



# SheLor School of Dance

## YOUTH DANCE

Whether you are just starting on your dance journey, or continuing from earlier years, SheLor has age-appropriate programming for students of an elementary age. We look to focusing on fundamental skills, techniques, and strengths to set up our younger students for a healthy, happy, and fruitful career in dance.

## ENGAGE AT ANY AGE

Our award-winning faculty has great strength in youth education, many working as youth teachers outside of SheLor. We are happy to be able to bring this to the studio where we instruct our youth dancers in a variety of styles, such as ballet, jazz, and acrobatics. Our large and dedicated curriculum provides all of the foundational skills for our younger dancers along with specialized staff.

Code	Title	Time
RAD 1	Ballet/Tap RAD Grade 1	Monday 7-8
RAD 2	Ballet/Tap RAD Grade 2	Monday 5-6
BAL T 100	Pre-Comp. Ballet and Tap	Monday 6-7
ACRO 1	Acrobatic Arts Beginner 1	Tuesday 5-6
ACRO 2	Acrobatic Arts Beginner 2	Tuesday 5-6
JAZZ 000	Beginner Jazz Choreography	Wednesd ay 6-7
JAZZ 100	Pre-Comp. Jazz	Monday 5-6
JAZZ 02/03	Jazz Level 2/3	Monday 6-7



## BENEFITS OF YOUTH DANCE

Aside from the obvious benefits of a strong physically healthy lifestyle and friendly social environment here at SheLor, there are even more advantages to dance. The National Institute of Health has indicated that dance provides a pressure-free stress reliever for kids, as well as a stimulant to developing brain activity, that may otherwise remain unengaged. "Kids can become more comfortable and confident with their own body. It's a healthy form of self-expression" – Dr. Nancy van Keuls, MD, Pediatrician, The Cleveland Clinic.

## SHELOR SCHOOL OF DANCE

We have been a staple of not only the artistic aspects of Butler, PA but a small business proud to be located here! Visit our website, give us a call, or even stop in for a visit and dance a little!