

Shaw Dance Studio and Preschool

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*At every age and ability,
dancing is exciting and joyful!*

Physical

- *Balance and Coordination
- *Structured physical activity
- *Correct posture and alignment
- *Strength and Flexibility
- *Athleticism and Kinesthetic awareness

Why Dance?

Dance develops the individual physically, artistically, intellectually, emotionally, and socially. Dance students join an artistic family where they develop enduring friendships and nurture a passion for the arts. While having fun, dance students gain many benefits.

Intellectual

- *Critical thinking skills
- *Problem Solving
- *Time Management
- *Concentration and Focus
- *Self Discipline

Emotional

- *Confidence
- *Commitment
- *Determination
- *Self-Respect
- *Joy and Excitement

Social

- *Camaraderie
- *Responsibility
- *Respect for others
- *Tolerance

Artistic

- *Self expression
- *Creativity
- *Communication
- *Aesthetic awareness
- *Musicality

Dance education inspires good work habits and healthy lifestyle choices. Studies show that a structured dance program enhances academic achievement.

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