



How to Choose the Right Dance Class for Your Child

Choosing the right dance class for your child can set the stage for a lifetime of creativity, confidence, and fun. At **Capital City Dance**, we know every child is unique — and we're here to help you find the perfect fit!

Ballet

Perfect for: Children who enjoy structure, elegance, and precision.

Ballet builds strong foundations for posture, balance, and discipline. It's an ideal starting point for young dancers and helps develop flexibility and focus.

Tap

Perfect for: Kids who love rhythm, sound, and energy.

Tap dancing sharpens musicality and coordination while giving kids a fun way to make music with their feet.

Jazz

Perfect for: Lively, expressive kids who love upbeat music and dynamic moves.

Jazz builds confidence, strength, and stage presence while teaching rhythm and control.

Hip Hop

Perfect for: Energetic children who love modern music and freestyle movement.

Hip hop encourages creativity, individuality, and confidence through fun, high-energy choreography.

Acro

Perfect for: Adventurous kids who enjoy tumbling and tricks.

Acro combines dance with gymnastic elements, improving strength, flexibility, and body awareness.

Contemporary

Perfect for: Expressive kids who love storytelling through movement.

Contemporary dance blends elements of ballet and modern dance, encouraging emotion and creativity.

Lyrical

Perfect for: Children who connect deeply with music and emotion.

Lyrical dance combines ballet and jazz techniques to express feelings through graceful, fluid motion.

Tips for Parents

- Let your child try a trial class before committing.
- Ask our instructors for guidance based on your child's personality and experience.
- Most importantly, make sure your child feels happy, supported, and inspired!

At **Capital City Dance**, we offer Ballet, Tap, Jazz, Hip Hop, Acro, Contemporary, and Lyrical classes designed for every age and level. Whether your child dreams of performing on stage or just wants to move and have fun, we'll help them find the perfect fit.

Visit our website or contact us today to learn more!