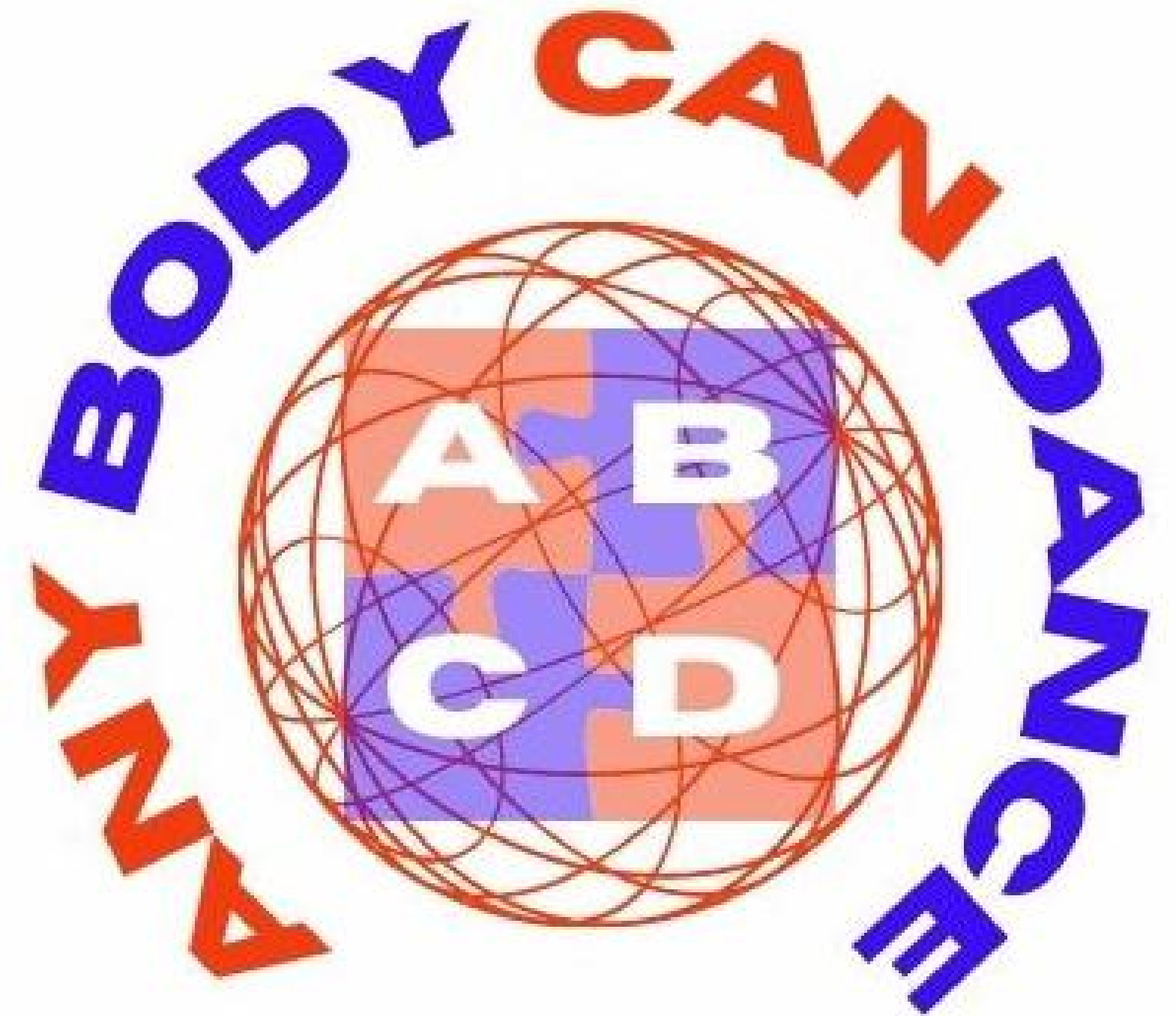


ANY BODY CAN DANCE!

We deliver Latin & African Dance classes during school hours or as an after school activity, from Key Stage 1 to 5 the choice is yours!

"When you dance, the purpose is not to get to a certain place on the floor. It's to enjoy each step along the way", - Wayne Dyer



 07904 082080  info@cubanvibes.com

**ANY BODY
CAN
DANCE!**

DID YOU KNOW?

