





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 29th

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

Tower Park Amphitheater

[Conchran Avenue • Fort Thomas, KY 41075]

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 for the Dance Party)

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!"*)

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

To prepare for the performance on July 29th, 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!

7:00PM to 8:15PM Monday, July 24th

Manyet Dance Wilder Studio [1018 Town Drive • Wilder, KY 41076]

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

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

Official Manyet Dance National Dance Day T-shirts

The official Manyet Dance NDD t-shirts are **\$5 if requested before July 20**th and \$10 after, including the morning of July 29th. 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 20th, but will be sold on a first-come, first-serve basis.*