



Benefits of Ballet

Improves the following:

- Concentration
- Core strength
- Brain and body function
- Balance
- Control of muscles
- Posture
- Self confidence

Develops the following:

- Poise and body awareness
- Creative expression



• DASA
Ballet

• AIDT
Modern

Classes presented
at Waverley,
Loreto Queenswood
and Arcadia Primary
as well as
various nursery schools

Come and
enjoy classes of a
high standard in
a friendly
atmosphere.

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