



**Dance - Educate - Inspire**



**Helping America's kids dance into a  
healthy and active lifestyle**

# What is Kerboomkidz?

- KerboomKIDZ is an energetic and challenging group exercise dance fitness program that is especially designed for kids (grades K-12). KerboomKIDZ is a great way for students to engage in a high energy dance fitness class while:
- Improving their physical coordination and focus
- Developing various motor skills and movement patterns
- Offering a structured environment to learn about oneself and others
- Developing students cognitive skills
- Gaining rhythm and confidence



# The Curriculum

- Elementary
  - - We focus on fundamental locomotor (hopping, skipping, sliding) and non-locomotor (bending, twisting, balancing, pushing, pulling)
  - - Personal feelings of success at the end of their session
  - - Learning to move with each other in a space cooperative
- Middle School
  - - Student are able to demonstrate and describe critical elements of fundamental motor skills and begin to identify more complex skills
  - - Transfer the skills learned in class to a new skill
- High School
  - - Analyze the use of movement concepts during motor skill performance.
  - - Apply concepts of choreography and create their own performance
  - - Identify when, why, and how within KerboomKIDZ

# How Does dance help kids?

Dance is a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated.

**Physical Development:** Dance involves a greater range of motion, coordination, strength and endurance than most other physical activities. This is accomplished through movement patterns that teach coordination and kinesthetic memory. Dancing utilizes the entire body and is an excellent form of exercise for total body fitness. Young children are naturally active, but dance offers an avenue to expand movement possibilities and skills.

**Emotional Maturity:** Dance promotes psychological health and maturity. Children enjoy the opportunity to express their emotions and become aware of themselves and others through creative movement. A pre-school child enters a dance class or classroom with a history of emotional experiences. Movement within a class offers a structured outlet for physical release while gaining awareness and appreciation of oneself and others.

# How does dance help kids?

**Social Awareness:** Dance fosters social encounter, interaction, and cooperation.

Children learn to communicate ideas to others through the real and immediate mode of body movement. Children quickly learn to work within a group dynamic.

As the ongoing and sometimes challenging process of cooperation evolves, children learn to understand themselves in relation to others.

**Cognitive Development:** Young children will create movement spontaneously when presented with movement ideas or problems that can be solved with a movement response. Movement provides the cognitive loop between the idea, problem, or intent and the outcome or solution. This teaches an infant, child and, ultimately, adult to function in and understand the world. The relationship of movement to intellectual development and education is an embryonic field of study that has only recently begun to be explored.

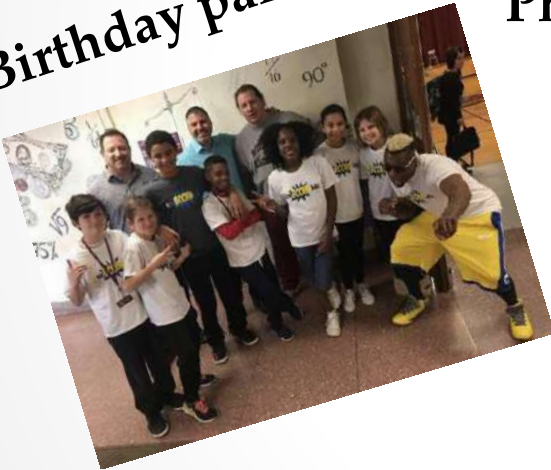
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According to "FamilyTalk Magazine," dance lessons can help children improve their social and communication skills, learn how to work as part of a team, develop a greater sense of trust and cooperation and make new friends. If your child is shy, enrolling her in dance can encourage her to reach out to other children her age and help to reduce her anxiety about new people or places. Dance can also help to alleviate fears related to performing in front of an audience.

# Have a kerboomkidz at an event near YOU!

Kerboomkidz offers discounts for School Districts that book multiple schools

**Birthday parties**



**Physical education classes**

**Classes for teachers**

**Fundraisers**



**Girl/Boy Scouts**

**After school activites**



# About the founder: Kershel Anthony

Known for his charismatic and magnetic personality, choreographer and entertainer Kershel Anthony has been lighting up the dance world with his distinctive moves for over twenty years.

Raised in Holbrook, New York, Kershel started dancing at the age of five and attributes his love of dance to being surrounded by music while growing up.

He studied Dance and Computer Science at Hofstra University where he perfected his style, becoming an expert in hip-hop, ballet, and modern dance, as well as honing his breakdancing skills

Interested in helping to combat the rise in childhood obesity – and its corresponding health issues of diabetes, high blood pressure, and high cholesterol, Kershel Anthony reworked his successful dance/cardio formula with kids in mind.

His dedication and passion comes through the whether he is choreographing, training or teaching. Anthony continues to spread his love and expertise of dance at various schools and gyms throughout New York, the United States and around the world.



# Connect with us!

[www.KerboomKIDZ.com](http://www.KerboomKIDZ.com)



**@KerboomKidz**

**Email : [info@kerboomkidz.com](mailto:info@kerboomkidz.com)**