Take if you:

-are (or want to be) artistic

- like stretching

-like choreographing

-like to perform

-want to make friends

-want a light workout

-don’t like running

-have an injury you need to

work through

-are uncomfortable in traditional PE

Dance Activities

-EHS Dance Team

-Nu Delta Alpha-Dance Honor Society

(contact Mrs. E if you’re interested in joining either)

Have questions about

Dance at EHS?

Ask Mrs. Edmiaston

Room 518

kristen.edmiaston@evergreenps.org

Dance classes meet in the

classroom on Mondays and

in the mat room

Tuesday-Friday

Take if you:

-like hip-hop dance

-like Zumba

-want a hard work-out

-are willing to get sweaty

-don’t like to run

-are uncomfortable in traditional PE

-PE credit

-Focus on Hip Hop, African, Bollywood

-Levels 1-2

-Students must complete level 1 to take level 2 regardless of previous dance experience

Dance Aerobics

-PE and Fine Arts credit

-Focus on Modern/Contemporary Dance

-Levels 1, 2, and 3-4

-Students must complete level 1 to take level 2 regardless of previous dance experience

Creative Movement

Evergreen HS

Dance Program