



Our afterschool program provides an excellent opportunity for young people to learn more about differences and similarities in all people, improve teamwork, leadership and communication skills and experience true service to others in need. The impact on the volunteers is often as profound as the impact on the dancers. Including the dance program as part of afterschool programming can also raise awareness of inclusion in other afterschool programs.



Who We Are...

iCan Shine is a national 501(c)(3) nonprofit organization whose mission is to provide quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

Through our iCan Bike program, we conduct over 100 five-day bike programs throughout the US and Canada teaching approximately 3,000 individuals with disabilities how to ride a bicycle each year. Since our inception in 2007, we have successfully taught approximately 20,000 people with disabilities to ride a conventional two-wheel bicycle.

Leveraging off the great success of our iCan Bike program, we have created our five-day iCan Swim and iCan Dance programs.

Our Swim and Dance programs are offered throughout the US and Canada. Biking, swimming and dancing are no longer out of reach for our special participants!



iCan Shine
www.icanshine.org

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*Teach them
 to dance and
 see where
 they go...*

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iCan Dance Goal...

The goal of iCan Dance is to teach individuals with disabilities dance moves combined in a choreographed routine culminating in an on stage performance. This goal is accomplished in a safe, supportive, inclusive and fun environment with assistance of volunteers.

This achievement, in turn, creates a gateway of opportunity helping them gain assurance and confidence in many other aspects of their lives.

What we do. iCan Dance uses a specialized instructional program, trained staff and volunteers to enable individuals with disabilities to learn a formal dance routine.

Dancers attend one 75-minute session each day for five consecutive days where they learn to dance while accompanied and encouraged by volunteers.

In addition to the dance routine each dancer



has an opportunity for self-expression as they create a unique team with their volunteers while displaying their individual personalities.

Does it work? Parents, teachers and therapists describe our results as inspirational. Many of our dancers have watched others dance and wished they too could learn. On the last day, each dancer is thrilled to participate in their group's on-stage choreographed routine taking pride in performing for their family, friends and community.

Who participates?

Dancers are children ages five and up as well as teens and adults who have a diagnosed disability. All abilities are welcome at iCan Dance. Wheelchairs are not an obstacle to enjoy music and movement in our dance program. Dancing increases strength, flexibility, balance, posture and reduces stress. Dance increases self-awareness, creativity and memorization as well as improves critical thinking.

Success in learning to dance as a member of a group is a major thrill for our dancers. When learning to dance has been a struggle, the accomplishment and its impact is much greater. We observe that learning to dance as part of a organized group infuses the dancer with confidence and an improved self-image and sense of teamwork that has a positive ripple effect into many other aspects of their lives. Their families benefit in many ways and volunteers are positively impacted by the experience as well.



Local hosts are local organizations and individuals that coordinate the weeklong event in their community. Hosts are responsible for providing funding, a suitable facility, dancers and volunteers.



iCan Dance Program Options...

Camps are held in summer months and during school breaks whereby we partner primarily with local charities, parks and recreation departments, colleges and motivated parents to provide the camp program. Our five-day camps consist of five 75-minute sessions per day with a maximum of eight dancers per session. A full camp will serve a maximum of 40 dancers. The number of dancers depends on the size of the stage space and the availability of volunteers.

Afterschool programs occur during the school year whereby we collaborate with public school districts, nonprofit and other community organizations to provide after-school iCan Dance programs. This program option uses typically developing peer students as the volunteers for students with disabilities.

