

APEX PERFORMANCE ARTS

DANCE WORKSHOPS

Apex Performance Arts provides structured, engaging and inclusive workshops designed to introduce students at local venues to the foundational elements of dance while fostering self-confidence, discipline, creativity, and physical fitness. Their professional instructors work with youth of all experience levels, with a focus on accessibility, personal expression, and community building. Their curriculum includes dance disciplines such as Ballet, Jazz, Hip-Hop, Contemporary, Lyrical, Acro, and Cultural styles.

Participants age 2 and older