

Why dance?

Dance develops the individual physically, artistically, intellectually, emotionally, and socially. Dance students join an artistic family where they develop enduring friendships and nurture a passion for the arts. While having fun, dance students gain many benefits:

Physical

- Balance and Coordination
- Structured physical activity
- Correct posture and alignment
- Strength and Flexibility
- Athleticism and Kinesthetic awareness

Artistic

- Self expression
- Creativity
- Communication
- Aesthetic awareness
- Musicality

Intellectual

- Critical thinking skills
 - Problem solving
 - Time management
 - Concentration and Focus
 - Self-discipline
- Confidence
 - Commitment
 - Determination
 - Self-respect
 - Joy and excitement

Emotional

Social

- Camaraderie
- Responsibility
- Respect for others
- Teamwork
- Tolerance

Dance education inspires good work habits and healthy lifestyle choices. Studies show that a structured dance program enhances academic achievement.

At every age and ability, dancing is exciting and joyful.