

SIX AMAZING BENEFITS OF DANCE

Dance performance is both a personal and interactive experience that builds a unique connection between dancers, choreographers, musicians, and audience members. Dance training itself provides many benefits—physically, mentally, and emotionally. In addition to the obvious benefits of the physical work, students often find that their training has assisted them in developing many life skills, and in developing a confidence in confronting challenges in other areas of their lives.



- » Dance training involves every muscle in the body. Students develop strength, agility, coordination, flexibility and stamina. They discover an awareness and connection to their bodies.
- » It is well documented that the combination of physical exertion, music, and personal expressiveness is the ideal mind-body connection. Dance training requires that the student “multi-task” by using visual, auditory, and kinesthetic skills to produce movement in a specific way.
- » Dance training takes place in group lessons, allowing students to participate, learn and contribute within a community of fellow dancers. This is also the model for future professional workplaces, university programs, etc. Most importantly, students develop life-long friendships and social skills.
- » Dance students are quick learners, and have highly developed skills of concentration, memorization, and focus—all of which carry over into successful academic achievement. They are required to manage their time carefully take responsibility for their own actions. Students also learn to accept and act upon the “corrections” given to them by their teachers.
- » Performing on stage gives students an opportunity build confidence and “rise to the occasion.” It also makes a direct connection between the work in the studio and the presentation on stage, inspiring students to continue to do the work.
- » Dancing is fun. It’s an expression of joy!

It's never too late to enjoy the benefits of dance.

Call us today at 860.768.4451 to find out about upcoming classes. Better yet, attend our Dance Open House, either Wednesday, August 17 from 3-6 p.m., or Saturday, August 27 10 a.m.-12:30 p.m., at the Handel Performing Arts Center, 35 Westbourne Parkway, just beyond our main campus, in Hartford.

The Hartt School Community Division publishes a [newsletter](#) that is chock-full of helpful information for students of music and dance, their families, and friends. [Sign up](#) today.

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