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# Dance Sampler Classes

William Land Elementary, 2023-2024 School Year

Wednesdays

Grades K | 2:15-2:45pm

Grades 1st-3rd | 3-4pm

Grades 4th-6th | 4:15-5:15pm

Start date: Wednesday, October 4th, 2023

Teaching Artist: **Reylina Curtis**

NorCal School of Performing Arts

[info@norcalsota.org](mailto:info@norcalsota.org)

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## Course Overview

Join us for an exciting journey into the world of dance! In this engaging and dynamic course, William Land Elementary students will have the opportunity to explore the fundamentals of dance and discover their inner rhythm and creativity. We will cover basic dance techniques including plié, jazz walks, turns, leaps, and grooves - developing a solid foundation in movement and control. Throughout this course, we will explore multiple dance styles such as Hip-Hop, Ballet, Jazz, and Contemporary. Discover the unique characteristics and expressive possibilities of each style.

## Course Highlights

- **Improves Cardiovascular Health:** Dancing involves continuous movement and can raise your heart rate, which is great for cardiovascular health. It helps improve blood circulation, leading to a healthier heart and better overall cardiovascular fitness.
- **Improves Balance, Strength & Flexibility:** Dance encourages a strong and flexible body. Many dance movements, such as ballet positions or yoga-inspired stretches, help improve balance, strengthen muscles, and enhance flexibility.
- **Challenges & Boosts Cognitive Performance:** Dancing is a mental workout that enhances memory, spatial awareness, and problem-solving skills, leading to improved cognitive abilities and mental sharpness.
- **Inclusivity & Community:** Dance is an inclusive activity that welcomes people of all ages, backgrounds, and abilities. It promotes diversity and encourages a sense of belonging, fostering a supportive community.

- **Supports Stress Relief & Emotional Health:** Dancing is a therapeutic outlet that boosts emotional well-being by releasing mood-enhancing endorphins, reducing stress, anxiety, and even symptoms of depression.
- **Implements Focus, Creativity & Discipline:** Dance requires focus and discipline to master techniques and routines. It encourages creativity as dancers interpret music and express themselves through movement. These skills can be applied in various aspects of life, including academics and everyday tasks.

**SCAN QR CODE TO SIGN UP TODAY!**



Join us and let your inner dancer shine! Enroll today and take your first steps towards becoming a confident and skilled dancer.