



What Online Dance Classes Do For Your Child?

- Keeps them moving and exercising during pandemic
- Helps them get into their bodies and provides mind/body connections
- Keeps them healthy
- Keeps them connected to a community that they know
- Brings back that personal connection that they have with instructors and peers
- Creates a sense of normalcy
- Teaches them to learn in a new way
- Continues with training
- Let's them try other genres of dance they might not have had time to try before
- Exposes them to different teachers and different teaching styles

