

## **NEW Continuing Education In Dance Wellness for Dance Instructors at the Arvada Center for the Arts and Humanities**

DEVELOPED FOR BOTH NEW AND EXPERIENCED DANCE INSTRUCTORS OF ALL AGES,

in Collaboration with **Denver Dance Medicine Associates** and **Safe in Dance International (SIDI)**

**Jan Dunn, MS:** Co-Director - Denver Dance Medicine Associates / Dance Wellness Editor - [4dancers.org](http://4dancers.org)

**Sutton Anker, MSc:** Registered *Safe in Dance International Provider* / Denver Dance Medicine Associate

All dance instructors aspire to grow and improve at their craft. Part of that process happens in the form of learning more about Dance Medicine and Science (also known as Dance Wellness). This series is the beginning of a new continuing education program at the Arvada Center. In these workshops instructors will learn new information in this important area of dance education, including the latest research findings, and how to apply this knowledge to their classes. Each month covers a different topic. For more details about these workshops contact the instructors, or call Christina Noel, Arvada Center Dance Coordinator at 720.898.7237. Look for more workshops to come in the spring!

Tuition: \$65 per workshop

All workshops are on Sundays, 9:00 - 12:00 AM

Oct. 14: Alignment: The importance of good biomechanical form in dance  
Nov.11: Risk Factors for Dance Injuries: What to know and what to do  
Jan. 13: Adolescent Growth Spurt: What teachers, parents, and students need to know  
Feb.10 Nutrition for Dancers  
March 10: The Importance of Conditioning: Techniques for healthy strengthening and stretching

Questions? Contact Jan Dunn 808 652 7551 / [jddanmed@aol.com](mailto:jddanmed@aol.com), or Sutton Anker 303 325 4320 / [suttonanker@gmail.com](mailto:suttonanker@gmail.com)

**These workshops can be taken for credit towards certification in Safe in Dance International (SIDI):**

### **What is Safe in Dance International (SiDI)?**

Safe in Dance International (SiDI) aims to optimize performance, minimize injury, and enhance dance through the development and education of healthy dance practice. We work with and are endorsed by leaders in the dance science community.

**What is the Healthy Dance Practice Certificate?**

The Healthy Dance Practice Certificate is designed for those teaching or leading dancers in any setting and in style of dance. Through the completion of this Certificate, you will improve your understanding of the interrelated factors that contribute to and enhance healthy dance practice and support the physical and mental well being of students. By obtaining this certificate you will have the ability to market yourself as a safe dance teacher. This certificate allows you to combine your artistry base with the knowledge and application of safe dance practice to ensure the safety and wellbeing of your students.

**What is required to complete the Certificate?**

This certificate asks you to provide evidence of your understanding of all SiDI's Core Principles. By attending the monthly workshops at the Arvada Center, you will receive a majority of the information necessary to complete the certificate. To round out your knowledge, as a SiDI registered provider, I will provide a list of resources and be a guide for you as you complete the certificate.

**What is the timing and cost to complete the Certificate?**

Once you have registered for the certificate you will have one year to submit the certificate for review. The cost of this certificate is \$266.00.

For further information or to register please contact:

Sutton Anker

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