



Elefante Music & School for the Performing Arts

Beginning Ballet for Teens

Ballet is the core of all forms of dance. So often, kids who didn't study ballet at an early age (or who dropped their ballet training after a short time) mistakenly decide that it's "too late" for them to begin ballet studies in their teen years. Nothing could be further from the truth. Teenagers are uniquely suited to study ballet, and stand to benefit greatly from ballet training. Ballet fosters discipline, grace, and confidence. In addition, ballet has long been used by football players and other athletes to enhance agility and flexibility. This class is aimed at both girls and boys. Why not enroll with some classmates or teammates? The class concludes with a performance at our recital!