



General Benefits of Dance and Tumbling Classes

- Allows children to hold themselves with grace and balance
- Teaches how to isolate different parts of the body
- Increases endurance and muscle tone, working both sides of the body equally
- Builds stamina
- Improves posture, alignment, flexibility, agility, sense of timing, coordination, peripheral vision, spatial sense & memorization skills
- Teaches how music, rhythm, & movement work together, & develops rhythmic ability
- Provides exposure to new & different types of music & performance
- Cultivates a personal style & the ability to express emotion through movement
- Offers an alternative to competitive sports as a physical activity
- Develops focus, dedication and discipline
- Helps shy children learn to become relaxed & confident in front of a group

*Adapted from "General Benefits" Stacy M. DeBroff.
Sign Me Up!. New York: Free Press, 2003.*

