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OFFICIAL 2016 New York City Dance Week (June 16th – 25th) Features Over 100 Free Dance, Fitness and Wellness Classes and over 30 Participating Studios throughout the NYC area

NYC Dance Week offers free dance classes throughout the city and invites every community in New York to join together in celebration of movement through dance

New York, NY – Now in its fifth year, NYC Dance Week is an annual festival that provides FREE dance, fitness and wellness classes throughout all five boroughs of New York. This year, NYC Dance Week will occur on June 16th through June 25th, and features a wide and diverse offering of classes for participants to enjoy.

All participants can learn more about the event at <http://www.nycdanceweek.org/how-to-take-free-classes/> and can register for the festival at <https://nycdanceweek2016.eventbrite.com>.

In addition to Dance Week’s 2016 Studio Partners, Mark Morris Dance Center and Chromatic Dance, this year, the festival will also offer classes in collaboration with The Ailey Extension, Bridge For Dance, Dancewave, Dokoudovsky New York Conservatory for Dance, Fit4Dance, H+| The Hip- Hope Dance Conservatory, Power Pilates, Resobox Studio, NYC Bhangra and Ballet Academy East to name a few!

During the festival, dance enthusiasts may also participate in a series of unique, ethnic Fitness Labs sponsored by festival affiliate FitEngine, Inc. (www.fitengine.com), a trusted source for inside information on fitness and wellness. FitEngine is providing studio space for approved instructors who need studio space to teach. Labs range from nutrition lab to techniques like Richard Marsden’s ballet vocabulary and technique class.

In conjunction with the festival, Dance Week welcomes back veteran sponsor, Harkness Center for Dance Injuries. Harkness will host a free **Injury Prevention Lecture and Workshop** for Dance Week participants on Monday, June 20th from 2:30 PM – 4:30 PM at **Peridance Capezio Center** (126 E 13th St.).

Tasha Norman, the Founder of NYC Dance Week and celebrated online fitness resource [FitEngine Inc.](http://www.fitengine.com), is a former dancer who trained at Dance Theater of Harlem and toured professionally starting at the age of 13. She cares deeply for the dance community in New York and designed the festival to appeal to the everyday New Yorker in hopes that they will discover and immerse themselves in the various forms of dance and wellness classes offered throughout the festival.

In addition to offering free classes, NYC Dance Week has partnered up with The Ailey Extension to continue its Dancer for a Day Program to provide deserving children and young teens who are facing unique challenges in their life the opportunity to dance, even if only for a day.

Dancer for a Day is a NYC Dance Week initiative that provides at-risk youth facing a unique challenge with the opportunity to experience a day in the life of a professional dancer. In its second year, Dancer for a Day will choose up to 20 youth, ages 10-15, who want to pursue dance as a career, to participate in a day filled with class taking, a nutritional workshop during lunch, a private performance, and a Q&A session with dancers. Please find additional information on Dancer for a Day and consider making a donation to the campaign here: <https://www.generosity.com/community-fundraising/nyc-dance-week-dancer-for-a-day-program>

H+| Hip Hop Dance Conservatory is the NYC Dance Week 2016 Event Sponsor, Zico Water is the Silver Sponsor and Peridance Capezio Dance Center, Harkness Center for Dance Injuries, DANY Studios, and Yoyo Active are all serving as Bronze Sponsors.

NYC DANCE WEEK 2016 SCHEDULE

NYC Dance Week Festival

Date: Thursday, June 16 – Saturday, June 25, 2016

Time: Varies

Where: Noted studios

Registration: <https://nycdanceweek2016.eventbrite.com>

Class Offers: <http://www.nycdanceweek.org/how-to-take-free-classes/>

Dance enthusiasts are invited to participate in 10 days of free dance, fitness and wellness classes at noted studios in the boroughs of New York City. In addition, other events are happening throughout the week. See below.

NYC Dance Week Kick-Off Party with DJ Tasha Blank's The Get Down Dance Party

Date: Thursday, June 9, 2016

Time: 7:00 – 10:00 PM

Where: Cielo, 18 Little West 12th Street, New York, NY 10014

Cost: \$5 – 20, <https://thegetdownnyc.splashthat.com/>

Casual

21 & over

In partnership with DJ Tasha Blank of the get down party, Dance Week invites all dance enthusiasts and the general public to its official Festival Kick-Off Party with high energy, boasting endless dancing to the great beats supplied by DJ Tasha Blank and her guest DJ's.

Brooklyn Kick-Off

Date: Thursday, June 16, 2016

Time: 5:00 PM

Where: Albee Square (corner of Fulton and Bond Streets), Brooklyn

Brooklyn Borough President, Eric L. Adams, will be doing a kick-off event for NYC Dance Week which includes a Soca class demo by Mark Morris Dance Center and performances by six dance companies.

Fitness Labs during NYC Dance Week Festival

Date: Thursday, June 16 – Saturday, June 25, 2016

Time: Varies

Where: DANY and Moving Visions Studios

Details: <http://www.nycdanceweek.org/fitness-labs/>

Injury Prevention Lecture and Workshop by Harkness Center for Dance Injuries

Date: Monday, June 20, 2016

Time: 2:30 – 4:30 PM

Where: Peridance Capezio Center, 126 E 13th St. (btw 3rd & 4th Avenues), New York, NY 10003

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. In this seminar, you will learn to apply kinesiological principles and functional anatomy to your dance practice in this hands-on lecture and workshop presented by the Harkness Center for Dance Injuries. This injury prevention lecture and workshop will address all aspects of injury prevention, including work hardening and cross-training, evidence-based warm-up, nutrition and hydration, pointe-readiness, anatomy, and environmental safety.

