



Membership Types

To help you decide what kind of member to choose, we have provided descriptions of memberships that are youth or college age related. For additional membership information and current rates, please visit our website at www.usadance.org

Recreational: Social Youth Dancer

A Social dancer under age 19. (Social youth dancers do not receive the *American Dancer* magazine.)

Recreational: Social Adult Dancer

Enjoys and appreciates the physical, mental and social benefits of social dancing.

DanceSport: Minor Athlete

A competitive dancer who is below the age of 19

DanceSport: Student Athlete

A competitive dancer who is age 19 or above but below age 35 and enrolled in school full time

Dancesport: Adult Athlete

Competitive dancer who is age 19 or above

DanceSport Supporter

Former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.

As a **USA Dance** member you will receive:

- ◆ Information from your local USA Dance Chapter about studios, instructors and events for your area.
- ◆ *American Dancer* magazine which highlights ballroom dancing activities for the United States.
- ◆ Discounts for **USA Dance** events!



USA DANCE

Promoting the quality & quantity of ballroom dance in the USA

USA Dance chapters are located in communities throughout the United States. Chapters promote ballroom dancing in the local community and educate the public regarding the physical, mental and social benefits of ballroom dancing. Chapters also promote and sponsor amateur ballroom dancing for competitors, social dancers, and the general public. They work toward the recognition of ballroom dancing as an art form, a lifetime recreational activity and an Olympic sport.

Chapters strive to bring the joy and the benefits of ballroom dancing to as many people as possible. Please see our website for more information!

USA DANCE is an affiliate member of the United States Olympic Committee (USOC) and is recognized by the USOC, the International DanceSport Federation (IDSF), and the United States Congress as the National Governing Body of DanceSport in the United States.

www.usadance.org

1-800-447-9047

Add local chapter or studio label here



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Youth Programs

Social and Competitive Dancing

For K-12



Benefits of Ballroom Dancing

Ballroom Dancing offers children and teens an opportunity to improve social skills, to exercise, to increase self confidence, to develop teamwork and partnership skills, and most of all, HAVE FUN!

- ◆ Physically, children that dance regularly will build stamina and strength. Casual social dancers will see improvements in their health, and competitors will develop physically as trained athletes!
- ◆ Ballroom dancing will stretch your thinking and the "do-it" abilities. As your dancing improves, the sense of achievement will build confidence and pride.
- ◆ Socially, children will build courtesy and consideration for their fellow dancers and learn teamwork through mutual achievement.

Journey to the Olympics!



MULTI-SPORT ORGANIZATION



The last few years produced significant progress in DanceSport's journey into the Olympics. In 1997 the IDSF was granted full recognition by the International Olympic Committee (IOC) as the worldwide governing body for DanceSport. Then in 1999, the United States Olympic Committee (USOC) granted Affiliate membership to USA Dance, including recognition as the National Governing Body of DanceSport in the United States.

The next step in USA Dance's journey into the Olympics will be for the IOC to grant Program Status to DanceSport. That's when DanceSport will be added to the Olympic Program. It is our hope that this will occur soon.

School Clubs & Teams

More and more elementary, middle and high schools are sponsoring ballroom dancing clubs. As these students progress through their education they have an opportunity to continue ballroom dancing even through their college years. USA Dance has seen a rise in the number of college competitive teams and social ballroom dancing events over recent years.

Being part of an organization like USA Dance can also provide community service and leadership opportunities which can help you stand out and diversify your college applications.

Start a Club or Team at Your School!

Congratulations on your interest and efforts to start a ballroom dance club for the students at your elementary, middle or high school. Through its network of more than 160 chapters nationwide, representing over 22,000 members who range in age from under seven to well over seventy, USA Dance wants to help you get started in this worthwhile effort. Ballroom dancing is a wonderful way to provide youth with an opportunity to exercise, which becomes that much more important as physical education budgets shrink. It also provides a foundation for a life-long skill and ability.

USA Dance, Inc. provides assistance to numerous ballroom dance programs and events at colleges and universities across the country to bring the excitement of partner dancing to students at an affordable price. This includes the National Collegiate Dancesport Championships, held each November.

Styles of Dancing

Through USA Dance you will find great quality instructors for social and competitive ballroom dancing. The traditional ballroom dance styles:

International Style	Standard	Latin
	Waltz	Cha-Cha
	Tango	Rumba
	Foxtrot	Samba
	Viennese Waltz	Paso Doble
Quickstep	Jive	

International Standard -- the "smooth dances" of International style. International is distinctive in that it emphasizes remaining in a closed dance position.

International Latin -- the "rhythm dances" of International style. International is distinctive in that the hip action is achieved after stepping onto a "straight leg."

American Style	Smooth	Rhythm
	Waltz	Cha-Cha
	Tango	Rumba
	Foxtrot	Swing
	Viennese Waltz	Mambo
	Bolero	

American Smooth -- the "Standard dances" of American style. American is distinctive in that it is less strict and allows the partnership to "open up" in several steps.

American Rhythm -- the "Latin dances" of American style. American is distinctive in that the Cuban motion (hip action) is achieved by stepping on a flexed knee, straightening the knee after taking a step.

Other Dances -- Other popular social styles are also taught and can include County Western, West Coast Swing, Hustle, Argentine Tango, Salsa, Merengue, and more. See your local studios for more information!