



K-Pop Dance Class

William Land Elementary, 2026-2027 School Year

Fridays

TK/Kinder | 2:15 - 2:45pm
Grades 1st-3rd | 3:15 - 4:00pm
Grades 4th-6th | 4:00 - 4:45pm

Teaching Artist: Jennifer Tovar

info@norcalsota.org

Session 1	
Tuition: FREE <i>Funded by SCUSD Youth Development Support Services</i>	<i>12 weeks</i> First Day of Class: February 5th, 2027 Last day of Class: April 30th, 2027 <i>*no school or class on March 26th</i> Open House/Arts Night Showcase will be held on: Wednesday, May 5th, 2027.

Course Overview

In NorCal Arts K-Pop Dance Classes, students explore the fundamentals of movement while discovering their own rhythm, style, and creativity. Through learning K-pop choreography, grooves, isolations, musicality, and performance skills, they'll build a strong foundation in control, coordination, and expression. Whether new to dance or building on prior experience, every student is welcomed into a supportive space to grow, create, and have fun.

Arts Night Showcase: This class will prepare a K-pop dance number to perform at William Land's Arts Night Showcase on Wednesday, May 5th, 2027. Additional details about the performance will be shared at a later date.

NorCal K-Pop Dance Course Highlights

- **Improves Cardiovascular Health:** Dancing involves continuous movement and can raise your heart rate, which is great for cardiovascular health. K-pop choreography keeps students active while helping improve endurance, circulation, and overall cardiovascular fitness.
- **Improves Balance, Strength & Flexibility:** Dance encourages a strong and coordinated body. K-pop choreography incorporates a variety of movements, levels, directions, and full-body combinations that help students develop balance, strength, flexibility, and body awareness.
- **Challenges & Boosts Cognitive Performance:** Learning and remembering choreography is a mental workout that enhances memory, focus, spatial awareness, and problem-solving skills. Students practice recognizing patterns, following sequences, and connecting movement to music.
- **Inclusivity & Community:** Dance is an inclusive activity that welcomes people of all ages, backgrounds, and abilities. K-pop dance encourages students to learn and perform together, promoting collaboration, diversity, and a sense of belonging within a supportive community.
- **Supports Stress Relief & Emotional Health:** Dancing is a creative outlet that supports emotional well-being and can help reduce stress. Moving to music gives students an opportunity to have fun, express themselves, build confidence, and connect with others.
- **Implements Focus, Creativity & Discipline:** Dance requires focus and discipline to learn choreography and develop performance skills. It encourages creativity as dancers interpret music, explore their own style, and express themselves through movement. These skills can be applied in various aspects of life, including academics and everyday tasks.

SCAN QR CODE TO SIGN UP TODAY!



Select Program: After School Classes 2026-2027

Select Day: Friday