



# Canterbury Dance



Dance at Canterbury with Mrs. Hollis provides all students with the opportunity to acquire an introductory knowledge of dance as an art form. Students learn and refine dance skills and techniques in class and in performance. It is our goal to provide a student with an enriching dance experience that not only works to improve their coordination but also provides a chance for students to reach outside of their comfort zone and perform at our dance chapels.



Early Childhood and Lower School Enrichment Dance classes are a unique experience for the students to express themselves in dance with their friends and have the opportunity to perform and build self-confidence at the same time. Dance chapels are always a favorite for the students and staff to see the dancers on a different level of expression.



Middle School dance course is a unique opportunity for students that brings diversity to the school curriculum and also has the potential to provide significant benefits for a child's personal development. There are many great benefits to dancing. It allows students to be more active in the classroom and improve both their creative and physical skills, which works on skills that can be applied outside of the classroom. The confidence gained through dancing improves social skills, self-esteem and also the ability to communicate well in a group.

Dance forces some students to go out of their element in a safe zone, and by doing so they learn things about themselves that simply cannot be learned in a classroom. The variety of courses in the Fine Arts Department are what separates Canterbury from the rest.