



*“In the (M&M) ballet class, my child is doing a whole bunch of things. She’s listening to the music, she’s counting, she takes three steps forward and two steps back, or up two and then to the side two. It’s a lot more complicated than just the physical therapy and a lot more fun. Socially and psychologically, just going to ballet class, complete with leotard and tights, is a thrill for my child who struggles to fit in with her peers.” A Music & Motion Parent*

*“It feels fun and difficult at the same time. I like it when they play the music; when it’s fast it makes me happy. And I don’t have to stay in my wheelchair all day, like I usually do.” A Music & Motion Student*

## About Maryland Youth Ballet

Since 1971, the mission of MYB has been to provide the highest caliber of training and performance opportunities to prepare young dancers for a career in the performing arts as well as to provide classes to dancers of all ages and levels in the community.

In 2007, MYB moved to a beautiful new, custom-designed and built space in *Downtown Silver Spring* where we have 5 spacious studios, one of which houses the specially designed and installed equipment for our unique and innovative **Music & Motion** program. It is currently the only dance studio facility of its kind.



MYB’s Music & Motion program is supported, in part, by grants from the Arts & Humanities Council of Montgomery County and the State of Maryland.



# MUSIC & MOTION

For Children  
with  
Physical Disabilities

301-608-2232

926 Ellsworth Drive

Silver Spring, MD 20910

[www.marylandyouthballet.org](http://www.marylandyouthballet.org)

## About the Program

**MYB's Music & Motion** classes are designed to give children with physical disabilities the freedom of movement to dance. With a custom-designed and installed, overhead track system, each student is able to stand, walk, and dance, with the equipment bearing about 75% of the child's weight. Each is suspended with the aid of a vest sling and attached to a traverse rail system hung from the ceiling giving the young dancers freedom to move independently. A separate class for those students not requiring this amount of support is also available. All children must be able to follow one-two step instructions/commands and be comfortable in a group interaction that includes music, lights, expansive space, and movement. Both classes have volunteer helpers (MYB ballet students) who provide individual assistance to each student.

**Music & Motion** is the innovation of Jennifer Cox, a retired 30-year MYB ballet teacher and Dr. Rebecca (Becky) Leonard, a physical therapist specializing in pediatric therapy.

Inspired by her granddaughter's desire to dance despite her physical disabilities, Cox, together with Leonard, developed the program in 2004 to allow children to enjoy the beauty of *music and motion*.

A specially trained ballet teacher with the support of the physical therapist guides the students to experience the beauty of moving to music, the fun and excitement of a dance class, and the discipline of challenging oneself to achieve.

As in all MYB ballet classes, one of MYB's professional accompanists provides live piano music.

Students are accepted into a class after consultation with Dr. Leonard.



Please call for specific  
registration and class  
information:  
**301-608-2232**