

## **Health Benefits of DANCE!!!**

Let's Dance!!! Creativity and self-expression are vital to your child's well-being, and dancing is a fun way to get your child to be active. Dancing has so many advantages, from physical fitness to boosting creativity and confidence. But how do you encourage it? Your child doesn't have to become a master dancer, but there are too many pros to ignore. Here's how to get your child to reap the benefits of dancing.

### **Physical Benefits:**

Dance is just as much an exercise as it is an art form!

- Improves Balance
- Builds Fitness
- Better Posture
- Works as a Release
- Develops Rhythm
- Improves Flexibility
- Promotes Neurological Development
- Develops Spatial Awareness
- Further Develops Gross & Fine Motor Skills

### **Social Skills:**

Since dance is a fantastic group activity, your child's social awareness will become enhanced!

- Encourages Socialization
- Fosters Teamwork
- Builds Respect and Acceptance

### **Stronger Minds:**

Not only is dance great for your physical development but your mental health is strengthened too!

- Builds Poise
- Enhanced Art Appreciation
- Teaches Perseverance
- Fosters Good Habits
- Improves Focus and Pattern Recognition
- Boosts Communication Skills
- Stimulates Creativity

### **Academic Benefits:**

Everything that your child learns in a dance class (time-keeping, dedication, hard work, routine, respect, growth mindset) can be applied in the classroom!

- Transferred Skills
- Builds Character
- Possible Future Career in Dance

### **Emotional Well-being:**

Dance is a therapeutic, cathartic and beautiful art form that gives people of all ages an emotional outlet!

- Improves Self-Worth
- Encourages Empathy
- It's Fun!
- Emotional Outlet
- Strengthens Sensory Awareness
- Provides a Life Purpose
- Teaches a Growth Mindset

### **Now that you know the variety of ways dance can benefit your child, how do you get your kiddo dancing?**

Dance Xperience dance studio has been serving the Burlington Township community for over 18 years. We offer a variety of dance styles for ages 2-18 years. Not only do we serve our students exciting dance classes taught by our enthusiastic, professional rock star faculty, but we also offer age appropriate music, costumes and classes that enhance concentration, a healthy body image, musicality and an appreciation for the arts. We feel it's extremely important to not only teach dance skills but life skills that dancers can take with them outside of the studio. We hope to see you at our special event!



**FREE DANCE CLASSES!!!**  
**SATURDAY MAY 15TH!**  
**@ HAINESPORT TWP PAVILION**

**MAYOR'S WELLNESS CAMPAIGN**



- 12:15-12:45pm Ages 2-3yrs Twinkle Babies Class
  - 12:45-1:30pm Ages 4-6yrs Twinkle Star Class
  - 1:30-2:30pm Ages 7-12yrs Jazz & Hip Hop Class
- \*\*\*Dancers can wear comfortable clothes & sneakers

[www.dance-xperience.com](http://www.dance-xperience.com) 856.787.1117

