

Outdoor recreation activities enhance social behavior, alleviate stress and provide opportunities for youth to build leadership skills within their community.



Art education strengthens collaboration, communication skills and problem solving abilities. It also equips students to be more expressive by providing a creative outlet and build a stronger sense of identity and confidence in their ability to affect the world around them in meaningful ways.



In addition to being a highly physical activity with significant health benefits, dancing is also a social activity that improves social and communication skills, and develops a sense of trust and cooperation among people of all ages while improving self-esteem, especially for the youth.



Art Studio and Workshops



Dance Studios



Outdoor Recreation



Performance

