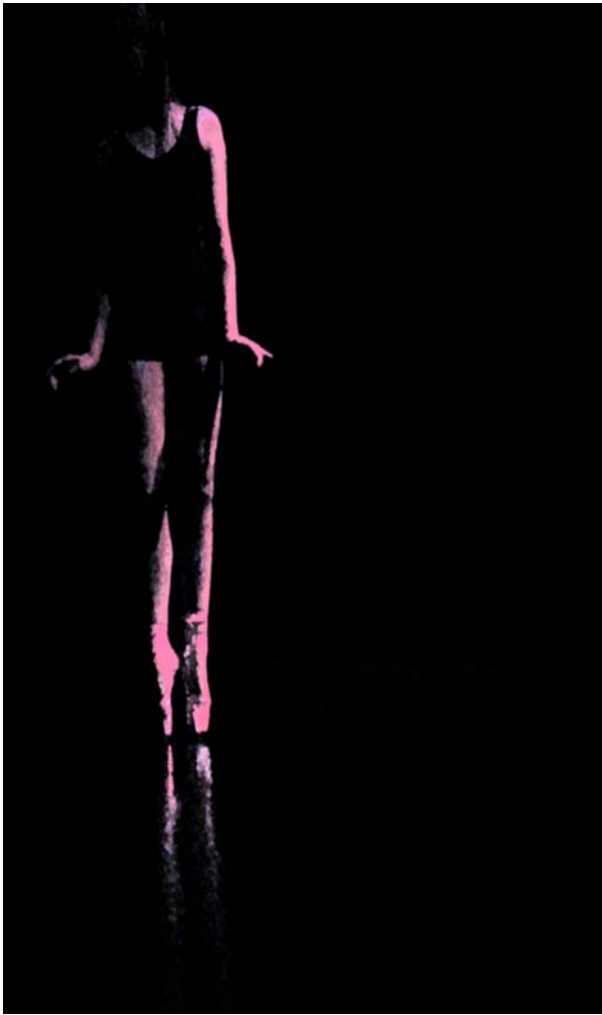


BALLET

FROM TINY TOTS TO ADULTS



Ballet forms the basis for all other dance styles as it helps develop

- * strength
- * posture
- * grace
- * co-ordination
- * muscle tone
- * technique
- * and musical awareness.

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