Bringing the joy of dance to the community

At ComMotion – Community In Motion, we believe that everyone should get a chance to experience the many benefits of dance and movement, regardless of their age, ability, or circumstances. Dance improves strength, flexibility, balance, posture & coordination while also reducing pain, depression, anxiety, and stress. We provide dance and movement classes across the community, for people of all ages and abilities.

Our 2019 impact:

7,650 Students
Ages <1 to 95+
90 Locations

Class and Venue Sponsors

Gold Sponsors
Anonymous
Caskey Bright Family Fund
Rotary Club of Tryon Foundation
Stage Door Dance Productions
Tryon Kiwanis Club

American Cancer Society
Blaze Sports
Brentwood Boys and Girls Club
Cathedral School
Eastern Band of the Cherokee Indian
Edenton Street United Methodist Church
NC State University
Parsec Financial
Plantation Estates
Polk County Community Foundation
Polk County Schools
Rex Rehab
Ruth Sheets Adult Day Care

Rutherford County Senior Center
St Luke’s Hospital
Total Life Center
Tryon Estates
United Arts Council of Raleigh and Wake County
UNC Lineberger Comprehensive Cancer Center
Wake County Human Services
Wake County Schools
Wake Enterprises
Waltonwood Lake Boone Trail
Waverly Hematology Oncology
White Oak Manor
Wounded Warrior Project

So wonderful. Great fun and WORKS my BRAIN.”
“I'm not one that likes to be around a lot of people but the dancing took my mind away from that. I can't thank you enough for bringing a smile back to my heart.”
“There is so much that I can say about the ComMotion program. They will be empowered to know how to do something new, and that will give them confidence to be who they want to be.”
“Dancing makes you healthy!”

www.ComMotionNC.org