

# EDU DANCE & FITNESS



## ABOUT PROGRAMME

This is a program designed to combine movement, music and community in a class for children.

The sessions are rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip hop, salsa, reggaeton, cumbia and more.

Through the programme, we seek to inspire kids to express themselves through movement and play while effectively improving their overall health and well-being, balance, range of motion and coordination. The benefits as well as the fun are endless!



## MAXIMIZE LOVE, MANAGE STRESS



Our Edu Dance & Fitness classes are all about sharing love and relieving stress! We cheer and give high-fives often to maintain a positive and loving environment. The children find release through physical activity in a judgment-free atmosphere. The focus in our class is to move to the music with friends, instead of trying to get every step right. Our classes teach resilience by instilling the idea that it's okay to make mistakes. The children are reminded that there is always another opportunity to get stronger, do the steps faster, etc. Our classes also teach mindfulness by asking students to be aware of what their bodies are doing in space. For example, are they respecting other students' space on the dance floor? Are they giving their best effort? At the end of class, students perform a cool down to make sure their minds and bodies are calm before returning to their classrooms.





## LEADERSHIP

At the start of every session, children volunteer to tell the instructor important things that have happened to them in their day leading up to the class. Children are encouraged to talk about steps that they enjoy doing. They get opportunities to exercise leadership and responsibilities by volunteering to lead cool down sessions or during game segments.





## Our Beautiful World

Our Edu Dance & Fitness class is a multi-cultural program. It has a “Cultural Lesson” component. This is what makes our classes so unique. Instructors educate participants on the diverse cultures that correspond to the types of dance they are learning.





## Explore Through Movement and Play

Our Edu dance & Fitness program is designed to get kids moving through the use of age appropriate dance steps and kid-friendly music from genres including American pop, salsa, merengue, reggaeton, cumbia, and more. Fun activities and games in between dance sets are used to give the children a brief break from structured dancing.

