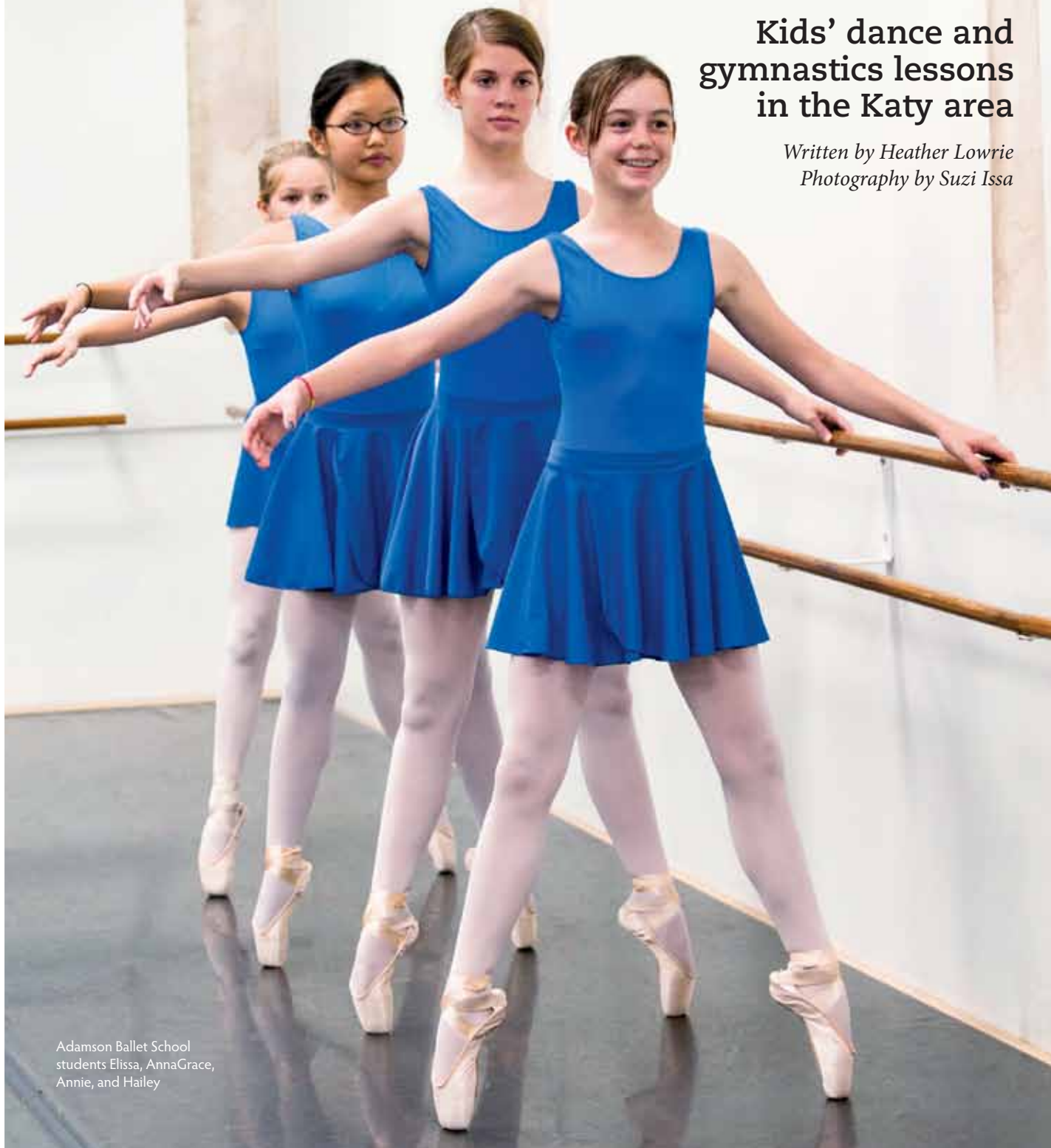


Destined to Dance

**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



Enjoying a beginning dance class at Adamson Ballet Studio



Practicing a routine during jazz class at Adamson Ballet Studio

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



Bailor and Kirsten follow along as Misty Chambers leads a class at Adamson Ballet Studio



Dance classes can help your cutie gain self-confidence as they have fun improving their skill

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! **KM**

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!



Ashley and Kendall during jazz class at Adamson Ballet Studio



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where Second loves kids and kids love Second.**



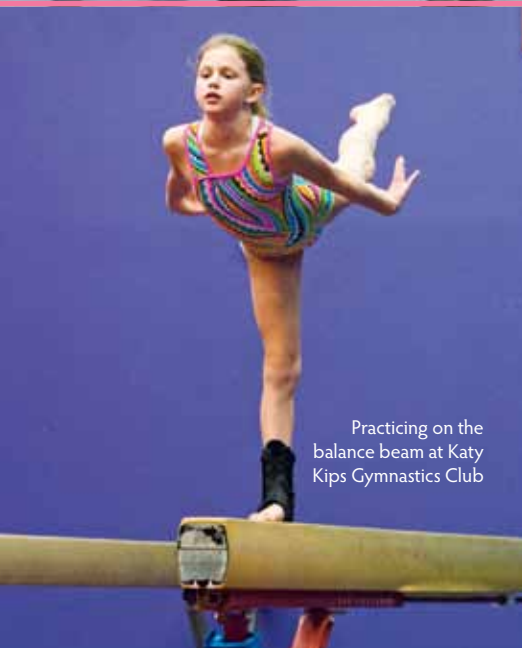
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Allison has enjoyed taking dance classes since she was 3



Practicing on the balance beam at Katy Kips Gymnastics Club



Rehearsing during pointe class at Adamson Ballet Studio



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Dance

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Adamson Ballet School

641 S. Mason Rd.
281-579-7874

En Avant Studio

2525 Porter Rd.
281-391-7779

Allegro West Academy of Dance

1718 Fry Rd. N., #140
281-787-9722

Juleigh Holley's School of Dance

27025 Hwy. 90
281-391-8900

Becky's Academy of Dance

Great Southwest
Equestrian Center
2501 S. Mason Rd., #220
281-398-9226

Katy Family YMCA

22807 Westheimer Pkwy.
281-392-5055

Starz Dance and Company

23945-C Franz Rd.
281-347-8279

Connolly Dance Arts

The Villagio
22760 Westheimer Pkwy.
281-693-1232

Stephanie's Dance Studio One

20829-C Kingsland Blvd.
281-578-3840

Danmar Dance Studio

20718 Park Row Dr.
281-398-7600

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

Katy Kips Gymnastics Club

923 S. Mason Rd.
281-578-5477

Excel Athletics Gymnastics

510-Q S. Mason Rd.
281-395-9235

Prodigy All-Stars

20212 Franz Rd.
281-469-4599

Katy Family YMCA

22807 Westheimer Pkwy.
281-392-5055

The Little Gym

23010-A Highland Knolls
281-347-1400

Westwood Gymnastics

23333 Taswell Dr.
281-347-2000

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Forget**

to mention you
saw them in Katy
Magazine!