



Theatre Respite Days

For Independent & High-Functioning Adults with Special Needs

Looking for a fun, creative, and engaging daytime program? Join us for our Theatre Respite Days, where participants can build confidence, make friends, and explore the performing arts in a supportive and inclusive environment.

 Mondays & Wednesdays

 9:30 AM – 2:30 PM

 \$40 per day

 September Fall Registration Now Open

Program Highlights

- ✦ Drama & Theatre Activities
- ✦ Acting Games & Improvisation
- ✦ Creative Expression & Storytelling
- ✦ Social Interaction & Friendship Building
- ✦ Confidence & Communication Skills
- ✦ Fun, Safe & Supportive Environment

Designed for independent, high-functioning adults with special needs who enjoy being creative, social, and active in the arts.

Spaces are limited. Register today to reserve your spot for September!

Where creativity shines, friendships grow, and every performer has a place on stage! 🌟 🎭

♥ Integrated & Modified Dance Classes


Discover the joy of movement in a welcoming, inclusive, and supportive environment. Our Integrated & Modified Dance Classes are designed for children, teens, and adults of all abilities who want to experience the benefits of dance while building confidence, coordination, creativity, and friendships.

- ✦ Inclusive and adaptive instruction
- ✦ Develop movement, musicality, and self-expression
- ✦ Improve coordination, strength, and confidence
- ✦ Foster social connections and teamwork


✨ Safe, positive, and encouraging atmosphere




✨ No previous dance experience required

Our experienced instructors modify activities to meet individual needs while ensuring every dancer feels successful, valued, and celebrated.

 Fall Classes Begin September 2026

 Ana-Maria's Dance Academy

 Contact us today for class information and registration.

Empowering dancers of all abilities—one step at a time.    

Contact Inspirational Steps for more information