

THE BENEFITS OF DANCE – AUDREY DASCOMB, RDE

<u>PHYSICAL</u>	<u>INTELLECTUAL</u>	<u>ARTISTIC</u>	<u>SOCIAL</u>	<u>INDIVIDUAL</u>
Fitness	Intellectual Stimulation	Arts Appreciation	Team Exploration	Confidence, Self-esteem
Coordination	Calculation & Planning	Musicality	Communication	Listening Skills
Cardiovascular Conditioning	Sequential Learning	Creative Expression	Camaraderie	Self-Discipline
Flexibility	Patterns	Imagination	Cooperation	Sense of Accomplishment
Strength	Spatial Development	Innovation	Respect	Persistence
Muscle control	Increased Motivation to Learn	Rhythmic Expression	Patience	Accuracy
Endurance, stamina	Mental Flexibility, Problem Solving	Music appreciation		Open to new Ideas
Grace, poise, posture	Holistic Thinking (Right & Left Brain)	Artistry		Self-awareness
Balance	Improved Academic Performance			Open-mindedness
	Memory			Time management skills
				Reasoning skills
				Problem solving skills
				Focus, concentration
				Determination, perseverance
				Strong work ethic

Dance education at Dance Expressions Unlimited is more than dance lessons, techniques, and steps. The above mentioned benefits are only the beginning. We are educating the minds, bodies, and souls of our students while teaching them skills needed for a successful life, whether or not they stay involved in dance.

Dance Expressions Unlimited is committed to providing a quality, comprehensive, individualized dance education program for both the recreation dancer and aspiring professional. First and foremost, we strive to impart a love of dance and joy of movement in our students. Classes are disciplined, non-competitive, and nurturing to enhance and encourage progress in EACH student.