

# *Faith Academy Programming Announces:*



## **There are many benefits to having children participate in Dance at an early age.**

1. Dance promotes creativity- Dance is a form for self- expression, children have a constructive outlet for creativity and can express themselves in a positive way.
2. Dance improves classroom performance. Dance requires discipline and focus, which translates to an improved academy performance.
3. Dance Improves Self- Esteem- children are more comfortable with their bodies and have improved self confidence.
4. Dance encourages Socialization- children learn to improve their communication and social skills by interacting with other dancers and learn to work as a team
5. Dance encourages an active lifestyle- dance will improve their flexibility, range of motion, stamina, strength, balance, coordination, and posture.
6. Dance Helps improve Behavioral Issues- dance tends to have a calming effect on children and helps release pent-up energy
7. Dance is Fun!!

Dance classes this month will take place at the school on Thursdays in November. This month's activity will be \$15 per child, all activity fees will need to be paid no later than November 1st. (date of first class) Kids will need to wear comfortable clothes that allow them to move freely and appropriate shoes.