Our Vision

We envision a nation in which dance is a respected and integral part of life for all, and where the dance profession actively and collectively contributes to education and participation in dance.

Our Mission

UNITY is a non-profit coalition of dance education and associated organizations. It promotes cooperation and dialogue within the dance profession and speaks with a unified voice on dance education and dance-related issues.

For reprints of this brochure, please contact:
Patricia Cohen
(914) 332.9566
patcohen1@optonline.net
or go to
www.unitydance.org

This brochure is sponsored by

Curtain Call Costumes
www.curtaincallcostumes.com
Why dance?

Dance develops the individual physically, artistically, intellectually, emotionally, and socially. Dance students join an artistic family where they develop enduring friendships and nurture a passion for the arts. While having fun, dance students gain many benefits:

Physical
- Balance and Coordination
- Structured physical activity
- Correct posture and alignment
- Strength and Flexibility
- Athleticism and Kinesthetic awareness

Artistic
- Self expression
- Creativity
- Communication
- Aesthetic awareness
- Musicality

Intellectual
- Critical thinking skills
- Problem solving
- Time management
- Concentration and Focus
- Self-discipline

Social
- Camaraderie
- Responsibility
- Respect for others
- Teamwork
- Tolerance

Emotional
- Confidence
- Commitment
- Determination
- Self-respect
- Joy and excitement

Dance education inspires good work habits and healthy lifestyle choices. Studies show that a structured dance program enhances academic achievement.

At every age and ability, dancing is exciting and joyful.