

# ADFA

Adaptive Dance For All

Adaptive Dance For All is a program for children and adults of all ages in an inclusive atmosphere. Led by Erin Hartnett and Lauren Cook, Adaptive Dance for All serves any mental or physical disabilities to develop social skills, independence, motor learning, and verbal proficiency. Volunteers are a valuable party of the team! We love our volunteers and would love for you to join us for our upcoming sessions!

## New Location:

Evelyn Ott School of Dance  
7921 Harold St  
Norfolk, VA 23518

## Volunteer Training Day

Friday Sept 6th 5:30pm  
at Evelyn Ott School of Dance



SCAN ME TO FILL IN  
VOLUNTEER FORM

## Mark Your Calendars

**ADFA Classes will be Fridays 5:30pm - 6:30pm**

Consecutive classes for Winter, Spring and Fall sessions and a new style for Summer

### Fall Session 1

Sept 13th - Oct. 11th

### Fall Session 2

Oct. 25th - Nov. 22nd

### End of Year

### Dance Party

Dec. 20th

### Winter Session

Jan. 10th - Feb 7th.

### Spring 1 Session

Feb 21st - March 21st

### Spring 2 Session

April 4th - May 2nd

Program Coordinators Erin Hartnett and Lauren Cook can be reach by email [adaptivedance4all@gmail.com](mailto:adaptivedance4all@gmail.com) or by phone Erin 757-812-0668 or Lauren 434-665-3148