



# Youth Program!

*Ballroom dancing for school-aged children can be the best hobby a parent can involve them in! At one time, ballroom dancing was a regular part of a child's education because it promotes manners, good posture, social skills, and a sense of pride. On a purely physical level dancing is a great form of exercise and provides the benefits of improved health, coordination, and muscle tone. On a mental level, dancing enhances cognitive learning, and provides a goal- something they can work towards and be proud of. Ballroom dancing can also be used as a method for treating social, emotional, and physical problems at young age. Plus, ballroom dancing is simply FUN!!!*



*Ask us about our Summer Dance Camp for our Youth students!*