



are classes for musical theater and those for students wanting a familiarity with the kinds of dance and performance skills required of Broadway performers. The Dance Center also has classes in yoga, hip hop/funk, and ones in Nia®, which in itself combines yoga, dance, tai chi and martial arts. On Wednesday afternoons, there are classes for home schooled children. These are a kind of combination class that incorporates the three main dance disciplines with tumbling. Jeanne's diverse professional background as well as those of the other faculty members makes all this possible, and should there be a demand for anything else, Jeanne would be more than willing to open up another class.

"I want everyone to feel like they belong," she says, and as such these classes are for the young and the young at heart.

On Saturday mornings there are the Tiny Toes classes for 2.5-3 year olds, and the Fancy Feet classes for those age 3-4. Following these, there is a dance combo class for children age 5-7. There are classes in Cecchetti, Russian and Pointe (all are types of ballet). Add to these dozens of others offered Monday through Friday, and certainly, there is a class (if not a few of them) for everyone.

Most would attest to the fact that dance teaches such things as good posture, bodily control and physical awareness. It provides participants with an excellent workout and it improves flexibility and agility. However, dance can have an even greater impact on an individual's overall well being. Jeanne has seen students

come into their own while discovering their niche in dance. In many cases these are students who may not be as social in school, or they may suffer from severe shyness—in either situation, Jeanne, as well as the parents, have witnessed a signifi-

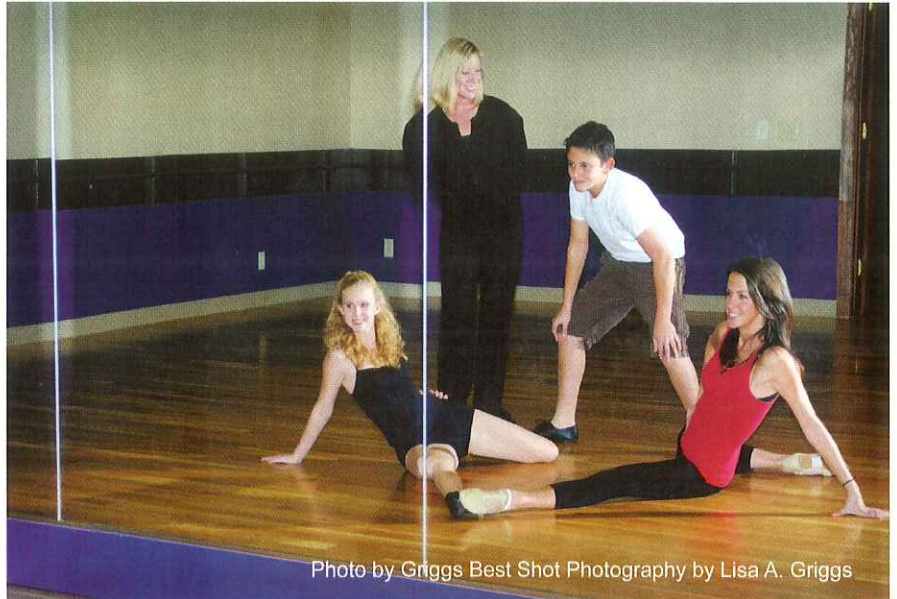


Photo by Griggs Best Shot Photography by Lisa A. Griggs

cant boost in that individual's self-confidence. Perhaps this change can be attributed to the fact that students will have to perform in front of a group of people at the end of the year (this can be quite humbling for even the most outspoken person) or perhaps it is the environment of acceptance and community that makes up the foundation of DCG. "Here you don't have to live with the labels and stereotypes," Jeanne explains. At DCG it's about having fun and learning the discipline.

Jeanne expects to see DCG grow and change as the future unfolds, and the biggest deciding factor for how this happens is her students.

Whether an individual's goal is to get into a university dance program, to prepare for a local theater production, or for overall fitness, DCG has something for you, your children, your sister, your mother. . . . because DCG, after all, is not just a school---it's a community, and a community includes everyone. **IGW**

For more information, to view a class schedule or to register call Jeanne Alala at The Dance Center of Greensboro: (336) 271-8177, or visit their website: <http://www.dancecentergso.com>

For more information about Nia® visit: <http://nianow.com/>



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