

We are More Than Just Great Dancing!®

At Every Stage Dancers Learn

3-6 Years Old

- Coordination
- To use imagination, listening skills, and self-expression
- Miles of Smiles!

7-9 Years Old

- Posture & balance
- Cooperation
- Visualization and focus
- Healthy self-esteem

10-13 Years Old

- Physical strength and cardiovascular health
- Commitment
- Self-confidence

14-18 Years Old

- Good lifestyle habits and healthy body image
- Emotional maturity and respect
- Lifelong career skills



Cinderella
is living proof that the right
pair of shoes can change your life!

Why Dance?

“I pay for my child to learn to take care of their *body*. I pay for my child to learn to work with others and to be good *teammates*. I pay for my child to learn to deal with disappointment, when they don't get that part they hoped for, but still have to *work hard* at the part that they received. I pay for my child to learn to make and *accomplish goals*. I pay for my child to learn that it takes hours and hours and hours of hard work and practice to *create something beautiful* and that success does not happen over night. I pay for the opportunity my child has and will have to make *life long friendships*. I pay so that my child can be on stage instead of in front of a screen...”

- Shad Martin



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