



FOR IMMEDIATE RELEASE
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Free Events at Orlando Public Library to Celebrate National Dance Week



WINTER PARK, FL - April 1, 2010 - [The Orlando Public Library](#) and The Center for Contemporary Dance join together to celebrate [National Dance Week](#) (April 23-May 2) by presenting a variety of fun and exciting dance events--all week, all free! A chance for dance professionals and the community to connect through movement and culture, National Dance week was implemented more two decades ago to raise awareness about the important artistic and health contributions of dance in our country. Below is a [complete schedule of dance events](#) to be presented by The Center

for Contemporary Dance during National Dance Week. All events take place at The Orlando Public Library, located at 101 E. Central Boulevard in Orlando, FL 32801. The library will also make available a diverse, age-appropriate reading list pertaining to the dance arts, including biographies of great American dancers. To learn more, please call (407) 695-8366 or visit www.TheCenterForDance.org.

Friday, April 23 from Noon-1pm

Dance Class: [The Nia Technique](#)

Anyone can dance with The Nia Technique! A gentle movement practice that blends basic dance technique, yoga and the martial arts, The Nia Technique gives students of all fitness levels the opportunity to discover the joy of dance. Ages 6 to adult. All levels are welcome, including participants new to dance. Attire: Comfortable workout-wear; no shoes are required.

Sunday, April 25 from 3:00-4:30pm

Dance Workshop: [Creative Movement](#) for Kids (Ages 2-7)

Educate the artist in them! Designed to foster the young dancer's creativity, confidence, curiosity and problem-solving skills, this play-oriented dance workshop introduces children ages 2-7 to the fundamentals of ballet and modern dance. Participants will learn how movement is used to tell stories by linking basic choreography to a collaboratively-developed idea. All levels are welcome, including children new to dance. Attire: Comfortable workout-wear; no shoes are required.

Monday, April 26 from 6:30-7:30pm

Dance Class: The Hip Hop Workout

Jump into a high-energy class with an urban groove! Focusing on toning, cardio and core strength, this class incorporates basic hip hop moves that anyone can do and applies them in a concentrated and fun way! Ages 6 to adult. All levels are welcome, including participants new to dance. Attire: Comfortable workout-wear and sneakers.

Tuesday, April 27 from 6:30-7:30pm

Dance Class: [The Ballet Workout](#)

Workout like a dancer! Popular in celebrity circles, this class is designed for non-dancers and beginners wishing to learn the elegant lines of ballet while getting fit. Focusing on toning and muscle lengthening, The Ballet Workout is ideal for anyone looking to get the lean look of a dancer! Ages 6 to adult. All levels are welcome, including participants new to dance. Attire: Comfortable workout-wear; no shoes are required.

Wednesday, April 28 from 6:30-8:00pmFilm Presentation: [The Extraordinary Journey of Fernando Bujones](#)

A beautiful, powerful and touching portrait of the ballet legend and former artistic director for Orlando Ballet, whose untimely passing in 2005 shocked the dance world. Acclaimed actors Malcolm McDowell (The Company) and Juan Ferrara (Passion) narrate this documentary in English and Spanish, respectively. Presented in English and followed by a dialogue with filmmaker and documentarian Israel Rodriguez.

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About The Center for Contemporary Dance

A 501(c)(3) nonprofit organization that is home to [five professional dance companies](#) and an [institute for dance education](#), The Center for Contemporary Dance is a leading production center for dance performance and arts education programs. Over the past 8 years, The Center for Contemporary Dance has supported emerging and seasoned artists in the creation and presentation of more than 200 new dance works. In addition to producing professional stage productions, The Center develops arts education programs that reach child welfare organizations, underserved populations and our public schools. To learn more about The Center for Contemporary Dance, please call (407) 695-8366 or log on to www.TheCenterForDance.org.

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