

BALLET



- **Develop gross motor skills**
- **Structured awareness of ballet terminology**
- **Musicality and artistry in the dance form**
- **Flexibility, strength and body awareness**
- **Understanding of the mechanics of the body and strengthening of alignment and posture**
- **Awareness & enjoyment of classical music and it's relationship to dance**
- **Develop creativity and expression**
- **Develop technical aspects of the classical ballet dance form**

Dance  **Dynamics**

Andrea Dalton

To Dance is to Dream ...