

Serious about your *dance investment?*

By Alexandra Dickson and Timothy Lynch,
owners of Lynch Dance Institute and
professional Pacific Northwest Ballet company alumni

Photo by Angela Sterling Photography

5 tips to find your perfect studio

As professional dancers and now studio owners, we know that a strong foundation is essential for all dancers. With an emphasis on proper alignment, technical excellence, musicality and artistry, the best faculty will help students develop their skills in a studio space where self-care and

personal growth is a priority, and everyone feels valued and supported.

Your studio is your dance home, and the people in it are your second family. It starts with exceptional training and continues with the support of students' dreams and aspirations. With the goal of nurturing the whole dancer, our students have gone on to train at some of the top ballet schools and companies in the world. Not every studio is the same, so keep these tips in mind when looking for new instruction. No matter if you're looking to improve your technique, try a new style, or just have fun and meet new people, it is essential that a studio fulfills your individual needs and shares your values.

Flexible curriculum

Whether you're on a professional track or pursuing dance as a hobby, a studio that offers options is ideal. Some of our students take only one class per week, while others attend more than 20 hours on a clear trajectory toward a professional career and competitive college dance programs.

Dance/life balance

A healthy balance between family life, academics and time at the studio is important, so make sure that your studio's programming is structured, respectful of family and supports balance.

Professional faculty

The best way to ensure the health and well-being of the students is by employing the *Youth Protection Association for Dance* certified professionals who understand the mental and physical demands of dance. Instructors can enrich programming with information from their performing careers, international experience and continuing education, along with providing name-recognized training, ensuring you'll get the maximum value for your investment.

Nurturing the whole dancer

Learning to care for their bodies and their minds is of high importance. A studio with an anatomically responsible focus can help minimize injuries

and teach dancers the correct way to stretch, protect joints, strengthen muscles and rehabilitate. Additionally, a focus on mental health and a social-emotional connection can provide support and strategies for a secure, happy, fulfilled dancer.

Education and performance opportunities

Guest choreographers impart new insights and inject fresh energy into a space, while seminars and workshops for dancers and faculty provide stimulation and information to grow and develop skills. Students thrive on performance opportunities, and the right studio can provide not only professional productions set on proscenium stages but also community outreach experiences to help bring dance to new audiences. Look for studios with nonprofits attached, as they can help facilitate volunteer credits and also provide scholarships for students in need.

A studio should provide the tools and a safe environment for your child to take risks and grow from their early years until they reach their goal. We strive to develop self-assured individuals that know their worth, firmly carving their individual path toward excellence while focusing on the journey, not the destination. As educators, our priority is to build a joyful community of parents as well as informed, happy, self-confident, expertly trained dancers. In the right studio, your dancer, no matter their age, will learn and develop powerful skills that they will hone and use daily in their exploration through life.

For more information about Lynch Dance Institute or to explore the class schedule, please visit lynchdance.com or contact info@lynchdance.com.



Parent of Alex Marxer,
attending Julliard, 2023:

"Lynch Dance Institute changed the trajectory of my child's dance training. Moving from competition dance to ballet training was the perfect choice in order to propel a professional dance career."

Due to Tim and Alex's guidance, expertise, and experience in professional dance, they were able to provide the proper training, skills and real-world knowledge for my child's training and, most importantly, for my dancer to embark upon a professional career. My child, Alex Marxer, is now entering Julliard in the Fall of 2023. This success is due in no small measure to the contributions of Lynch Dance Institute!"

LDI LYNCH
DANCE
INSTITUTE

Intelligent education
that moves beyond technique

Check out our summer programming
Try a class for fall placement | Registration begins June 1st

12227 Poway Road | Poway, CA 92064 | 858-282-9911 | Lynchdance.com
Info@lynchdance.com | Instagram @lynchdanceinstitute | Facebook @lynchdance