- ✓ 1 - 6 School-aged children has a mental health problem.
- ✓ 1 - 20 one to nineteen year olds has a behavioural disorder.
- ✓ In Year 6, obesity prevalence has increased 21% in 2019/20 to 25.5% in 2020/21



PHYSICAL BENEFITS

WHY DANCE?

- ✓ Works as a Release
- ✓ Develops Rhythm
- ✓ Promotes Neurological Development
- ✓ Builds Fitness
- ✓ Improves Flexibility
- ✓ Improves Balance
- ✓ Develops Spatial Awareness



MENTAL BENEFITS

**WHY
DANCE?**

- ✓ Improves Focus & Pattern Recognition
- ✓ Boost Communication Skills
- ✓ Creativity
- ✓ Fosters Good Habits
- ✓ Teaches Perseverance
- ✓ Enhanced Art Appreciation
- ✓ Builds Poise

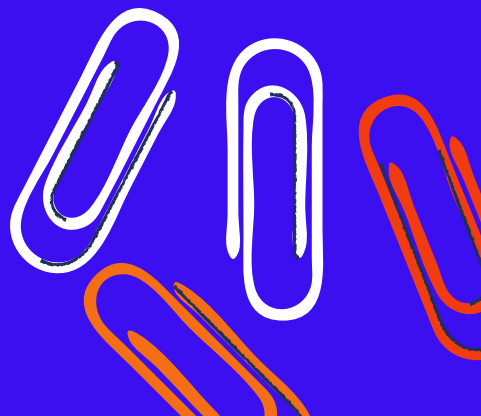


A young child with curly hair is shown in profile, shouting into a white and red megaphone. The child is wearing a blue and white striped shirt. The background is a vibrant blue with faint white line-art icons of various objects like a pencil, a ruler, and a paperclip. A large orange speech bubble is positioned above the child's head.

**WHY
DANCE?**

EMOTIONAL BENEFITS

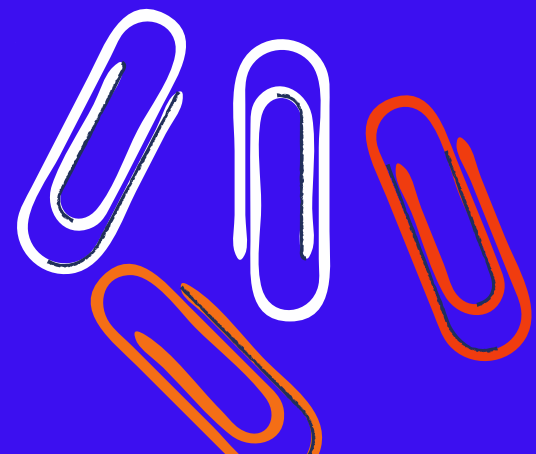
- ✓ Improves Self-worth
- ✓ Encourages Empathy
- ✓ Dance is Fun
- ✓ Emotional Outlet
- ✓ Strengthens Sensory Awareness
- ✓ Provides a Life Purpose



SOCIAL BENEFITS

WHY
DANCE?

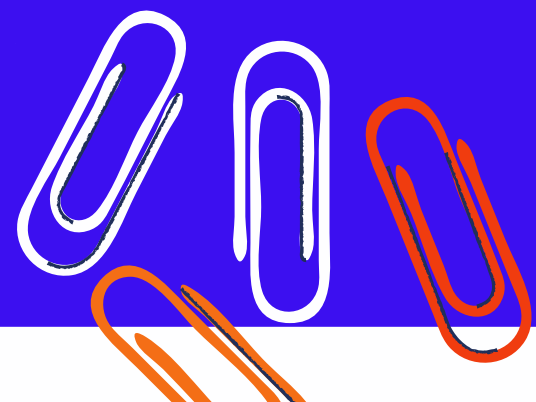
- ✓ Encourages Social Inclusion
- ✓ Fosters Teamwork & Partnership Workin
- ✓ Builds Respect & Acceptance



