

FOR IMMEDIATE RELEASE:

April 8, 2006

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WHO: ARC Dance Productions & Arc School of Ballet
WHAT: National Dance Week & World Dance Day
WHERE: ARC Dance Space
9250 14th Ave NW, Seattle, WA 98117
WHEN: April 29, 2006 10:00 AM – 4:00 PM
TICKETS: ARC (206) 352-0799

**Celebrate National Dance Week & World Dance Day with Free Classes at
ARC Dance!**

SEATTLE, WA — Celebrate National Dance Week and World Dance Day with ARC Dance, April 29, 2006, at the ARC Dance Space in the Ballard/Crown Hill neighborhood of Seattle. From 10:00 AM – 4:00 PM, ARC will offer **FREE** open dance classes, and massage to the public. All dance levels are encouraged to attend. Come participate or just observe.

Free classes will be offered in ballet, jazz, tap, aerial, Jamaican folk, African, Tai Chi, Yoga, Pilates, and Stage Combat/Dancing the Fight. Instructors include Paul J. Bubak, MD, Kate Burton, Marie Chong, Rhonda Cinotto, Sonia Dawkins, Melissa Kerber, Adam Larmer, Lara McIntosh, Mark Mendonca, Kirk Midtskog, Gerard Théorêt, and others (subject to change). Massage will be provided by Richard Dizon, LMP; Susan Walby, LMP; and Jack Seifert, LMP.

ARC is an official Washington State Delegate for National Dance Week 2006 and member of Conseil International de la Danse – CID, the World Dance Day sponsor.

National Dance Week & World Dance Day: April 29, 2006, 10:00 AM – 4:00 PM. **FREE** dance classes, body work and massage, open to the public. For an updated schedule of classes and events, please visit www.arcdance.org or call (206) 352-0799.

Dance All Day; Masquerade All Night!

In the evening of World Dance Day, we invite you to join ARC Dance Productions at its Annual *Masquerade* Fundraiser, April 29th, 7:00 PM, at the ARC Dance Space. Enjoy live entertainment, fine wines and hors d'oeuvres, while perusing dozens of exquisite silent auction items. For more information, visit www.arcdance.org or call (206) 352-0799.

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More about National Dance Week

The Coalition for National Dance Week (NDW) was formed in 1981 by a group of dance related organizations that began a strong "grass roots" movement across the United States to bring greater recognition to dance as an art form. A volunteer work force is made up of NDW delegates from all facets of the dance world: teachers, students, choreographers, performers, journalists, business people, community leaders, and dance enthusiasts. Events number in the thousands, world-wide, during the week-long observation every year from the national kickoff events in major cities to local showcases at small town malls.

National Dance Week 2006 is April 24th – 30th. For more information regarding National Dance Week, please visit www.nationaldanceweek.org.

ARC – World Dance Day: Free classes open to the public, April 29th, at ARC Dance Space: 9250 14th Ave NW Seattle, WA 98117, from 10:00 to 4:00. For a schedule of classes and events, please visit www.arcdance.org or call (206) 352-0799.

At 7:00 PM on the 29th, ARC sponsors its Annual *Masquerade* Fundraiser (live entertainment, dancing, silent auction) at the ARC Dance Space. Please visit www.arcdance.org or call (206) 352-0799 for more information.

More on World Dance Day

World Dance Day was established by The International Dance Council (Conseil International de la Danse – CID) in 1982 in view of attracting attention to the art of dance, every year on the 29th of April. The date commemorates the birthday of Jean-Georges Noverre (1727 - 1810), the creator of modern ballet. On that day, dance companies, dance schools, organizations and individuals are asked to organize an activity addressing an audience larger than their usual one.

The International Dance Council is the official umbrella organization for all forms of dance in all countries of the world. It is a non-governmental non-profit organization (NGO) founded in 1973 within the UNESCO headquarters in Paris, where it is based. Its purpose is to act as a worldwide forum bringing together international, national and local organizations as well as individuals active in dance. It represents the interests of the dance world at large and consults accordingly governments and international agencies.

For more information about World Dance Day, please visit <http://www.unesco.org/ngo/cid/index.php>.

More about ARC Dance Productions

ARC is a classically-inspired, repertory dance company in Seattle, Washington. It presents works from a wide range of dance styles such as classical, contemporary ballet, modern, and jazz. Since its inception in 1999, under the artistic director and founder Marie Chong, ARC has presented pieces from nationally recognized and emerging choreographers in theaters such as Meany Hall, Eastlake Performing Arts Center, Shorecrest Performing Arts Center, and Benaroya Hall.

More about ARC and the Seattle Symphony

ARC Dance has been working with the Seattle Symphony for four seasons in various outreach programs. ARC has performed in Benaroya Hall with the Seattle Symphony in projects including *Dance in Music*, *Peter and the Wolf*, *American Music*, and *Carnival of the Animals*.

More about Arc School of Ballet

Arc School of Ballet provides unparalleled classical ballet training in an atmosphere that promotes personal and artistic growth. The faculty at Arc are dedicated to dance education and instilling invaluable qualities in their students that extend beyond their dance training: self-confidence, respect, work ethic and a sense of tradition.

Arc School of Ballet offers four coordinated programs of exceptional quality to dancers of all ages and backgrounds. Focusing on elements of both classical and contemporary ballet technique, the core curriculum is complimented by other dance forms such as Modern, Jazz, African, Aerial and Character, along with Pilates and GYROTONIC® conditioning. The variety of classes works to meet students' varying interests in dance, ranging from beginning to adult education/fitness to the professional career bound.

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