



Portland Metro Arts
a nonprofit arts organization

After-School Classes – Dance

The benefits of dance include increasing cardiovascular conditioning, strength, flexibility and coordination. Cognitive abilities are also enhanced, as dancers must develop both mental and muscle memory to become proficient. Dancing also develops a great sense of rhythm and timing.

Ballet- Ballet technique is the foundation for all other dance forms and excellent preparation for sports, conditioning and other physical activities. Classical Ballet is a time-honored discipline that encourages balance, excellent posture, and coordination.

Dance Sampler- Explore the rhythm of tap, grace of ballet, and creativity of modern dance as well as other dance and movement forms.

Hip Hop - Kids learn all the popular moves to their favorite music, which parents can be assured is carefully screened for appropriate content.

Tap- Dance in the footsteps of the greats. Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience.



After-School Classes – Music



Music lessons benefit in far more ways than just enabling them to play an instrument. Music and mathematics go hand in hand, and in fact, music itself is very mathematical. Studies have shown that there is a correlation between the two, and music lessons can definitely have an indirect effect on mathematical reasoning.

Private Instrumental Music - Individual lessons in a variety of instruments are available. Options are based on instructor availability and volume of student interest.

Beginning Strings Lessons - Group lessons in violin, viola and cello. Based on instructor availability and volume of student interest.

Group Guitar – Grades 4 and Up

A beginning group class for those wanting to learn Guitar. Make music from the very first lesson. Students will learn the basics of guitar playing while developing chord playing, picking, note reading and overall musicianship.

Chorus –Vocal technique and challenging songs blend together in this exciting program. Students learn how to make the most of their singing voice.

After-School Classes - Theatre

Theatre teaches the value of teamwork. Working together to be part of something bigger can be very rewarding and help achieve a sense of self-worth. It helps students be constructive instead of destructive. It allows them to lead as well as follow.

Theatre Improv - Discover basic theatre skills through, theatre games, improvisation, playwriting, character development and movement as you create a performance piece to perform.

Theatre Performance - Theater classes that rehearse and stage a high-quality play each term. Plays consider the age, interests and experience level of

students involved. Perfect for both first-time actors and seasoned theater kids, these classes focus on preparing a scripted play for performance. **Music and Theatre can be combined into a Musical Theatre performance class where students sing, dance and act.**

