



# WEEKLY BALLET PROGRAM

PRESENTED BY PROS 2 GO

Ballet improves posture and coordination. As the young dancer advances in their ballet training, he or she will gain postural alignment and control over the body. These physical benefits are crucial to your child's health in and out of the dance studio, especially in the age of computers. Ballet classes help to develop correct everyday posture, helps raise your child's self esteem, enhancing socialization skills, improving balance and of course coordination. Training requires a lengthened, vertical spine and square hips, and learning this stance increases awareness of the way you might stand, sit or walk in daily life. Each class is conducted in a fun and safe environment by highly trained instructors. Classes are for ages 3 and up.

Visit our website for more information and to signup

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