

Why Dance?

Dance Encourages an Active Lifestyle

In today's technology-driven world, it is increasingly important for children to have a physically active lifestyle. Dance is the perfect way to keep children active in a safe but fun way. Through dancing, they will improve their flexibility, coordination, balance, stamina, strength and posture.

Dance Improves Classroom Performance

Children who participate in dance lessons tend to perform better in the classroom. Dance requires discipline and focus, which increases academic performance. Dancing also teaches perseverance and resilience. Children often expect to achieve success in everything they try straight away and find it hard to cope when things go wrong.

Through careful training they learn the benefits of making progress over time, through guided practise, to improve and achieve success.

Dance Improves Self-Esteem

Children who dance have improved levels of self-confidence. It takes great courage and confidence to dance on stage in front of an audience or take an examination and dance helps encourage both of these wonderful qualities. Dance also helps foster a positive attitude towards accepting constructive advice and using this to improve skills further.

Dance Encourages Socialization

Dance lessons are a great place to make new friends. Children learn to improve their communication and social skills by interacting with others in their class. They also learn how to cooperate and trust one another working together as a team. It's not uncommon for children to forge lifelong friendships from dance.

Dance Helps Improve Behavioural Issues

Dancing is a skill that requires intense focus, discipline and coordination. It also provides a time to forget about the hustle, bustle and stress of a busy life and focus on themselves. Dance lessons help improve behavioural issues, such as hyperactivity, having a calming effect on children by providing a structured way to release pent-up energy.

Dance Promotes Creativity

Participating in dance lessons promotes creativity; it is a form of self-expression. Children who dance will find a constructive outlet for their creativity and a positive way to express themselves.

Dance is Fun!

This is perhaps the greatest benefit. Dancing is so much fun for children, allowing them to stay active in a safe, fun and exciting way.

All the while, your child develops important social, emotional and physical skills without even realising it.

At 'Imperial Academy of Dance' we believe that being taught by a qualified teacher ensures that all the benefits of dance can be gained in a safe, fun and supportive environment.

We offer classes in Ballet, Modern, Jazz, Commercial, Tap and Acrobatics for children from the age of 3+

We also offer our students regular opportunities to perform on stage, through taking part in dance festival competitions and shows.

We have had a very successful 2017-2018 year, with excellent results in examinations, competitions and with students performing in local productions, including; Scrooge, Robinson Crusoe, Joseph and the Technicolor Dream Coat, Chitty, Chitty, Bang, Bang, Cats. Upcoming performances include; Mother Goose and Beauty and the Beast.

If you would like your child to enjoy all the benefits of dance, Why not come along for a free trial?

Look for us on Face book, [impsacademyofdance](https://www.facebook.com/impsacademyofdance).[simplesite.com](http://impsacademyofdance.simplesite.com) or call us on 07970980024

