Destined to Dance

Kids’ dance and gymnastics lessons in the Katy area

Written by Heather Lowrie
Photography by Suzi Issa

Adamson Ballet School students Elissa, AnnaGrace, Annie, and Hailey

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Future ballerinas inspired by *The Nutcracker* or gymnasts who want to be the next Olympian continue to show up week after week in Katy area studios. When the school day is ending, these extracurricular activities are just beginning. Keeping kids active and healthy is a high priority for parents, and finding opportunities to fit children’s ever-changing needs can be a challenge. Thankfully, Katy has an abundance of dance and gymnastic studios full of qualified instructors ready to meet their newest students. From mom-and-me classes to beginning adult classes, the age limit is vast and enrollment is almost always open. Many studios will also offer a free trial class, so your cutie can try a session to see how they like it.

**Tutus and Tip Toes**

Each dance school has a specific set of requirements, from the color of leotard students must wear to the type of shoes needed, but it is a dancer’s heart that makes all the difference. When signing up for dance, there are many choices. Most schools offer ballet, jazz, hip-hop, and tap, but there may also be classes in creative dance and even drill team training.

Once a dancer has chosen their specialty, it is up to the instructor to refine their skills. John Adamson, a former professional ballet dancer and owner of The Adamson Ballet School, has seen firsthand the positive difference an instructor can make in their students’ lives. “Our experienced instructors motivate their students in a caring, positive environment where they will receive the training necessary to reach their potential,” he shares.

Jazz dancer Allison Polnac has been dancing since she was 3 years old. Her mom Dianna Polnac has kept her in dance over the years, because she has seen her self-confidence and poise improve. “When Allison takes the stage to dance, she doesn’t get nervous, she just has fun!” says Dianna.

If your little one can’t stop spinning to the music or tip-tapping their toes, find a dance class that will meet those needs. “I enjoy being able to pass on to my students the training and experience I had as a professional ballet dancer,” shares Adamson. “As teachers, we are privileged to have a role in our students’ lives and to be part of their childhood memories.”

**Flip-Flops and Somersaults**

Walking into a gymnastics studio can be intimidating at first. There are uneven bars and balance beams surrounded by a gigantic floor, vaults, rings, and enough energy in the room to make every child want to move, bounce, or jump straight into the foam pit. Avery Dwyer, a student at Katy Kips, has been taking gymnastics for the past 10 years. The thrill of competition, along with meeting lifelong friends on the floor has given her a passion for gymnastics. “Gymnastics has taught me to never give up and to keep trying to do something to...”
the best of my abilities, even if I fail,” shares Dwyer. “It really helps to express my unique talents, abilities, and strengths.”

When choosing a gym that offers children’s lessons, look for a good balance of safety, promoting self-esteem, and teaching high standards. Dwyer’s mom, Sarah, says, “We have stayed with [Katy Kips], because the coaches have always been strict, yet very positive towards the gymnasts. A positive coaching environment is critical to a young girl’s self-esteem.” Just like with dance lessons, a variety of gymnastics lessons are offered in the Katy area, ranging from mom-and-me classes to individualized classes based on the age and level of the gymnast. You can even sign up for flip-flop classes to help your future cheerleader master that specific skill.

Whether your cutie is a beginner gymnast or is ready to go for the gold, you are sure to find the perfect class to fit their needs. Dwyer’s mom enjoys watching her daughter compete. “My heart swells with pride and I think, ‘Wow, I cannot believe that my kid can do that!’” she shares. With patience, practice, and perseverance, anything is possible. So find a dance or gymnastics studio, sign up for a class, visit an open gym, and watch what exciting things the future holds for our Katy kids!

HEATHER LOWRIE is a freelance writer who is married to the love of her life. Together, they have three children. She is a former flip-flopper who also high-kicked her way into college with a dance scholarship. Inspiring people through her writing brings her great joy!

HEATHER LOWRIE

Welcome to the TeamKid ministry of Second Baptist Church where Second loves kids and kids love Second.

Here at Second we have an exciting team of caring teachers, volunteers, and staff who love children and desire to see them grow. We make church a FUN place for kids to feel happy, loved, safe, & secure. There’s even a special GIGL Worship for preschoolers and JUMP Worship for children grades 1-4 with high-energy music, dance, puppets, skits, and exciting Bible stories. TeamKid also offers many incredible events throughout the year.

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Allison has enjoyed taking dance classes since she was 3.

Practicing on the balance beam at Katy Kips Gymnastics Club.

Rehearsing during pointe class at Adamson Ballet Studio.

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Dance

Browse our list of dance resources in Katy, TX

- **Adamson Ballet School**
  641 S. Mason Rd.
  281-579-7874

- **Allegro West Academy of Dance**
  1718 Fry Rd. N., #140
  281-787-9722

- **Becky’s Academy of Dance**
  Great Southwest Equestrian Center
  2501 S. Mason Rd., #220
  281-398-9226

- **Connolly Dance Arts**
  The Villagio
  22760 Westheimer Pkwy.
  281-693-1232

- **Danmar Dance Studio**
  20718 Park Row Dr.
  281-398-7600

- **En Avant Studio**
  2525 Porter Rd.
  281-391-7779

- **Juleigh Holley’s School of Dance**
  27025 Hwy. 90
  281-391-8900

- **Katy Family YMCA**
  22807 Westheimer Pkwy.
  281-392-5055

- **Starz Dance and Company**
  23945-C Franz Rd.
  281-347-8279

- **The Little Gym**
  23010-A Highland Knolls
  281-347-1400

Gymnastics

Browse our list of gymnastics resources in Katy, TX

- **Champion Gymnastics Academy**
  2004 S. Mason Rd.
  281-392-3577

- **Excel Athletics Gymnastics**
  510-Q S. Mason Rd.
  281-395-9235

- **Katy Family YMCA**
  22807 Westheimer Pkwy.
  281-392-5055

- **Katy Kips Gymnastics Club**
  923 S. Mason Rd.
  281-578-5477

- **Prodigy All-Stars**
  20212 Franz Rd.
  281-469-4599

- **The Little Gym**
  23010-A Highland Knolls
  281-347-1400

- **Westwood Gymnastics**
  23333 Taswell Dr.
  281-347-2000

Don’t Forget to mention you saw them in Katy Magazine!