

Benefits Of Dance

Intellectual & Academic



Sparks a child's imagination and nurtures individual creativity.

Teaches the basic elements of creative movement (time, space, and rhythm)



Develops expression of self through non-verbal cues.



Develops musicality.

There is a strong correlation between involvement in the arts and increased educational achievement.



Social & Emotional



A fun way to meet new friends.

Develops essential social skills through interaction with others.



Builds confidence, focus, motivation and discipline.

Helps display confidence, self-esteem and poise.



Develops communication, teamwork and leadership skills.

Physical



Builds muscle strength and increase flexibility.

Develops a sense of balance, improve agility and coordination and promotes joint health.



Improves brain function through use of memory and rhythm skills.

Develops body awareness and learns correct posture.



Relieves stress and feels relaxed.

