

National Ballroom Dance Week

September 21 – 29, 2012

This annual celebration of ballroom dancing is held throughout the US and is organized by local chapters of USA Dance (a national nonprofit organization). Our chapter will be organizing and promoting the activities, in coordination with local amateur and professional dancers. National Ballroom Dance Week is designed to promote the health, social, artistic and personal growth benefits of ballroom dancing to the public. Specifically, we wish to increase public awareness and appreciation of dancing as a means to:

1. Exercise in a fun way
2. Increase coordination and balance
3. Express oneself artistically
4. Meet new people and socialize (excellent for singles)
5. Introduce social manners to youth
6. Gain confidence in social settings
7. Enjoy the challenge of learning new things
8. Enjoy the stimulation of competition (if that appeals to you)
9. Learn more about the various dances and forms of dancing
10. Learn where to go dancing