

Dance lessons can give a child much more
than just dance ability!

10 Good Reasons Why Young People Should Study Dance

1. **Dancing** develops posture, coordination, timing, balance, and flexibility.
2. **Dancing** leads to good fitness, developing strength and a healthy body.
3. **Dancing** develops an appreciation of music.
4. **Dancing** promotes social development, self-esteem and confidence.
5. **Dancing** is an outlet for the emotions.
6. **Dancing** teaches skills of creativity, problem solving, risk-taking, and a higher order of thinking.
7. **Dancing** appeals to the restless nature of youth and builds focus.
8. **Dancing** develops the brain, memory, and the nervous system.
9. **Dancing** teaches children how to control their energy and promotes expression and reflection.
10. **DANCING IS FUN** and can be a lifetime hobby!

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