness experience by building caring, professional relationships through an open-conversation format. DDSP's integrated curriculums allow for full physical and learning capabilities to be realized by all who dance with us regardless of their previous dance training experiences. From Hip Hop to Jazz, we do not limit our Older Active Adults in their dance adventures, and encourage individual Expression and ideas to bring out their sensation!



WORKSHOPS & CLASSES



Pilates~Yoga~Aerobics
CIRCUS ELEMENTS

CIRCUS ELEMENTS is for people with limited mobility and/ or health conditions. e offer dance fitness that can be adapted to the participants ability. Participants dance and do resistance training while sitting in a chair or standing up. Circus Elements also feature a stretch and strength component using Thera-bands and light weights for the ultimate dance fitness experience. This exciting fusion of pilates, yoga, and acrobatic conditioning is done on medicine balls, bosu balls, and chairs. physiotherapy rehabilitation elements.



BODY POETRY brings back beloved dances and songs from their childhood using traditional and contemporary music. Seniors get to dance along with theatrical props such as umbrella's, and feather fans to empower their soul, mind and body. From jazz to east coast swing, and even ballet, these classic hits will get their toes tapping to a fit tune.



DRUM DANCING is an all inclusive, cross-cultural, music and dance curriculum that can be done in a chair or standing up. Seniors drum and dance to their favorite tunes, musically travelling around the world. This program teaches authentic cross cultural beats and dance movements at a recreational fitness level. This program combines our elements of our Music n Motion and World Dance program to provide an all-in-one experience for students.



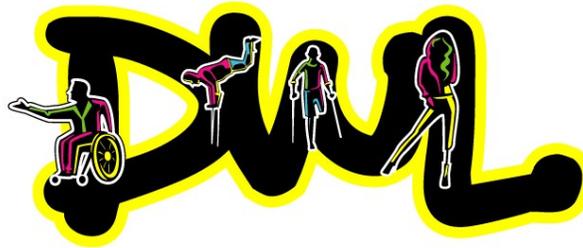
INTER-GENERATIONAL WORKSHOPS & CLASSES

DDSP offers inter generational, cross-cultural education through our trademarked programs. Seniors, toddlers, and caregivers get together to share wisdom and laughter through singing rhymes, playing percussion instruments, drumming to their own beat, and dancing with their hands and feet. Our combined enrichment education perfectly synchronizes seniors and children by matching their cognitive and physical learning processes. DDSP believes in improving the wellness of seniors through family-centered wellness to decrease depression and loneliness and improve over-all quality of life outcomes.



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DWL (Dance Without Limits) was founded in the fall of 2018 with the goal of offering inclusive dance education to people with disabilities and health conditions ages 1 years old and up. DWL is founded on the principle that dance is for everyone, and ALL abilities. We strive to provide integrative dance education and performance opportunities everywhere we serve. We do this by challenging stereotypes, and removing barriers through innovative, caring, dance education and performance arts opportunities.

"Contemporary integrated dance is where artists of diverse minds and bodies create new dance and performance, drawing on various established techniques within the improvisation, theatre and contemporary dance genres. Deaf and Disability is understood as a difference in human experience rather than a limitation or something to overcome. Our goal is to create meaningful art that broadens acceptance of diversity in its many forms.dancers of all abilities working together.

DWL inclusive dance education is custom designed using the integrative method to remove segregation of people based on pre-conceived notions of what their disability/ or health condition "is" and "what" it allows a person's body to do, or not to do.

DWL is open, but not limited to people with one or more of the following health conditions:

- Deaf/ Hard of Hearing
- Blind/ Visually Impaired
- Limb Loss/ Paraplegic
- Muscular Conditions such as: Arthritis/ MS/ Cerebral Palsy/ Muscular Dystrophy/ Cystic Fibrosis/ Asthma/ Fibremylgia
 - Epilepsy/etc
- A.D.D/A.D.H.D/ Autism/ F.A.S.D/ Other Sensory Related learning differences

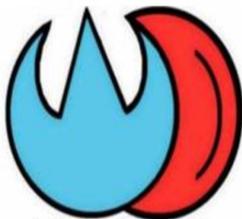
(DWL) WORKSHOPS & CLASSES



BODY POETRY
Ballet~Lyrical~Yoga.

For ages (1-2) (3-5) (5-8)

This exciting dance program teaches foundational skills in level 1 to 2 ballet, lyrical dance, and yoga to classic and contemporary songs from kids movies, and TV shows. Kids come alive as they learn to positively express their emotions through theatrical gestures and movements creating shapes with their bodies. From sad to mad, to happy and fierce, children learn how to demonstrate their emotions in a safe, positive, peer-to-peer engaging format.



KIDS WORLD DANCE

For ages (5-8) (8-12)

Features beginner-intermediate Hip Hop, Jazz, Bollywood, Afro-Caribbean and Latin choreography. The focus is to teach a wide range of traditional and modern dance choreography while engaging students in team building, self-directed artistic practice through out the class. Each day the focus would be on a particular dance style you select.



ST.DANCE

HIP HOP~AFRICAN~BOLLYWOOD~LATIN

For ages (8-12) (13-17) (18-35)

The focus of this program is to offer students trending cultural street dances through an accessible, modern dance education. Students receive introductory to authentic cross-cultural dance steps in African, Bollywood, and Latin Dance built on the foundations of Hip Hop & Jazz. To ensure Manitoba and Canada physical literacy standards are met, students engage in conditioning yoga and pilates warm-up drills to improve over all cardio vascular strength and endurance. This program gives every student relevant industry dance education