

# THE BENEFITS OF DANCE CLASSES



Santa Teresa Academy of Music and Dance

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## CREATIVITY & SELF-EXPRESSION

Dance provides a forum for communicating feelings and using imagination for creative endeavors.

## CONFIDENCE & POISE

Frequent performance helps develop confidence and poise that will be useful in dealing with many situations in life.



## PERSEVERANCE & COMMITMENT

The demands of dance study help develop the skills necessary to follow through on projects and commitments.

## CONCENTRATION & PROBLEM SOLVING

The study of dance fosters concentration and problem solving skills that carry over into other subjects.



## PATIENCE

The process of learning effective practice skills aids in developing patience.

## PRIDE IN ACHIEVEMENT

Students develop a sense of pride in their abilities through dance achievements.



## COORDINATION & STRENGTH

The coordination of both small and large muscles is strengthened through dance.

## TEAMWORK & FRIENDSHIP

Dance provides opportunities for cooperation and interaction with peers which establish friendships.



## SELF-ESTEEM & SATISFACTION

As dance skills are developed, students feel a strong sense of satisfaction in their progress and develop a feeling of self-esteem that transfers to other situations in life.

## FUN & RELAXATION

Dancing is fun! This skill can provide hours of entertainment and relaxation throughout one's entire life.