

Which Style Of Dance Should I Choose?



Take **TAP** if you like *rhythms and sounds*

Tap develops a strong sense of rhythm, coordination and agility by creating sounds with the feet.



Take **BALLET** if you like feeling *elegant and poised*

Ballet develops discipline and technique that is essential to all forms of dance, as well as proper posture, placement, alignment.



Take **JAZZ** if you like to *move and groove*

Jazz is stylized dancing that is energetic and fun. It focuses on developing proper technique, flexibility, leaps and turns.



Take **LYRICAL** if you like to *dance from your soul*

Lyrical combines the technical elements of dance with feelings and emotions. It tells a story through fluid and smooth movement. Lyrical class is with our Ballet Class.



Take **ACRO/Tubmble** if you like to *tumble and stretch*

Acro focuses on tumbling, cartwheels, bridges, and walkovers. It focuses on flexibility, strength, balance, and agility.



Take **HIP HOP** if you like *trendy music and dances*

Hip Hop is a freestyle form of dance that stems from the roots of jazz, but incorporates modern urban movements and is performed to modern music.



Take **Poms** if you have *spirit and energy*

Poms is a form of cheerleading which incorporates sharp and precise dance movements to energetic music.

Benefits Of Taking Multiple Classes

INCREASED CONFIDENCE & SELF ESTEEM



PROMOTION OF SELF EXPRESSION



WELL DEVELOPED TEAMWORK & PROBLEM SOLVING



PHYSICAL HEALTH BENEFITS



HIGH LEVEL OF INDEPENDENCE



IMPROVED MENTAL HEALTH



INCREASED SOCIAL SKILLS



REDUCED STRESS



HIGH EDUCATIONAL ACHIEVEMENT



STAY INVOLVED & BUSY