

# **KSAMB Dance Company continues to offer fun, healthy, outdoor improvisation-based dance activities.**

## **Outdoor Fitness, Ballet inspired, has begun!**

Supported by the City of Saskatoon, Sask Culture and Dance Saskatchewan.

We believe in the importance of dance for health and social wellbeing, especially during this pandemic. We ensure a minimum distance of 2 metres between households. Outdoors, there is no lack of space. Participants usually distance more than 4 m. Outdoor events are limited to groups of 10 or less and masks are encouraged for all events, indoors and outdoors, pending the lifting of provincial government 3rd wave measures.

We suggest a \$5 donation for outdoor events to help cover our expenses.

Inquire about **Fitness Kyle-style**. Information and e-transfer donations at [ksambdance@gmail.com](mailto:ksambdance@gmail.com).

<b>Tuesdays</b> Buena Vista Park, 6 St. & Melrose Ave.	<b>6 pm to 7 pm</b> <b>NEW SPRING</b> <b>HOURS!</b>	<b>Buena Vista Boogie:</b> a music playlist and nonjudgmental bodies. Dance and move how you feel! All ages, family-friendly
<b>Wednesdays</b> Contact us.	<b>5 pm to 6 pm</b>	<b>Fitness Kyle-style:</b> Fitness class inspired by basic, expansive Ballet — we like to sweat! Beginner Level. Focus on alignment, breadth, release, stamina, musicality. Led by Kyle Syverson.
<b>Fridays</b> Pending. Contact us.	<b>12:30 pm to 2 pm</b>	<b>Fitness Kyle-style:</b> Intermediate. See Wednesday's class-slightly more advanced.
<b>Fridays</b> Various locations. See website, or contact us.	<b>6 pm to 7:30 pm</b>	<b>Friday Night Improv:</b> 6-7 pm: Warm-up, improvisation practise and exercises of awareness and connection. 7-7:30 pm: A half-hour improvisation, open to the public. Max 10 people.
<b>Sundays</b> Optimist Park, Ave. K and 18 St.	<b>1 pm to 2:30 pm</b> <b>Spring/Winter hours</b>	<b>Not Church, Just Dance!</b> (Dance Church), a meditative movement practice with a curated playlist and nonjudgmental bodies. Move however you feel.