
A LEAP ABOVE AMT CLASS

With certified Instructor Michele Kimball
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Dance Movement Therapy is beneficial to children and adults of all ages with all types of disabilities. It's not just therapeutic but rewarding, both physically and emotionally. The positive effects of our Dance Movement Therapy include improved muscle tone, coordination, increased self-esteem and social interaction.

ALA offers classes for children and adults weekly during the school year, at no charge. There are opportunities to perform and participate in a annual recital.

