

---

# **\*Ballet\***

---

## **The Benefits of Ballet**

**Learn why ballet is so critical to a dancer's repertoire. You may have heard your dance teacher or studio director say it a million times:**

**“You have to take your ballet.”**

**Most studio directors strongly encourage all students to sign-up for ballet class; some studios even have a ballet requirement.**

**But why is it so important?**

**Ballet has a number of benefits.**

**It improves your line, posture, flexibility, body awareness, alignment and strength. It is the foundation and sets you up for other forms like jazz and contemporary. Even tap and hip hop dancers can benefit from ballet. Ballet can certainly make you an all-around better dancer, and if you give it a chance, it can be fun, too!**

### **Foundation**

**“The foundation you build in ballet will pay off in every type of dance,” explains Tyler Stickel, who trained at the Dayton Ballet and has performed in the Radio City Christmas Spectacular and for choreographer Mandy Moore, among others. “The first exercise you do in ballet is a plié. What type of dance does not use a plié? None. Ballet simply crosses over in every style of dance. That’s why it’s so important.” Ballet gives dancers a solid foundation of technique, and with that strong base, they can dance other styles.**

.

