

USA Dance is a national organization dedicated to promoting ballroom dancing. We are a non-profit, volunteer organization. Membership in Piedmont USA Dance is open to persons of all ages. Local USA Dance members range in age from 14 to 88. Our dance experience covers an equally wide span. Some members are beginners; others have been enjoying ballroom dancing for over half a century.

While we are mostly amateur dancers, we have several professionals who are associate members.

There are numerous outstanding instructors in the area who offer both group and private instruction – for beginners, intermediate, and advanced students. Some are offered through private studios, some through schools, and some through city or county recreation departments.



Dancing is a wonderful way to add years to your life and life to your years!

Ballroom dancing is sustained physical movement. When done over a period of 30 minutes to several hours, a significant aerobic workout can result. Isometric and isotonic resistance during dancing helps muscle tone.

Emphasis on frame and form in ballroom dancing enhances posture and alignment of the body. Continuous movement of the joints helps to avoid arthritis and joint discomfort.

Ballroom dancing offers many mental and emotional benefits. The dance position is suggestive of a hug without the need for intimacy. Self-esteem is enhanced as skill is increased and confidence is built.

Learning the steps and techniques of ballroom dancing can provide mental stimulation to persons of all ages.

For more information about Piedmont NC USA-Dance and a calendar of events:
PiedmontNCUSABDA@aol.com,
check our web site at
www.ballroom-dancing.org
or call (336) 712-8183

Presenting

**Piedmont NC
USA Dance**

An organization composed of ballroom dancers who love to dance and are delighted to share the experience with others interested in dancing.



Piedmont NC USA Dance

is a chapter of the national USA Dance organization. We meet on the fourth Sunday of each month for a regular tea dance at Skateland in Clemmons:

Time is 5:30 until 8:00 PM. (Skateland in Clemmons is just west of Winston-Salem. From Interstate 40 take the Clemmons Exit. Turn south into Clemmons. Turn right on Cephis Drive at the Bronze Plaza sign beside Dockside Seafood Restaurant. Turn left onto Neudorf Road. Skateland is just ahead on the right.) For additional information call (336) 712-8183.

We have a 30-minute lesson at the beginning of most dances. (On special occasions we devote the entire time to general dancing.) Professional Instructors are engaged for the pre-dance lessons. The lessons cover different dances. We also sponsor, in conjunction with local dance instructors, specialty ballroom dance classes.

For those who are just starting ballroom dancing, we offer special introductory 6-week classes for Piedmont NC USA Dance members at no additional charge.

We have special events:

- ✓ Workshops featuring outstanding, dancer/instructors who offer individual coaching as well as group classes.
- ✓ An annual Black Tie Dance
- ✓ An annual Charity Ball

- ✓ Showcase – featuring both members and professional dancers
- ✓ A Holiday Premier Promenade to begin the annual holiday season.
- ✓ A Christmas Party
- ✓ A New Years Party
- ✓ A Beginners Ball

Competitors are encouraged and recognized for their accomplishments. Some of us choose to compete with others; most of us choose to compete only with ourselves.

A major goal of the chapter is to keep members informed of times, places, and dates of dances. Special

opportunities sponsored by other dance organizations are announced in our monthly newsletter. A listing of regular events is published annually. Both special and regular dance

opportunities are listed on our web site.

One of the best ways to get to understand an organization is to hear what the members say about it. Here are some of the things our members like about Piedmont USA Dance:

- { Dancing with a group of enthusiastic, friendly dancers
- { The Magazine, *Amateur Dancer* – Informative articles on dancing and music a great resource for conferences and competitions
- { The Newsletter – with local dance contacts, member news, and updates about club happenings.
- { Video Library – Professional videos on dance steps and techniques for beginner through professional dancer
- { Competition – many competitions require USA Dance membership
- { Make great friends
- { Workshops – good supplement to regular dance lessons
- { Exposure to good dancers
- { New steps at pre-dance lessons each month
- { Outstanding web site
- { Upbeat music
- { Variety of dances: Waltz, Fox Trot, Cha Cha, Swing, Jive, Tango, Samba, Mambo, Quickstep, Shag, Viennese Waltz, Rumba, Hustle, Merengue, Bolero, with an occasional Paso Doble.

We come from many dance studios and benefit from the instruction of numerous outstanding instructors. Many of these instructors provide group lessons at our monthly Tea Dances.

Let's Dance!

