

# About UNITY™

## Our Vision

We envision a nation in which dance is a respected and integral part of life for all, and where the dance profession actively and collectively contributes to education and participation in dance.

## Our Mission

UNITY is a non-profit coalition of dance education and associated organizations. It promotes cooperation and dialogue within the dance profession and speaks with a unified voice on dance education and dance-related issues.

For reprints of this brochure, please contact:



Patricia Cohen  
(914) 332.9566  
patcohen1@optonline.net  
or go to  
[www.unitydance.org](http://www.unitydance.org)

This brochure is sponsored by



Curtain Call Costumes®  
[www.curtaincallcostumes.com](http://www.curtaincallcostumes.com)

FINDING COMMON GROUND AMONG AMERICA'S DIVERSE DANCE COMMUNITIES

# Why dance?



UNITY is a 501c 3  
Not-For-Profit Organization

# Why dance?

Dance develops the individual physically, artistically, intellectually, emotionally, and socially. Dance students join an artistic family where they develop enduring friendships and nurture a passion for the arts. While having fun, dance students gain many benefits:

## Physical

- Balance and Coordination
- Structured physical activity
- Correct posture and alignment
- Strength and Flexibility
- Athleticism and Kinesthetic awareness

## Artistic

- Self expression
- Creativity
- Communication
- Aesthetic awareness
- Musicality

## Intellectual

- Critical thinking skills
  - Problem solving
  - Time management
  - Concentration and Focus
  - Self-discipline
- Confidence
  - Commitment
  - Determination
  - Self-respect
  - Joy and excitement

## Emotional

## Social

- Camaraderie
- Responsibility
- Respect for others
- Teamwork
- Tolerance

Dance education inspires good work habits and healthy lifestyle choices. Studies show that a structured dance program enhances academic achievement.

At every age and ability, dancing is exciting and joyful.