



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's Dance Adult Purposeful Programs

Program description:

Get active and moving while enjoying the art of dance through the guidance of Abigail Henninger, founder and director of Magnum Opus Ballet, in Madison, WI. Abigail, a professional dancer, received her Adaptive Dance certification through Boston Ballet's teacher training program. Magnum Opus Ballet and GiGi's Playhouse Madison are excited to bring accessible dance instruction to the GiGi's Playhouse community nationwide.

Goals of Dance:

- Keep our bodies moving as much as possible during this COVID-19 crisis
- Work on balance, strength, flexibility, mobility, muscle tone and rhythm all while having fun
- Have family, a sibling, or parent participate in these classes to encourage movement for all

Materials needed:

- Sturdy chair (without arms)

Lesson Plan:

1. Start with a chair warm up to engage your whole body.
2. Balancing exercises with dance movement involving holding a chair.
3. Across your living room floor movement, working on levels of the body, balance and flexibility.
4. Rhythm movements.
5. Creative energy.
6. Cool down.