

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

**EVERY Friday at 7 pm, an improvisation experiment open to the public!**

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 dancers. Outdoors, there is no lack of space. Dancers usually distance more than 4 m. Outdoor events are limited to groups of 10 or less, pending the lifting of provincial government 2nd wave measures.

Indoors the limit is 6 for fitness classes, masks required. Singing and vocalization is directed away from others, and/or with a greater than 2 metre spacing. We provide hand sanitizer and encourage personal protective practices.

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

Inquire about Ballet. Information and e-transfer donations at [ksambdance@gmail.com](mailto:ksambdance@gmail.com), or cash at each session.

**Tuesdays**                      **3:30 pm to 4:45 pm**      **Fitness Kyle-style:** Fitness class inspired by basic, expansive Ballet — we like to sweat! Beginner Level. Focus on alignment breadth, release, stamina, musicality. Led by Kyle Syverson.  
Pending. Contact us.

**Tuesdays**                      **5 pm to 6 pm**                      **Tuesday Night Boogie:** a music playlist and nonjudgmental Buena Vista Park,      **Winter hours**                      bodies. Dance and move how you feel! All ages, 6 St. & Melrose Ave.                      family-friendly

**Thursdays**                      **4:30 to 5:45 pm**                      **Somatics/Improvisation:** Led by Kyle Syverson and Miki Outdoor locations.                      Mappin. Tuning in, sensing, and playing with physical forces Contact us.                      in/on our bodies. Improvisation scores. All Levels.

**Fridays**                              **12:30 pm to 2:00 pm**                      **Fitness Kyle-style:** Intermediate. See Tuesday's class- Pending. Contact us.                      slightly more advanced.

**Fridays**                              **6 pm to 7:30 pm**                      **Friday Night Improv:** 6-7 pm: Warm-up, improvisation City Hall Square, 23                      practise and exercises of awareness and connection. Arrive St. and 3 Ave.                      early, max 10 people. Stay after to watch.

**7 pm**                                      **WILD CARD MOVEMENT:** A half-hour improvisation, open to the public.

**Sundays**                              **1 pm to 2:30 pm**                      **Not Church, Just Dance!** (Dance Church), a meditative Optimist Park,                      **Winter hours**                      dance practice with a curated playlist and nonjudgmental Ave. K and 18 St.                      bodies. Move however you feel.