

HeART in Motion

Dance & Wellness Program

The HeART in Motion™ program blends dance, health, and self-expression to create a vibrant community for youth, promoting fitness and wellness while encouraging creativity and personal growth through movement.

Hip Hop & HBCU Step

Hip Hop Dance

High-energy choreography inspired by today's music and culture builds strength, confidence, and teamwork while promoting healthy movement and stress relief.

FOCUS: Physical activity, emotional wellness, and social connection.

HBCU Step

Students learn rhythmic precision and pride rooted in HBCU traditions. Step promotes unity, discipline, and cultural awareness while fostering leadership and belonging.

FOCUS: Cultural identity, self-confidence, and community engagement.



We are coming to Catherine Blackwell

About YES

Youth Enrichment Services has over a decade of experience providing arts-based enrichment in schools across Georgia and Michigan. Our programs empower students to move, connect, and thrive—physically, emotionally, and socially.

Registration is required.
FREE for Medicaid-eligible students & other qualifying participants. Limited Spots Available

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