



To offer people with limited physical ability the health benefits of exercise that most other people take for granted.

A review of Year 3 of 'On the Move' or 'Adaptive Dance Program'

- Ballet Chelsea was awarded a grant from Chelsea Wellness Foundation in September 2014
- Between September and December 2014 planning and scheduling were developed.
- The teacher and leader of the program – Catrina Choate – Heretoiu was employed. Catrina is a professional ballet dancer by background and is also trained in the Feldenkrais method of exercise which is a movement methodology aimed at improving physical functions such as flexibility, posture and coordination ,helps those with restricted movements and increases ease and pleasure of movements.

What the Program Consists of

- 9 different programs are now offered at 7 different centers within Chelsea-
- For special ed. students at
Northside elementary school
Chelsea High School
- For Seniors at
Silver Maples
Chelsea Retirement Center- 2 different classes
Chelsea Senior Center
- St. Louis Center - two different classes
- WISD – program for young adults

ADP - Goals

- To get people who are often left out of exercise programs to move more and gain a healthier life style through exercise.
- To include careers and family members where possible so that some of these exercises can be continued as home.
- To address some of the issues which are more common in this population such as lack of coordination, body stress, poor balance which often leads to falls and obesity.
- To raise the awareness in this population of sustainable improvements to their lives through better coordination, more flexibility, more confidence and possible weight loss.

The Timeline

- Classes started in January 2015
- Some are linked to the academic year – such as those in the schools and WISD
- Others have occasional breaks for busy times or holidays but have continued through the summer- e.g. the seniors and at the St. Louis Center

Numbers of Participants.

Average figures

- Northside Elementary 10 children
- Chelsea High School 15 students
- Silver Maples 18 seniors
- CRC - 2 groups 26 seniors
- Chelsea Senior Center 6 seniors
- WISD 15 students
- St. Louis Center 8 residents
- Total 98 participants
- Initial budget was for 100 participants

Evaluation Data

- On average 98 participants have been benefitting from this program each week.
- Classes are different durations – preschool classes are 30 minutes long, other classes range from 45 minutes to 1 hour long.
- Some programs have been for 15 weeks , others for 22 weeks.
- Hours of exercise have been
- Elementary students 10 students for 15 weeks (½ hr) 75
- High school 15 students for 15 weeks 225
- Seniors 50 seniors for 22 weeks(3/4 hr)s) 825
- St. Louis Center 8 residents for 22 weeks 176
- WISD 15 students for 18 weeks 270
- Total Number of hours of exercise 1571

Students at Northside Elementary school using pom-poms to encourage them to raise their arms and improve their arm and upper body muscles.



Success stories- reports from teachers/ careers and participants

- This program hasn't simply provided exercise to the participants. It has produced a wide range of other benefits, some of which were not initially expected.
- WISD program- there has been additional benefits over and above exercise, students are following directions and are remembering patterns from one week to the next. There was definite increase in stamina over the weeks.
- Elementary students – concentration has been on gross motor skills and has involved marching, kicking, raising arms. One student tiptoed everywhere before having bells put on his shoes to encourage him to march.
- Silver Maples residents have asked for more than one class a week. They have stated that they really feel they have had a work out at the end of the class
- High school- the students have learnt to stretch their muscles before starting the class, the teachers and aides have reported an increase in confidence in a number of students and greater participation with others in the class. It has provided a great deal of positive creative stimulation.

Proposed Improvements

- This was very much a learning year and a number of changes/ additions will be implemented in 2015/2016
- More props to encourage movement of different parts of the body.
- A wider range of music, particularly for the able seniors
- Split the high school students into 2 classes to enable great movement to be possible
- Obtain good quality photographs and videos so that improvement of the participants can be seen and it will provide good publicity for the programs and the funding
- Have a class for teens at the St. Louis Center