

Having trouble viewing this email? [Click here](#)



HAPPY BIRTHDAY - ANNIVERSARY - NEW YEAR TO YOU

***Hey there. It's hard to believe the USA Dance Program at
The Riverside Community Center is starting it's fourth
year!***

***To commemorate this event, we've copied the first Fort
Myers News Press
Article about the Chapter program at Riverside.***

After publication of this article attendance rose from 30 to 100 participants leveling off at about 60 folks each Monday. That 100 was our top attendance!

***Monday, January 7, 2013 at the first lesson of our fourth year,
there were 110 attendees!***

***Membership in the local USA Dance Chapter in January 2010 was 109.
One year later it was 210!
it is currently 206.***

The average weekly attendance at this program has been 60 participants.

Congratulations Southwest Florida, let us continue "Dancing for America"



Weekly Southwest Florida ballroom program a step in right direction

Have you always wanted to dance but didn't know where to go? Maybe you thought it was too expensive.

The Southwest Florida Chapter of USA Dance has addressed both of those concerns. The dance organization is offering \$5 dance lessons every Monday for the rest of the year. The program, called "Beginner Ballroom," includes lessons from a professional instructor and a dance party afterward. "Our purpose is to promote ballroom dancing as both a lifetime recreational activity and as a sport," said Don Davenport, president of the Southwest Florida Chapter of USA Dance.

The dance group wants to spread the positive benefits of ballroom dancing, he said. Shows such as "Dancing with the Stars" and local fundraising that mimic it have already helped put ballroom dance back in the public spotlight. "We want everyone to ballroom dance," he said. "It allows the absolute beginners to get started, the social dancer to brush up on basics. We want to bring the joy and benefits of ballroom dancing to as many people as possible in all age groups."

Davenport knows about the benefits of dance. The 77-year-old from Lehigh Acres started dancing eight years ago.

"I have no chronic illness," he said. "I stand up straight and fly around the dance floor. I've lost weight. I do the swing and jitterbug like crazy, so it's just a great thing." Medical research reveals that ballroom dancing can do everything from stall Parkinson's Disease to decrease chances for dementia. Since the dance program began last month, new dancers have poured into the class.

The music is recorded classic and modern ballroom, which includes the smooth fox trot, waltz and tango as well as the rhythm dances such as swing, cha-cha, rumba, mambo with some of the advanced boleros, quick steps, Viennese waltz, West Coast swings and Argentine tangos in the second hour. "The beginners are really enjoying the lessons," said Linda Crosby, a ballroom ambassador for the dance group. "We just finished the fox trot and we'll do the waltz next." All this dancing burns off calories, she said - does it ever. "They're using muscles they didn't know they had," she said. "With music, they are enjoying it while they exercise and they don't even know they are exercising. It keeps you going."

You also don't need a partner, Davenport said. "Everyone takes turns dancing," he said. "Although we could always use a few more men." New dancers learn the steps at Riverside Community Center, where they pay \$5 for lessons and a dance party afterwards every Monday night. (Special to new-press.com)

Why dancing is good for you

There is a reason all of those contestants on "Dancing with the Stars" lose weight once they start dancing.

Dancing tangos, waltzes, sambas and fox trots burns up a lot of calories because dancing isn't just pretty - it takes effort.

"Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout," said exercise physiologist Catherine Cram of Comprehensive Fitness Consulting in Middleton, Wis.

Dance is a weight-bearing activity, which builds bones. It's also wonderful for your upper body and strength, Cram said.

Dance is a "moderate activity," say the USDA's physical activity guidelines. Adults should get at least 30 minutes of moderate to vigorous activity daily, according to the guidelines.

New ballroom dancers may feel muscles they didn't know they had, said Ken Richards, spokesman for USA Dance, the national governing body of DanceSport - the competitive version of ballroom dancing. Learn more about DanceSport at www.dancesportinfo.net.

Ballroom dancing works the backs of the thighs and buttock muscles differently from many other types of exercise, Richards said.

- Source: webmd.com

Beginner ballroom dance classes

* What: Beginner Ballroom dance classes taught by a professional instructor every week.

The above copy is a wonderful reminder of the beginning of this program that has brought the joy of dance to Southwest Florida.

A similar program was spawned at the Four Freedoms Recreation Center in Cape Coral on Wednesday nights. The 4th Sunday Social dance program at Riverside

has given all of our members and friends the opportunity to enjoy these new/revived skills in a social atmosphere. New dancers have become competitive dancers, representing our chapter in regional USA Dance competitions, a team of our dancers formed "The Happy Feet" Dance Team which visits elder facilities and other groups to spread dance to this segment of our community. Members of the Chapter have introduced Ballroom Dance to the Special Population Group in the City of Cape Coral...and much more!

Thank You, Southwest Florida Chapter members and Friends ---Happy Birthday/Anniversary ---Happy New Year!

THE BOARD OF DIRECTORS
SOUTHWEST FLORIDA CHAPTER 6049
USA Dance, INC

COME DANCE WITH US!

[Join Our Mailing List!](#)

[Forward this email](#)



Try it FREE today.

This email was sent to donyoshie@embarqmail.com by usachapter6049@live.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

USA Dance Chapter 6049 | 4760 Fairloop Run | Lehigh Acres | FL | 33973