



# Little Ballerinas

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**Zest**

Performing Arts



## With a little help for young ballerinas

By Emma Ralph

TRISH Denzel, 36, of Engadine has some big hopes for her Little Ballerinas.

Little Ballerinas is a dance school specifically for children under five.

The owner and founder, Mrs Denzel said the program offered a structured and engaging experi-

ence for all of her students.

"As our school focuses purely on children under five all our attention is on little ones, ensuring that their introduction to dance is creative and fun," she said.

As a qualified dance teacher, Mrs Denzel taught in high schools for nine years and privately for almost 19 years.

She has recently done an early childhood dance course in New York and is devoted to imparting dance to this age group.

"To teach kids this age you have

to teach in a very different manner," she said.

"All of my programs are designed to match the stages the children are at in terms of their cognitive development, and of course their movement development as well."

The program, which started in February, has more than 200 students in seven venues in St George and Sutherland Shire.

"It was important that we were accessible for everyone in the regions and not just in one location," Mrs Denzel said.

Dance taught young children valuable life skills.

"[Students] have to learn to share props, and they are often in a class environment for the first time.

"This teaches them how to dance, and develops other physical, cognitive and emotional skills too."

Classes are held at Como, Cronulla, Gympie, Hurstville, Miranda, Oatley and Mortdale.

**Details: 0409 226 247;**  
**[littleballerinas.com.au](http://littleballerinas.com.au).**

**So cute:** Ashleigh Morris, 2, (front) with Ebony Morris, 4, at dance playtime. **Picture:** Mike Sea