Closing Party at The Downtown Brooklyn Get Down featuring Big Daddy Kane

Date: Friday, June 25, 2016

Time: 4-8:00 PM

Where: Albee Square Plaza | Fulton Street Between Bond St + Albee Square West Brooklyn, NY

<https://www.facebook.com/events/1727250074214928/>

On Friday, June 24th, H+ | The Hip-Hop Dance Conservatory is celebrating the 10th Birthday of Downtown Brooklyn Partnership with an H+ | SOUL SCIENCE® Workshop, a Hip-Hop Dance Party, and an exclusive concert with Big Daddy Kane at Albee Square Plaza | Fulton Street Between Bond St + Albee Square West, Brooklyn, NY!!!

And if that's not enough we'll also be celebrating the close of NYC Dance Week!!! This is not the night to miss!

Dancer for a Day Program

Date: Saturday, June 25, 2016

Time: All day

Where: The Ailey Extension

Dancer for a Day is a NYC Dance Week initiative that provides at-risk youth facing a unique challenge with the opportunity to experience a day in the life of a professional dancer. In its second year, Dancer for a Day will choose up to 20 youth, ages 10-15, who want to pursue dance as a career, to participate in a day filled with class taking, a nutritional workshop during lunch, a private performance, and a Q&A session with dancers.

Performance Event with our Sister Project, NYC10 Dance Initiative (www.nyc10.org)

Date: Wednesday, June 22, 2016

Time: 7:30 PM

Where: Dixon Place, 161 Chrystie St. (btw Delancey & Rivington), New York, NY 10002

Tickets: <http://dixonplace.org/performances/nyc10-dance-initiative-4/>

Dance Week participants are also invited to watch performances of new dance works at a special showcase by its sister project, NYC10, at Dixon Place on Wednesday, June 22nd. 10 selected emerging choreographers and dance companies will be performing for up to 10 minutes and the audience and reviewers will provide feedback of their work to them.

To stay updated with the latest news from NYC Dance Week, please visit our website at www.nycdanceweek.org, like the Facebook page at <https://www.facebook.com/pages/NYC-Dance-Week/185085796592> and follow us on Twitter @nycdanceweek.

About NYC Dance Week

NYC Dance Week collaborates with both new and established studios in New York City to celebrate the joy and diversity of dance with an annual 10-day event of free dance, fitness and wellness classes. The celebration encourages New York City to experience dance, inspiring all to love and maintain active, healthy and energized lifestyles. The festival is held every June at dozens of venues throughout New York City and benefits thousands of participants. Throughout the year, Dance Week continues to promote dance studios and companies through its newsletter, projects, dance/fitness events and partnerships. Nearly 40 local studios partner with the organization each year to increase public awareness and unite the dance community. For more information, please visit: <http://www.nycdanceweek.org/about-us/about-the-festival/>

About NYC10

NYC10 is a sister project of NYC Dance Week. It's a dance initiative where 10 emerging dance companies/dance groups/dance troupes are given up to 10 minutes to showcase their work. NYC10 is a unique opportunity to showcase new work awaiting feedback and

reviews. It's a platform to expand and explore new repertoires or simply try something new. For more information, please visit: <http://nyc10.org>. NYC Dance Week and NYC10 are both produced by Tendu Inc., a 501(c)3 organization, organized exclusively for charitable and educational purposes to promote diversity of dance in the City of New York. NYC Dance Week and NYC10 are partly sponsored by FitEngine Inc., a website that provides empirical views, technical fitness insight and expertise on wellness programs and fitness classes.

About our Studio Partner, Mark Morris Dance Center

The Mark Morris Dance Center in Brooklyn, NY, is home to the Mark Morris Dance Group and houses seven fully-equipped, column-free studios with sprung floors and natural light, ranging in size from 430 ft² to 3,600 ft². The Dance Center offers over 40 dance and fitness classes per week for adult students of all levels and abilities, plus Master Classes, Workshops and the free Dance for PD® program. The School at the Mark Morris Dance Center provides a diverse range of classes for children and teens ages 4-17, of all dance abilities. There is also a Student Company, professional and pre-professional Summer/Winter Intensives, as well as Parent-Toddler movement classes. Live music is a feature of all dance classes. For more information, please visit: <http://markmorrisdancegroup.org/>

About our Studio Partner, Chromatic Dance

We're on a mission to change up what your idea of a "dance class" can be. "Chromatic" means colorful, bright, vibrant. Playing a chromatic scale means you have to hit all the notes on a piano. Chromatic Dance is a vibrant, all-inclusive space where you get to learn awesome moves to your favorite songs and make new friends for life in the process. We believe that a world where everyone dances is a world where everyone feels more free, open, and confident in themselves, more in love with life. Dance changed our lives. We started Chromatic with the hope that it will change yours too.

We hope you leave our classes realizing not only that you can dance, but that you should always be unapologetically dancing your own adventures in life, and loving and cheering for other dancers along the way.

For more information, please visit: <http://chromaticdance.com/>

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