

What to expect.....

Students will explore their own creativity and physical expression while improving body awareness, coordination, focus, and motor function. Accompanied by a variety of music, students will explore their ability in a fun, enthusiastic, and supportive setting!

With over 20 years teaching experience in the Winnipeg dance community, teacher Jacqui Davidson is excited to help you explore your full ability.

Jonathan Toews Community Centre
1188 Dakota Street
Winnipeg, MB R2N 3H4

JTCC 'Presents' Dance- ABILITY

Incorporating movement, music and fitness



Photo taken by Bruce Monk



"As we move through the program, I ask them to challenge themselves a bit more, to try something they haven't tried before, which can be scary," she said. "But it makes a huge difference in their level of confidence."-
Jacqui Davidson

Photo taken by Bruce Monk

Fun, Music and Dance!

Designed for all adults with varied movement abilities and appropriate for adults with any form of movement impairments.

Dance-ABILITY participants are guided through a customized exploration of dance and self-expression. Incorporating group and individual exercises, participants will explore many different styles of movement, patterning and music in a fun and supportive environment. Devices such as wheelchairs, walkers, etc., are welcome.

Movement within our abilities and exploring movement beyond them encourages the development of muscular strength, response, agility and balance, ultimately strengthening the body/mind connection.

Through guided studies as a group, and as individuals, we will explore many forms of movement, patterning, and music in a fun and supportive environment.

Registration 10 week program ~ \$100 Thursdays from 2:00pm-3:00pm (Sept 11th-Nov 13th)

Name of Participant: _____

Address: _____

Phone: _____

Email: _____

Visa/MasterCard - Credit Card Number:
____ _

Expiry Date: __ / __

Authorized Credit Card Signature:

Or pay by cheque to Dakota Community Centre.

Parent/Guardian Signature: _____

Key Clients

Dance-ABILITY is a unique dance program that is offered at JTCC, intended for people with cognitive and physical mobility challenges but can be a part of anyone's physical fitness routine. And it's enhancing people's lives. Respite workers/assistants are encouraged and welcome to attend.

Dance-ABILITY incorporates movement, music and fitness into a 50-minute session every Thursday from 2:00pm-3:00pm for 10 weeks (Sept 11th-Nov 13th).

Recent participants involved:

- Older Adults
- People with physical or cognitive development impairments
- Anyone using a wheelchair, walker, assisted walking devices, etc.

Contact Us

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Consent and Waiver of Responsibility:

[] I hereby authorize the Dakota Community Centre to take photographs of myself as named in this application during JTCC Active Living programs, and to display and otherwise use these photographs without charge solely for the purpose of promotional material in connection with the Dakota Community Centre.

[] I also understand that injuries can arise by accident from the very nature of Physical Activities, and I hereby release and waive all rights to any claim or action against Dakota Community Centre arising from injury, loss or damage to myself or to my property except where such injury, loss or damage is caused by the negligence of the Dakota Community Centre.