

Boys & Dancing at the JIG factory

Here at the JIG factory, Ridgewood and Middletown we offers boys ages 4yrs and up a robust program of dance. We make every attempt to keep our boys together so they can build important bonds between themselves and their teachers. Boys with a serious interest in Irish dance are also encouraged to learn more about our competitive program and performance program. Boys that compete are often presented with a wide variety of opportunities at the college and professional level.

Should a Boy Take Dance Class?

Dance class is not just for girls. More boys are taking dance class than ever before. You may feel pressured by relatives who view dancing as effeminate and want to steer your son in the direction of typical male dominant activities like basketball and karate. However, if your son is interested in dance or you feel he would enjoy it, consider enrolling him. Dancing actually builds great strength and endurance. The exercise and principles of dance can help your son perform better in all areas of his life from athletics to academics.

Benefits of Dance Class for Boys

Dance class benefits growing boys and may be one of the secrets to successful athletic performance in many sports.

Dance is art, exercise and sport all in one. Boys can get the following benefits from taking a dance class:

- Gross motor skill development: According to a 2004 Queens College study, preschool dance classes help develop gross motor skills.
- Total body workout: Dance provides a complete workout and can help prevent childhood obesity.
- Improves balance, flexibility, posture, and coordination which can help with other sports.
- Builds strength and endurance: Some of the strongest dancers are male Irish dancers who gain a great deal of total body muscular strength from Irish dances techniques. All dancing helps build strength and teaches students endurance as they learn more complex dance techniques that work the muscles harder.
- Increases self-confidence and provide a sense of accomplishment and learn to be a team player.
- Requires discipline and focus: Dance class requires focus on the teacher's instructions to learn dance moves and the discipline to practice until a student learns the lesson correctly. This discipline can help boys with attention deficit disorder improve the ability to focus and pay attention. The discipline learned in dance class can also help boys focus better on academics and build better study skills for school.
- Appreciation for physical fitness: A boy involved in dance will be more aware of the importance of physical fitness.

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