ACADEMICAL BENEFITS

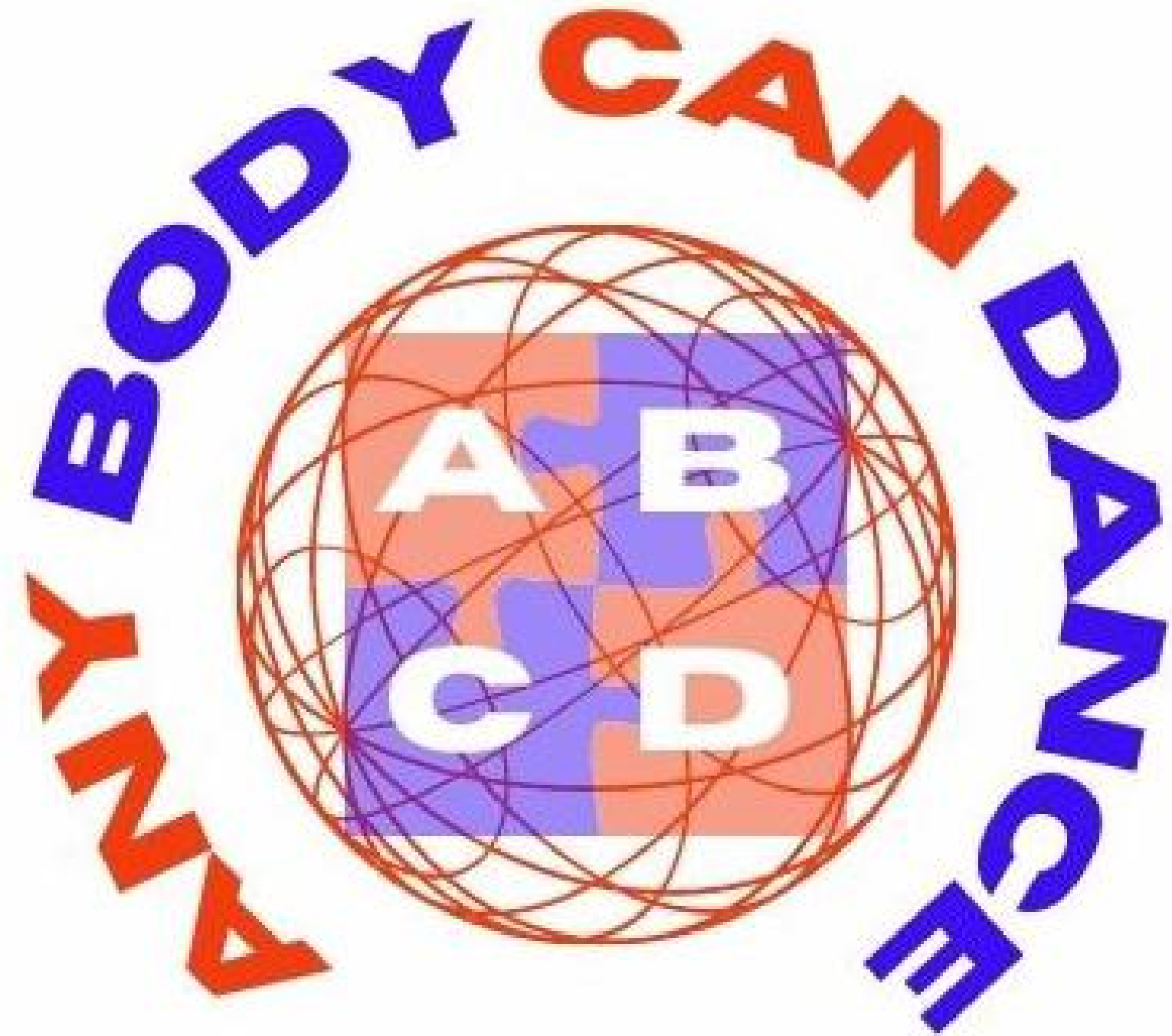
- ✓ Transferable Skills
- ✓ Builds Character
- ✓ Future Career in Dance

WHY
DANCE?



ANY BODY CAN DANCE!

Anybody can dance. It's innate in us all, whether it's at a party when no one's watching, or academic. It's a powerful practice that has much potential to really unlock your child's skill and happiness, so why not give it a chance?



07904 082080



info@cubanvibes.com