

## Is Your Child Ready for Advanced Dance Classes?

The many benefits of dance classes for children, especially when children start young, are numerous and far-reaching. The fun-filled exercise is just the tip of the iceberg when you start discussing dance class benefits for your child. However, once you've passed the brand-new member stage of going to your child's dance studio, how do you know when your child is ready to progress beyond that of a beginner? There are a few tell-tale signs that can help you determine if your child is ready for advanced classes

- 1 Ask the Teacher**– First, it's important to have an open and ongoing discussion with your child's [dance instructor](#). Often times parents can have a bias towards their child's talent, and pushing for your child to be part of an advanced dance class when they aren't ready can be detrimental for all involved. However, if your child's dance instructor feels that your child is ready to advance, that is a good sign. You may want to take the initiative and ask your child's instructor.
- 2 Ask Your Child**– Second, you should assess the interest level of your child. Does your child love to dance? Do they willingly spend their free time practicing? Do they want to take on the extra responsibility of advanced [dance classes](#)? If this sounds like your child, then they might be ready. If they enjoy dancing, but would rather spend their free time elsewhere, then advanced classes might not be for them. Not because they don't have the talent, but because their level of interest and commitment may be lacking.
- 3 Evaluate their Maturity**– [Advanced dance classes](#) require a certain level of dedication and commitment for them to be enjoyable, and if your child is only interested in dance as a recreational activity, he or she may not enjoy advanced dance classes.

### **“Divert from Gadgets & Technology through dance therapy**

#### **Initiated by the swingers Bangalore ”**

##### [“Dissuade Gadgets & Gismos from Kids & Youths through Dance Therapy”](#)

Starting from the age of 2yrs, today the whole world has been fascinated and addicted to some sort of gadgets and technologies. Random survey reports says ,50% of the people use mobile phones every 2<sup>nd</sup> minute, either to check messages or social media, this mental reassertion could lead to damage in their brain and physical system, This Swingers [dance studio](#) Bangalore & Uplift foundation has come up with solution for to this ! With an old fashion method of physical exercise, packed in a new bottle Called as “DANCE”. Classes and programme that can drive their attention & involvement and Reinforcing the Creativity & Physical Movements among the Young children & youths, Below mentioned detail information about the courses that can help the participant involved fullest in the physical form

The [Swingers dance studio Bangalore](#) recently tied up with Broadway dance center Newyork Announces the one of its kind courses for the student's interested taking up dance as a profession or serious hobby. All below courses are similar standard of international curriculum in dance. Students clear each level of course through exams both practical and theory.

**Professional Dance Certificate Programme (PDCP) Teens & Adults** - This Course is structured for Teens & Adult, helps to increase stamina and stimulates concentration. This course also induces lots of athletics in dance such as jumps, leaps, kicks & turns. Split into 3 levels Beginners, Intermediate & Advance.

**Latinotics** - This course is basically structured for corporate, working professionals & College Students. The class offers a fun filled stress buster dance styles incorporate latest social & trendy Latin Partnering dance forms like Salsa, Merengue, Bachata, Cha-Cha , Zouk & Jive.

**6-11 yrs Certification programme young dancers (CPYD)** - This Course is structured for children aged between 6-11 yrs are split into 3 levels. Every level will lead to advance level of Techniques, flexibility & Musicality. This Course will also increase stamina and stimulates concentration that will help in academics of the children.

**3-5 yrs Boogie up For Kids & Mommy** - Boogie up is for our youngest dance fans, ages 3-5 years old and their caregiver who are looking to have some fun and bonding with their little loved once.

**Strong by Zumba** -Introducing Music-Led Interval Training With most workout programs, music is an afterthought. The music in STRONG by Zumba was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.