

# *Ballet Dance classes at the Deens Academy*



***'Dance with me Studio'***

***Contact Details: 9845214371, 9986007082***

***mridula\_martis@yahoo.com***

## ***Ballet dancing and your child***

*Promotes good posture, body poise and awareness*

*Enhances creative expression*

*Increases flexibility and spatial awareness*

*Improves cognitive ability*

*Improves discipline and focus*

*Encourages usage of both sides of the brain*

*Fun, graceful and stays in your child's life for years to come*

*Ballet dance classes will improve your child's confidence and sets a good foundation for acquisition of any creative skill. Beautiful and elegant, this classical style consists of graceful moves, pirouettes, twirls and body shaping encouraging poise and balance.*

## ***Course structure***

*Every class is syllabus oriented with warm up floor exercises, basic ballet exercises focusing on hand and feet positions, body balance and poise. As the classes progress, the students will gradually learn across the floor movement and performance routines.*

*Through the sessions the participants are taught to work in a group and are also guided into putting together their own routines with the syllabus taught and every class ends with a performance.*