



Wings School of Dance is excited to announce the Preschool Academy! We look forward to sharing our love of dance with your child while following the Standards for Dance in Early Childhood set forth by the National Dance Education Organization (NDEO).

The National Dance Education Organization (NDEO) is the foremost national dance organization in the United States dedicated to teaching dance as an art form in PreK-12, higher education, private studios, community and cultural centers, and outreach programs of Performing Arts Organizations. NDEO advances quality education in the art of dance through professional development, service, and leadership. Wings School of Dance has been a member of the NDEO since 2013.

Preschool Academy includes 2 classes per week. Class sizes are small to maintain social distancing. Monthly tuition is \$139.00 per month plus one-time materials fee \$50.00. Materials fee includes weekly arts, crafts, stories and props.

Tuesday 1:00-2:15 Core Arts + Combo Dance Class with Ms. Wendy & Miss Hanna
Thursday 1:30-2:15 Ballet + Tap with Miss Hanna

The Benefits of Dance

Dance is a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social, and cognitive attributes have only recently begun to be appreciated.

Physical Development:

Dance involves a greater range of motion, coordination, strength, and endurance than most other physical activities. This is accomplished through movement patterns that teach coordination and kinesthetic memory. Dancing utilizes the entire body and is an excellent form of exercise for total body fitness. Young children are naturally active, but dance offers an avenue to expand movement possibilities and skills.

Emotional Maturity:

Dance promotes psychological health and maturity. Children enjoy the opportunity to express their emotions and become aware of themselves and others through creative movement. A preschool child enters a dance class or classroom with a history of emotional experiences. Movement within a class offers a structured outlet for physical release while gaining awareness and appreciation of oneself and others.

Social Awareness:

Dance fosters social encounter, interaction, and cooperation. Children learn to communicate ideas to others through the real and immediate mode of body movement. Children quickly learn to work within a group dynamic. As the ongoing and sometimes challenging process of cooperation evolves, children learn to understand themselves in relation to others.

Cognitive Development:

Young children will create movement spontaneously when presented with movement ideas or problems that can be solved with a movement response. Movement provides the cognitive loop between the idea, problem, or intent and the outcome or solution. This teaches an infant, child and, ultimately, adult to function in and understand the world. The relationship of movement to intellectual development and education is an embryonic field of study that has only recently begun to be explored.

