

LILA

Lila Dow, an MDA student, is excited to be teaching acro at summer dance this year!

Lila has a dance and gymnastics background where she began both at a young age starting with ballet, jazz, tap, recreation gymnastics while participating as a dancer in local theatre productions and a community dance club helping others learn the choreography. Lila then was looking for more dance technique and found that with Minto Dance Academy's ballet exam classes. Since coming to Minto Dance Academy, she has enjoyed ballet, acro, pointe, lyrical, contemporary and commercial dance classes to further her development. Lila successfully completed her Royal Academy of Dance Intermediate Foundations ballet exam with Minto Dance Academy and also participated in an Acro Intensive Camp at Performance Dance Academy in Guelph, both in 2022. In 2023, Lila received a Bruce Power Scholarship Adjudicator Award for her Open class Solo (a blend of contemporary, acro and lyrical) at the South Western Ontario Rotary Music Festival.

More recently, Lila is practicing her solo, group dances for the Festivals and preparing to teach summer dance where she looks forward to share her passion of dance with others. When she's not in the studio, you can find her coaching gymnastics, playing sports and spending time with family, friends and her bunny, Smudge.