



Bismarck Veterans Memorial Public Library

May 10, 2024

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library presents Ballroom Basics

WHAT:

We are inviting all social dance lovers!

Whether you are a seasoned pro or a complete beginner, we invite you to join us for an evening of fun and excitement at Ballroom Basics. Our experienced instructor from Northern Plains Dance will guide you step-by-step through the fundamentals of “lead and follow,” “basic footwork patterns,” and musicality in various popular dance styles, including Waltz, Foxtrot, East Coast Swing, Salsa, and Argentine Tango.

Imagine yourself confidently gliding across the dance floor, feeling the rhythm of the music and the connection with others. It is very exhilarating! Ballroom dancing is a great way to relieve stress, boost your mood, and stay active. It is also a fun and social activity you can enjoy with friends, family, or strangers. So come on and join us for Ballroom Basics! No partner is needed either! We’ll see you on the dance floor!

WHEN:

Thursdays at 6:30 p.m.

May 23, 2024: Introduction to Waltz

June 13, 2024: Introduction to Foxtrot

June 27, 2024: Introduction to Two Step

July 11, 2024: Introduction to East Coast Swing

July 25, 2024: Introduction to Argentine Tango

WHERE:

Bismarck Veterans Memorial Public Library, Meeting Room A

WHO:

Free and open to adults. Media is invited to attend.

CONTACT:

SARAH MATTHEWS, HEAD OF ADULT SERVICES

Bismarck Veterans Memorial Public Library

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