

## **IS DANCE THE RIGHT CHOICE FOR YOUR CHILD?**

Dance is pretty popular these days, with shows like 'So You Think You Can Dance' on the rise, kids all over are enrolling in everything from Ballet to Hip Hop classes. But wait, besides pure fun and recreation what are the real benefits of dance?

- 1) **Physical Fitness** – So this one's obvious, we want to keep our kids healthy and teach them the importance of fitness. However few people realize the total body workout a dance class provides. Aside from a great cardio workout, a dance class incorporates flexibility, balance & co-ordination. Not too many other sports can boast such a benefit.
- 2) **Self Expression & Creativity** – This is another area of our kids lives we would all like to nourish, however most other arts related activities are sedentary. Dance on the other hand can be a magical and creative experience for our little ones, with the right instructor to guide them dance can be a gateway to self expression for our kids.
- 3) **Discipline** - Dance finds a way to implement discipline without stifling free thought and independence. In the pursuit of perfection in dance a student who continues their training must find a balance between physicality, creativity and discipline. This is a rare talent and one that can help our kids succeed in any avenue they choose in their lives.
- 4) **Confidence** – Here's a biggie!! One of the most illusive traits we want our children to possess. Imagine stepping out in front of 100's of people and performing something you've practiced and worked to perfect over time. Achieving such a task is quite a confidence boost, whether for a toddler or a teenager honing such a skill as performing can make the 3 minute speech or panel interview that makes our palms sweat, a walk in the park for them.

Add to the above a fun, social, team environment all set to music and it's no wonder our kids can't resist. Dance is truly a gift for your children that will keep giving through out their lives.