



CREATIVE DANCE FOR CHILDREN

OUR MISSION

OUR MISSION is to nurture a love for movement and to build a foundation for life long physical well being.

CDC has been offering dance, movement, fitness and developmental gymnastics to children in preschools and learning centers in Virginia, Maryland and Washington DC since 1983.

CDC's national office is Creative Dance Center in Chantilly, Virginia. CDC Instructors and Regional Directors receive continual training in the form of workshops, observation of classes in session and updated materials.

A "Curriculum Skills Guide" is provided to parents. It lists the progression of skills and activities which the children are exposed to in the CDC program.

CDC teachers are hired for their dance/fitness background, their experience with children, and their willingness to be flexible with the needs of each individual center.

One million dollars in liability insurance covers the CDC program.

Why Our Creative Dance Classes are a Healthy Choice for Your Child

A typical CDC class includes the following elements and their benefits and described below:

Flexibility

Each class includes a period designed to stretch various body parts through imagery. When preschoolers develop their natural flexibility potential and maintain it on a consistent basis, they develop the healthy habit of stretching muscles as part of their total workout. This is important for any physical activity or sport they may choose in the future, as a properly stretched muscle will be less likely to pull or become sore from overuse.

Coordination

Locomotor skills, dance steps, folk dancing all work on coordination and rhythm. Learning to move during a creative movement activity while watching one's own space and travel patterns and while listening to directional or level change cues helps to sharpen children's listening skills and awareness of where they are in space. These skills are crucial for any sport they may pursue later.

Strengthening of Core Major Groups

Muscle groups of the upper body and abdomen have not yet been developed at the preschool age. Developmental gymnastics gives children opportunities to strengthen these areas through activities such as transfer of weight to the upper body, crawls which emphasize arm use, poses, and moves which use abdominal muscles.

Cardiovascular Conditioning and Confidence

Young children's energy level occurs in surfs; they need activities that will allow them to stop and go at will. Creative movement allows for this as well as giving children the freedom to move at their own energy level. Because they are motivated by imagery and music, children often participate and gain aerobic conditioning without feeling that they have had an "exercise class."



Serving Virginia, Maryland, and Washington DC

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