

# My INCLUDE Dance Story

I am going to an INCLUDE dance class with Mid-Columbia Ballet.



My class is located at the Tri-Cities Academy of Ballet.



I will wear something that is comfortable for moving and dancing. I will have bare feet in the classroom or can wear dance shoes if I have them.



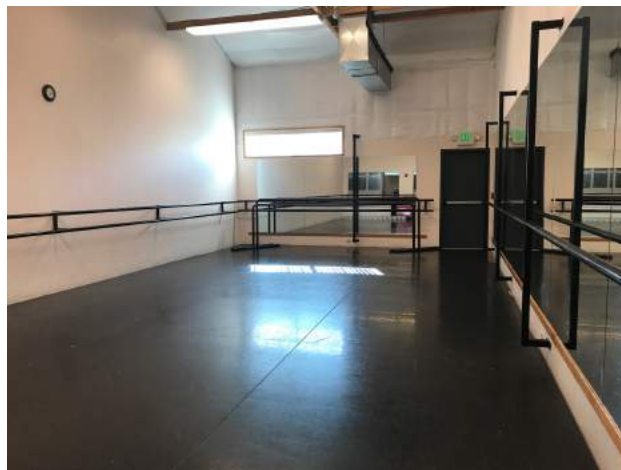
My classroom is down the hall.



Halfway down the hall are the bathrooms and drinking fountain.



A dance classroom is a room with lots of space, mirrors, poles on the walls called barres, and a special dance floor.



When we are ready to start dancing, I will see my Teachers and Dance Partners. The Teachers and Dance Partners will say hello to me. I can say hello to my Teachers and Dance Partners.

My main Teacher is Elise.



The Teacher's helper is Rebecca.



The Dance Partners dance with me and help me learn new things. The Dance Partners are dancers in Mid-Columbia Ballet's Senior and Apprentice Companies.



When the Teacher says it is time to go inside the classroom, I go into the classroom. I will sit down and get ready to dance.



My Teacher will say the class expectations. I will follow directions from my Teachers and Dance Partners.

I will listen quietly...



have a safe body...



and keep my hands and body off the barres and mirrors.



We start class with a warm-up.



We also learn new steps.



We will learn a dance together.



We will dance across the floor. I will stand in line and wait for my turn.



Sometimes I will dance by myself. Sometimes I will dance with a partner.



I will dance with my classmates and Dance Partners.



When class is almost over, we will come together again. We will talk about what we learned. I will thank my Teachers, Dance Partners, and classmates. My Teachers, Dance Partners, and classmates will thank me.



When it is time to leave, I will walk out of the classroom and back into the hallway.



I will leave the building with my family.



I am so excited to dance!



This is a picture of Elise (the ages 6-11 teacher) and Angela (the ages 12-18 teacher) performing together from Mid-Columbia Ballet's 2015-2016 season!

INCLUDE Dance Story composed by Rebecca Rogo