

About UNITY™

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.

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FINDING COMMON GROUND AMONG AMERICA'S DIVERSE DANCE COMMUNITIES

Why dance?



UNITY is a 501c 3
Not-For-Profit Organization

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

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

Emotional

Social

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

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.