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**10-DAY NYC DANCE WEEK FESTIVAL BOASTS OVER 100 FREE DANCE CLASSES AND MORE THAN 35 PARTICIPATING STUDIOS
JUNE 20-29, 2013**

Opening Gala Dance Party, June 11, 2013 at Copacabana, Brings Dance Community Together to Celebrate Dance and Fitness

NEW YORK, May 22, 2013 – Now in its second year, NYC Dance Week, a yearly festival that advocates dance conditioning and wellness, will offer more than 100 FREE and DISCOUNTED **dance, fitness and wellness classes** over the course of **10 days**, running **June 20 – 29, 2013**. To date, 37 of NYC’s top studios have joined the festival, opening their doors to thousands of New Yorkers, encouraging them to explore and take class during the festival. All participants must register for the event at <http://nycdanceweek2013.eventbrite.com>.

In partnership with sponsors Copacabana and Harkness Center of Dance two special events will also be held in conjunction with Dance Week. Dancers will burn the floor at Copacabana’s Rooftop Garden, June 11, 2013 for the **first NYC Dance Week Gala**. Participants will have an exceptional opportunity to learn how to **prevent injuries** and safeguard the body in a special workshop presented by **Harkness Center for Dance**, Wednesday June 26, 2013. Harkness will also be offering two days of one-on-one injury prevention assessments during the festival.

Dance Week collaborates with noted studios throughout New York City to celebrate the joy and diversity of dance. The exhilarating event offerings move beyond traditional dance forms to teach participants how all dance genres benefit mind, body and spirit – a sampling of unique classes include aerial acrobatics, Bollywood, Hula, Capoeira and dance bootcamp. Participants will also be able to take class at the top training schools in NYC including **Joffrey Ballet School, Mark Morris Dance Center** in Brooklyn and **The Ailey Extension**.

Producing partner **Fit Engine**, a trusted source for inside information on fitness and wellness, will offer class reviews of participating studios and their class offerings to empower participants to choose the best classes for their level and interests.

A list of participating studios throughout Manhattan, Queens and Brooklyn can be found on Dance Week’s website: <http://nycdanceweek.org/the-festival/free-classes>. Featured studios include: Joffrey Ballet School; Mark Morris Dance Center; The Ailey Extension; Ballet Academy East; Bent Pilates Studio; Heliummm Aerial Dance & Entertainment.

Additional 2013 sponsors include ZICO, Red Jacket Orchards, Core Food, POP Chips, Dynamic Sound, Kinky Boots the Musical, American Dance Festival, and BluePrintCleanse. Sponsor information can be found on Dance Week's website: <http://nycdanceweek.org/the-festival/sponsors>. The festival will offer dance promotions and sweepstakes on [facebook.com/nycdanceweek](https://www.facebook.com/nycdanceweek) and [twitter \(@nycdanceweek\)](https://twitter.com/nycdanceweek) throughout the festival.

2013 Schedule

Dance Week Gala at Copacabana

Date: June, 11, 2013

Time: 6:30 – 9:00 p.m.

Where: Copacabana Roof Garden, 268 West 47th Street, New York

Cost: \$40 all inclusive VIP access

Tickets: <http://nycdanceweekgala2013.eventbrite.com>

A celebration gala will kick off the festival on Tuesday, June 11, featuring Dynamic Sound Entertainment who will spin the top hits, salsa and swing throughout the evening. The evening will also feature Copacabana's Latin buffet, drink specials, celebratory toasts, dance performances, silent auction and raffle items.

Dance Week Festival

Date: Thursday, June 20 – Saturday, June 29

Register: <http://nycdanceweek2013.eventbrite.com/>

Schedule: <http://nycdanceweek.org/the-festival/free-classes>

<http://nycdanceweek.org/the-festival/discounts>

Harkness Injury Prevention Seminar

Date: Wednesday, June 26

Time: 4:30 – 6:30 p.m.

Where: Peridance Dance Center, 126 East 13th Street, NY

The Harkness Center's Injury Prevention Workshop provides information to the dance community on all aspects of physical and psychosocial well being, to encourage healthy and safe training for career longevity. This program is intended for dancers, teachers, parents, and/or management, and includes topics such as: injury prevention, cross training, nutrition & hydration, pointe readiness, anatomy, and environmental safety. Participant should wear moveable attire.

Harkness Injury Prevention Assessments

Dates:

Friday, June 21, 2:00 – 4:00 p.m., at Dance New Amsterdam, 280 Broadway, NY

Monday, June 24, 10:00 – 12:00 p.m., at Harkness Center of Dance, 614 2nd Ave, Suite 2G, NY

Tuesday, June 25, 10:00 – 1:00 p.m., at Harkness Center of Dance, 614 2nd Ave, Suite 2G, NY

Appointment:

Call Harkness at 212.598.6022 to schedule appointment

Dance Week participants will have the opportunity to drop in for one-hour personal injury prevention assessment with a Harkness Center therapist. The session will cover complaints, medical and nutrition histories and performance during a series of tests. The screening is designed to evaluate the risk the dancer is exposed to and to discuss the dancer's concerns before an injury occurs. At the conclusion of the assessment the dancer is given an individually tailored injury prevention exercise regime with recommendations for modification of their technique, training strategies, footwear and/or dance environment. The aim of the screening is to maximize each dancer's potential for wellness. Thousands of dancers have participated in this program and have rated it 3.9 out of a perfect 4.0 for its relevance and helpfulness.

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About NYC Dance Week

NYC Dance Week collaborates with noted studios in New York City to celebrate the joy and diversity of dance with an exhilarating 10-day festival of FREE dance, fitness and wellness classes. The festival engages the community and families to experience dance, encouraging them to live active, healthy lifestyles. The organization moves beyond traditional dance forms to teach participants how all dance genres benefit mind, body and spirit. Additionally, throughout the year Dance Week promotes dance studios and companies through their newsletter, projects, dance/fitness events and partnerships. Formerly a chapter of National Dance Week, Tasha Norman founded the organization in 2005. More than 30 local studios partner with the organization each year to increase public awareness.