



Sharing Dance with People with Parkinson's - 2019/2020 Volunteers

Term Dates for NBS seniors- PD 2019/2020:

Terms (Tuesday 11:15-12:15pm)	Dates	Terms (Friday 11:15-12:15pm)	Dates
Fall	Sept 17 - Dec 10	Fall	Sept 20 - Dec 13
Winter	Jan 14 - March 31	Winter	Jan 17- Apr 3
Spring	Apr 14 - Jun 16	Spring	Apr 17 - Jun 19

Midterm break – Oct 28th -Nov 1st (no class on October 29th and Nov 1st)

Midterm break – Feb 17th -21st (no class Feb 18th and Feb 21st)

Midterm break – Apr 6th - Apr 10th (no class Apr 7th and 10th)

Assemblée International- May 4th- 8th (no class May 5th and 8th)

-In person training sessions are held before the first class of each new term-

Fall Training: Tuesday Sept 17th from 10:15- 11:00 or Friday Sept 21st 10:15-11:00

Winter Training: Tuesday Jan 14th from 10:15- 11:00 or Friday Jan 17th 10:15-11:00

Spring Training: Tuesday Apr 14th from 10:15- 11:00 or Friday Apr 17th 10:15-11:00

About the Program:

Sharing Dance for People with Parkinson's was created in partnership with Dance for Parkinson's Network Canada, and is specially designed for people with Parkinson's Disease.

Studies have shown that the area of the brain affected by PD is also used while dancing (Bar & DeSouza, 2016). Furthermore, behavioral studies demonstrate that dance is uniquely beneficial—improving gait, posture, balance, etc. (Shanahan et al., 2015). But beyond the physical benefits, dance encourages social inclusion and personal and artistic expression, which could lead to benefits in areas of common co-morbidity, such as depression.

Classes are offered here at Canada's National Ballet School both Tuesday and Friday mornings during our fall, winter, and spring terms. All classes are taught by a member of the NBS faculty and are accompanied by a live musician. Following class, a light community tea is served in the school's main square. We encourage our volunteers to stay and socialize when they are able to further the community connection with participants.

This Volunteer Opportunity would best suit mature and reliable individuals who wish to make a positive impact on the lives of others. Experience in education or dance and/or working with persons with movement disorders would be a definite asset.

All NBS Volunteers must:

- Complete a Volunteer Application Form;
 - Provide a current Police Check (staff at NBS will assist with this process and NBS will cover associated costs).
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Volunteer Position: Dance Class Assistant

Roles and Responsibilities include:

- Studio set-up and take down
- Welcoming participants and helping them safely enter the classroom
- Assisting participants with movement transitions (e.g., seated to standing)
- Providing movement and balance support for individual participants
- Helping participants safely and exit the studio during the break and at the end of Class
- Partnering with participants during exercises or helping them find a partner (e.g., improvisational/mirror work)
- Moving chairs when we begin the standing portion of class. Supporting participants to transition safely into standing work, assist with arranging chairs for standing activities.
- Supporting the teacher as needed throughout the class