

FOR IMMEDIATE RELEASE

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**OFFICIAL 2017 New York City Dance Week (June 15<sup>th</sup> – 24<sup>th</sup>)**

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 sixth 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 15<sup>th</sup> through June 24<sup>th</sup>, and will feature 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://nycdanceweek2017.eventbrite.com>.

In addition to Dance Week’s 2017 Studio Partner, Mark Morris Dance Center, this year, the festival will also offer classes in collaboration with Ailey Extension, American Liberty Ballet, Peridance Capezio Center, Arthur Murray NYC, Dancewave, H+| The Hip- Hop Dance Conservatory, BollyX, 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](http://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.

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 Thursday, June 22nd from 5:30 PM – 7 PM at **Mark Morris Dance Center** (3 Lafayette Avenue, Brooklyn, NY 11217)

Tasha Norman, the Founder of NYC Dance Week and celebrated online fitness resource [FitEngine Inc.](http://FitEngine Inc), is a former athlete, coach and 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, fitness and wellness classes offered throughout the festival.

In addition to offering free classes, NYC Dance Week is continuing 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, mentorship, and a private performance with Q&A at the end. Please find additional information on Dancer for a Day and consider making a donation to the campaign here: <http://bit.ly/1FUUJhW>

H+| Hip Hop Dance Conservatory is the NYC Dance Week 2017 Event Sponsor, Altru Global as Media Sponsor, Harkness Center for Dance Injuries and Arthur Murray NYC as Bronze Sponsors, and Dancewave as Event Partner.

## **NYC DANCE WEEK 2017 SCHEDULE**

### ***NYC Dance Week Kick-Off Party***

Date: Wednesday, June 14, 2017

Time: 6:00 – 10:00 PM

Where: Angel of Harlem, 2272 Frederick Douglass Blvd (corner of W 122<sup>nd</sup> Ct.), New York, NY 10027

Casual

21 & over

In partnership with [Angel of Harlem](#), NYC Dance Week invites all dance enthusiasts and the general public to its official **Festival Kick-Off Party** with drink & appetizer specials while dancing to some great beats.

### ***NYC Dance Week Kick-Off Event with Brooklyn Borough President, Eric L. Adams***

Date: Thursday, June 15, 2017

Time: 5:00 PM

Where: Brooklyn Borough Hall Plaza, 209 Joralemon St, Brooklyn, NY 11201

Event will include performances, dance class and more.

### ***NYC Dance Week Festival***

Date: Thursday, June 15 – Saturday, June 24, 2017

Time: Varies

Where: Noted studios

Registration: <https://nycdanceweek2017.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. Check the [website](#) for class offers (to be posted in May 2017).

***Fitness Labs during NYC Dance Week Festival***

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

During the festival, dance enthusiasts may also participate in a series of unique, ethnic **Fitness Labs** sponsored by our festival affiliate [FitEngine, Inc.](#), 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 injury prevention lab to techniques. Schedule will be posted in May 2017.

***Injury Prevention Workshop by Harkness Center for Dance Injuries***

Date: Thursday, June 22, 2017

Time: 5:30-7:00 PM

Where: Mark Morris Dance Center, 3 Lafayette Avenue, Brooklyn, NY 11217

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 workshop, you will learn about Balance and the Spine, taught by Marijeanne Liederbach, PhD, PT, with guest instructors from Pilobolus and MMDC.

***Performance Event with NYC10 Dance Initiative***

Date: Wednesday, June 21, 2017

Time: 7:30 PM

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

Tickets: <http://dixonplace.org>

More Info: <http://nyc10.org>

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 21st. 10 selected emerging choreographers /studio instructors and dance companies will be performing for up to 10 mins and the audience and reviewers will provide feedback of their work to them.

***Dancer for a Day Program***

Date: Saturday, June 24, 2017

Time: 10:00 AM - 3:00 PM

Where: Dancewave, 45 4<sup>th</sup> Ave, Brooklyn, NY 11217

Dancer for a Day is a NYC Dance Week initiative that provides inner-city youth facing a unique challenge with the opportunity to experience a day in the life of a professional dancer. In its third year, Dancer for a Day will choose up to 20 youth, ages 10-15, to participate in a day filled with class taking, a nutritional workshop, lunch, a private performance by and Q&A with a NYC10 dance company.

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](http://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 ft<sup>2</sup> to 3,600 ft<sup>2</sup>. 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/>

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