

## **Ballet**

A2Zed offers a ballet programme directed by the renowned Elizabeth Samuda:

## Why ballet:

- Ballet develops the coordination of mind and body. It can improve and correct poor posture and can help to strengthen a child who is physically weak.
- Ballet builds confidence and promotes self-discipline.
- It also gives children a sense of movement, rhythm and an appreciation of music.

Between Ages 2 to 5 they will learn to:

- move with increased control, co-ordination and confidence
- demonstrate a developing sensitivity to music through movement
- express feelings and emotions through movement.

Elizabeth Samuda