

T E T

DANCE-BASED AESTHETIC BODY EDUCATION

The 4M Dance Company proudly presents the T.E.T. program, also known as Dance-Based Aesthetic Body Education our unique, themed training program for preschoolers and elementary school children.

Our Goals:

- To develop children's aesthetic physique
- To improve motor skills and rhythm through play
- To shape healthy, confident, and open personalities through the power of dance
- To instill a love of sports and dance in the youngest children

The Program:

- Comprehensive dance education, not just focusing on one dance style
- Playful gymnastics, rock and roll basics, musical gymnastics and aerobics elements
- Learning dance choreographies
- Age-appropriate, comprehensive training program

Benefits:

- Harmonious physical development
- Excellent motor coordination
- Self-confidence and openness
- Adoption of a sporty lifestyle
- Lasting commitment to dance

The training is not competitive, but it offers talented children the opportunity to participate in competitions organized by the 4M Dance Company, and we even involve them in supported competition systems.