Ballet is a popular hobby for children to take up when they are younger, and there are so many reasons why. Not only do ballet classes give children a chance to gain a new interest and skill, but learning the dance presents them with physical, psychological, social and educational benefits too.

As a form of exercise, ballet sees many physical benefits for those that learn or practice it. It’s a great way to keep young boys and girls active as it’s a fun sport to learn and engage with on a regular basis.

Besides the fact they teach a new form of art, our ballet classes have a variety of educational benefits that can prove particularly useful for dancers of all ages, particularly young dancers. Learning ballet at a young age is one way to enlighten children to art and culture, or to enrich their interest and understanding of such things.

By promoting an interest in music and the arts of performance, our ballet classes can enhance children’s artistic development– and not to mention, their language skills by picking up a few handy French phrases along the way!

**What to wear?**

-Hair tied back (if possible a bun)  
-Pink ballet tights or pink ballet socks with IDTA ballet uniform for their grade.  
(if don't have uniform leggings and a leotard is fine)  
-Ballet shoes