



Cindy Ory  
DANCE STUDIO

is very proud to announce a new program at our studio

# Dance Without Limits

A Program Designed for Dancers with Special Needs



*Dance Without Limits* is a unique dance class for students with special needs. The joy of dancing should be accessible to every individual.

Dance is a terrific form of self-expression, exercise and creativity. This class structure supports the cognitive, social, emotional and physical capabilities of the student with special needs.

There are many benefits from attending a dance class. The following skills are enhanced through fun, movement-based activities:

Gross motor skills • Auditory processing skill • Rhythm and counting • Body awareness  
Rhythm and counting • Music interpretation • Social interaction • Body awareness  
Spatial awareness • Balance • Core strength • Self expression • Self confidence



## Meet the Instructor

**Kelsey Napier** received a Bachelor's in early Childhood Education and Child Studies from Vanderbilt University and a Master's Degree in Special Education-Early Intervention from the University of New Orleans. While at Vanderbilt University, she was a volunteer dance and cheerleading coach for ABLE Youth, an organization in Nashville, TN that offers opportunities for children who use wheelchairs to learn independence in skills and sports. Kelsey has over 24 years of dance experience and has been a dance instructor for the past 6 years. Kelsey is a Pre-Kindergarten teacher at St. Martin's Episcopal School.

Classes begin October 14th  
Ages 5-8 Girls and Boys  
Wednesday 4:30-5:15  
50.00 per month

Cindy Ory Dance Studio  
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For more information  
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Online registration:  
visit [orydance.com](http://orydance.com)  
click on the Register tab