

# SCRIPPS PERFORMING ARTS ACADEMY

Official School of the Scripps Ballet Theatre

*Want to be a Soccer Sensation? The Secret to Achieving Your Goal . . .  
Cross Train with Ballet!*



## Benefits of Ballet

- Muscle Strength & Flexibility
  - Strengthens Memory
  - Enhances Intelligence
  - Balance & Agility
  - Stress Reduction
  - Improves Overall Brain Health
- ... AND MORE!



*All Boys and Beginning  
Teen Classes Offered.  
Open Enrollment While  
Space is Available!*

**Call Today!**

Scripps Ranch 858.586.7834 Carmel Valley 858.509.2624

[ScrippsPerformingArtsAcademy.com](http://ScrippsPerformingArtsAcademy.com)

Scripps Performing Arts, Inc. is a 501(c)3 Non-Profit Organization  
Scholarships Available for those Who Qualify.



# Ballet for Athletics & Academics

Ballet is the essential tool for **educational excellence and inspired learning**. Integrated throughout childhood and young adult life, students develop the necessary attributes required for personal success. Simply put, ballet is a practice that **balances the right and left hemispheres of the brain**. In turn, this supports a unique balance within every cell of the body.

Ballet for Athletics and Academics is a program that offers convenient, once-a-week classes for your children through high school to practice the necessary core strength, mental focus, and emotional intelligence that will shower into all aspects of his/her life. For athletes, ballet can help **prevent injury** by developing the necessary flexibility and strength for maximum performance. Ballet helps you to **run faster** and **jump higher**.

It is a REAL ballet class where there are no hidden costs for costumes, subjective competition fees, or recitals. Practicing "a dance" in class for a recital produces dramatically different results. Students will be developing the necessary skills for a lifetime of success: **Creativity, Confidence, Problem Solving, Perseverance, Focus, Non-Verbal Communication, Collaboration, Dedication, Accountability, Alignment**, and so much more!




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*All Will Dance. Each Will Grow. Some Will Fly!*

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