

Certified Instructors

PHD employs instructors that are certified by DanceVision, ISTD or IDTA. This sets us apart from franchises which emphasize sales training. Our qualified and friendly instructors are equipped with the material children need to know to learn to dance well. All staff undergo background checks as a condition of employment.

College Applications

Like fencing, ballroom dancing is considered an elite extracurricular sport that stands out in college applications. All Ivy League and most other large universities, including those in Florida, have collegiate ballroom dancing teams.

A Different Sport

Most boys and girls love dancing. If you have a child that is not interested in other sports, consider trying them in ballroom dancing. It is a highly aerobic and demanding activity but is so much fun for kids, that they do not realize how hard they are working.

Improved mood is one of the most powerful effects of the exercise. Dancing regularly has been shown to combat depression and anxiety in both adults and children.

Kids who are naturally athletic also enjoy dancing and gain experience they can take with them to their other playing fields. Dancing teaches them to coordinate their movement in space, their center of gravity, weight distribution, and balance. In many ways, ballroom dancing is the perfect sport for teaching these skills.

Competitions

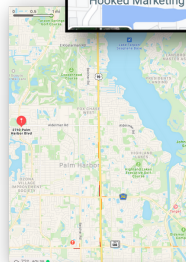
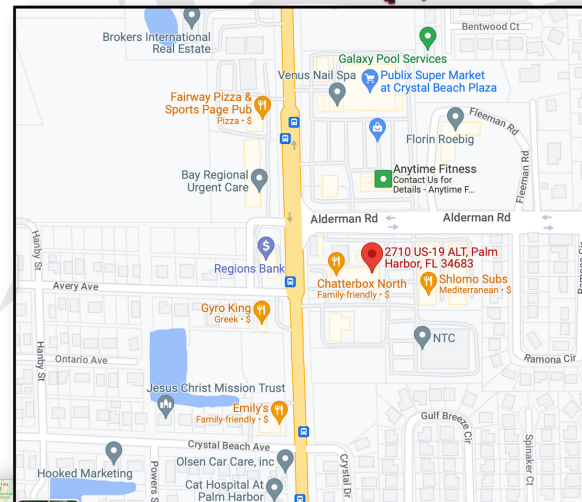
PHD participates in NDCA and USA Dance dancesport events throughout the state of Florida. There are regular opportunities to meet other children and represent the studio at these events.

Find Us

Palm Harbor Dancesport is located in the Key West Center on the corner of Alt.19 and Alderman Rd. in Palm Harbor, FL. We are central to Innisbrook, Crystal Beach, Ozona, historic downtown Palm Harbor, and all of the neighborhoods in this beautiful coastal area of Pinellas County. We are less than 5 minutes from Highway 19, and only 10 minutes from Oldsmar, Tarpon Springs, and Dunedin.

PHD & She's Got It Boutique

at the Key West Center
2710 Alt. 19N, Unit 201
Palm Harbor, FL 34683
tel. 727-239-7007



PHD Youth Program

Palm Harbor Dancesport's Youth Program is designed to teach kids to dance, but in the process, builds their self-esteem, social skills, cognitive strength, ability to surmount difficulties, feeling of fellowship, and improves their mood. Ballroom dancing is a unique multi-dimensional extracurricular activity that makes it an ideal sport for both physical and mental health.

Like learning how to play a musical instrument, knowing how to ballroom dance is a priceless skill that children can enjoy for the rest of their lives. But developing the self-comportment that the sport requires is far more valuable. Kids who are exposed to ballroom dancing are far less likely to run into social problems as young adults because they learn how to practice respectful interaction and touch.



Group Classes

Palm Harbor Dancesport (PHD) offers group classes to children from age 6 to 18 which meet them at their level. Students are taught the rules of the sport including weight transference, leading and following, musicality, posture, frame, and etiquette. Dancers are gently encouraged to meet dance goals. Expectations, structure, and discipline are age appropriate. Children advance through the 14 levels of internationally recognized dancesport categories.

Uniform

Youths wear studio tee shirts and dance shoes while attending class. These items are available for purchases at the studio. Children with long hair are asked to secure it in a bun.



Program Structure

Fancy Pants

Youths brand new to ballroom dancing attend Fancy Pants up to twice per week to learn basic patterns, partnering, and self-discipline.

Danceteam

Once they have mastered Fancy Pants, youths participate in a minimum of two classes per week to learn the 10 dances in international ballroom (Waltz, Tango, Fox Trot, Viennese Waltz, and Quickstep) and Latin (Cha Cha Cha, Samba, Rumba, Paso Doble, and Jive). Youths are encouraged to attend mixed age drills and workshops.

Medal Tests

Youths participate in medal tests which mark their progress and allow them to advance. A dancesport judge is invited to the studio to give feedback on their dancing. These tests are scheduled approximately every 4 months.

Newcomer

Beginner Bronze

Intermediate Bronze

Advanced Bronze

Full Bronze

Beginner Silver

Intermediate Silver

Advanced Silver

Full Silver

Beginner Gold

Intermediate Gold

Advanced Gold

Full Gold

Championship



Motivation/Encouragement

PHD is sensitive to the challenges of keeping children interested and focused on an activity that can feel like 'school'. We select music that they know so they want to dance. We affirm their individual personalities and their presence in class. We set small goals that they meet and which help them feel a sense of accomplishment. They have fun and make friends, which makes them want to come back and learn more.



Private Lessons

PHD offers some of the best individual attention in the region. Private lessons encourage young dancers to focus closely on areas that will help to bring out the very best in them. Costs vary by instructor. Please ask for details.

Coaching

PHD invites coaches to assist in the periodic development of youth dancers. Coaches are pros who specialize in specific areas such as choreography, musicality, and technique. Coaches are often judges and former champions of dancesport competitions. Some of the best coaches in the world live here in Florida.