



Manyet Dance

presents

2016



NATIONAL DANCE DAY



The goal of National Dance Day is to encourage Americans to embrace dance as a fun and positive way to maintain good health and fight obesity.

Saturday, July 30th

Grab your family and friends (*no dance experience necessary!*) to join **Manyet Dance** as we celebrate National Dance Day with a **FREE** family picnic and official NDD performance at

Highland Hills Park Shelter #1

[85 Mayfield Avenue • Fort Thomas, KY 41075 • *located on the left as you enter the park*]

10:00AM – Meet at the park, wearing your official Manyet Dance National Dance Day t-shirt

10:15AM – Warm-up and quick practice (*this is another time to learn the dance if you can't be there on July 26th*)

10:45AM – Performance for guests *and* video recording for official submission to the Dizzy Feet Foundation (*our video could be shown on "So You Think You Can Dance!"*)

11:00AM to 2:00PM – Manyet family fun at the park!

Pack your picnic lunch and favorite park games

We will play a few dance games that are suitable for all ages (yes, even parents, grandparents and babies!) and then enjoy the rest of the afternoon with our Manyet family and friends at the park!

FREE Dance Party to learn the official National Dance Day routine!

To prepare for the performance on July 30th, we invite our family and friends of **all skill levels and ages** (**including those who have never danced before!**) to join us at the new Wilder studio for a **FREE** class to learn the NDD routine, pick up official Manyet Dance NDD t-shirts, play games and win prizes!

8:00PM to 9:15PM

Tuesday, July 26th

Manyet Dance Wilder Studio

[1018 Town Drive • Wilder, KY 41076]

You can watch the video of the routine at the official website: <http://dizzyfeetfoundation.org/national-dance-day/>

Official Manyet Dance National Dance Day T-shirts

The official Manyet Dance NDD t-shirts are **\$5 if requested before July 21st** and \$10 after, including the morning of July 30th.

Call the Southgate Office at **859.781.0061** to sign up for the free class and request a t-shirt size.

T-shirt sizes can be requested after July 21st, but will be sold on a first-come, first-serve basis.