



STUDIO 10 DANCE AND CHEER

# SPIRIT CREW

A DANCE TROUPE  
FOR ALL ABILITIES

[WWW.STUDIO10DANCECHEER.COM](http://WWW.STUDIO10DANCECHEER.COM)  
210 E KANSAS ST, LIBERTY, MO 64068

# PROGRAM

## ABOUT US

The Studio 10 Spirit Crew is an adaptive dance class for children with exceptionalities. Our mission is to provide a safe and joyful environment to celebrate all expressions of movement. Peer models and assistants provide inclusive interactions fostering oneness in our community. Fundamentals of ballet, modern, jazz, and hip hop, are incorporated into weekly classes.

We build strength, balance, and coordination for the physical body.

We build confidence, joy, and acceptance for the spirit.

We build self-awareness, positive self-talk, and stillness for the mind.

We build relationships, social skills, and a community that embrace the uniqueness within each of us.

## CLASS TIMES

- Class Options: (Fridays at 5:30pm start time for all classes)
- Spirit of Love Class: Ages 3-5, Parent & Me with instructor Ms. Laura
- Spirit of Joy Class: Ages 6-12, Young Dancers with Ms. Sophie
- Spirit of Truth Class: Ages 13 and Up, Teen and Young Adult Dancers with Ms. Michelle
- \*Class consideration may depend on appropriate developmental readiness.

## ENROLLMENT

Enroll by attending our first class on September 7th at Studio 10, cost for Fall session is \$40 (10 one hour sessions). Performance opportunities at Liberty Fall Fest and our Holiday Recital in December, and Spring Recital in April. Please email us if you have questions at [Studio10SpiritCrew@gmail.com](mailto:Studio10SpiritCrew@gmail.com).



## INSTRUCTORS

Adaptive Dance started when three moms all with dancers at Studio 10 combined their love of dance and music with their collective talents to create a dance group for children and youth of all abilities! We believe in a life of service and bring this class to the community at an affordable price as we believe dance is for all!

Michelle Asby, Mental Health Therapist/Social Worker  
Sophie Falcon Cordero, Pediatric Occupational Therapist  
Rebecca Groebe, Science Teacher

Full bios coming soon at: [www.studio10dancecheer.com](http://www.studio10dancecheer.com)

## OUR DANCERS

Our Inclusive Adaptive Dance performance group April 2018 at the Spring Recital. These amazing dancers opened the show with an incredible performance to This is Me from the Greatest Showman. They stole the show and we are so proud of them!

