

THE BENEFITS OF *Dance Class*

DANCE BUILDS SKILLS. DANCE BUILDS CHARACTER.
DANCE BUILDS A BRIGHTER FUTURE.

At 320 Dance, we believe in the power of dance to shape strong bodies, confident hearts, and inspired minds.

A strong start in dance leads to a lifetime of success!



BUILDS CONFIDENCE

Dance helps students grow self-esteem as they master new skills, take on challenges, and shine in and out of the studio.



IMPROVES FOCUS & DISCIPLINE

Learning choreography and improving technique teaches dancers focus, patience, and the value of hard work.



ENCOURAGES EXPRESSION

Dance is a powerful way for kids to express their emotions, creativity, and personality through movement.



BUILDS FRIENDSHIPS

The studio becomes a second home where dancers build lasting friendships and learn the power of teamwork.



PROMOTES PHYSICAL HEALTH

Dance improves strength, flexibility, coordination, and posture—helping dancers feel strong and healthy.



TEACHES PERSISTENCE

From learning new steps to perfecting routines, dance teaches dancers to keep going and never give up.



BOOSTS TIME MANAGEMENT

Balancing dance with school, family, and friends helps dancers develop responsibility and time management.



CREATES LIFELONG IMPACT

The skills, confidence, friendships, and memories made in dance class last a lifetime!



More Than Dance.
IT'S A FOUNDATION FOR LIFE.

DANCE HELPS KIDS BECOME:

- ✓ Confident
- ✓ Focused
- ✓ Kind
- ✓ Creative
- ✓ Strong
- ✓ Resilient



READY TO SHINE?

We're here to support your dancer every step of the way!

320
DANCE



CONTACT US

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