

FOR IMMEDIATE RELEASE:

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For more information contact:

Michele Garcia Havard

micheleg@arcdance.org

Phone: 206 352-0798

ARC Dance, Arc School of Ballet, and Seattle Early Dance Presents:

Spring Dance

ARC Dance Space 9250 14th Ave NW Seattle, WA 98117

March 12th, 4:00 p.m. and 13th, 2:00 p.m.

Tickets: \$20 Adults & \$10 Children (10 & under)

www.arcdance.org or (206) 352-0798

Dance: A Historical Affair

SEATTLE, WA -- ARC Dance, Arc School of Ballet (ASB), and Seattle Early Dance come together to present the biennial *Spring Dance* performance on March 12th at 4:00 p.m. and March 13th at 2 p.m. This performance presents the viewer with a rich palette of historical court dances from the 16th, 17th and 18th centuries. Live musicians, as well as authentic instruments and costuming, transport you on a journey through the Medieval, Renaissance, and Baroque periods of dance history. Marie Chong, director of ARC Dance, has been in collaboration with Anna Mansbridge, Artistic Director of Seattle Early Dance, since 2010 to produce this historical journey through dance history.

This family-friendly production with live musicians takes the audience on a beautiful progression through dance history, from some of the early court dances to classical ballet in its current form. The performance is educational and fun and it will delight audiences of all ages.

ARC Dance presents ***Spring Dance***; March 12th at 4:00 p.m. and March 13th at 2:00 p.m. in the **ARC Dance Space** in Ballard/Crown Hill, 9250 14th Ave NW, Seattle. Tickets are \$20 for adults, \$10 for children (10 & under) and are available online at www.arcdance.org or by phone (206) 352-0798.

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ARC Dance Company

ARC Dance Company is a professional repertory dance company in Seattle, Washington that presents contemporary ballet in intimate settings. Since its inception in 1999, ARC has performed works by nationally recognized and emerging choreographers in a regular performance season from July through December.

Arc Youth Dance Company

ARC Dance Productions, in association with Arc School of Ballet, launched the Arc Youth Dance Company (AYDC) in 2013. It offers artistic and personal growth to dancers ages 11-20 years old who seek further artistic excellence in dance performance. AYDC members are students of Arc School of Ballet (ASB) in the Intermediate level or higher as selected by annual audition.

Arc School of Ballet

Arc School of Ballet provides personalized ballet training in an atmosphere that promotes personal and artistic growth. Focusing on elements of both classical and contemporary ballet technique from the classic French, Italian, and Russian Schools of training, the core curriculum at Arc School of Ballet (ASB) provides dancers with a broad knowledge of classical technique and the comprehension to adapt to all current ballet styles and techniques.

Arc School of Ballet offers four coordinated, high-quality programs to dancers of all ages and backgrounds. The variety of classes works to meet students' varying interests in dance, ranging from children's creative movement and beginning ballet to adult education/fitness and specialized professional-career-bound training.

Arc School of Ballet opened its doors in July 2004. The school provides individual attention to students through limited class sizes. It focuses on classical ballet and offers a professional dance career preparation program. Its training regime is consistent with the stylistic requirements of ARC Dance Company, the resident professional dance company.

Since 2004, Arc School of Ballet has educated over 2500 dancers who are ongoing dance ambassadors, working with and supporting professional performing companies beyond their time at ARC.

Arc School of Ballet shares common goals with its resident professional dance company, ARC Dance Company: to provide opportunities for the public to explore the joy and beauty of dance. Arc School of Ballet and ARC Dance Company occupy over 9,000 square feet of the former Crown Hill School, now the Crown Hill Center in the Ballard neighborhood of Seattle.

Seattle Early Dance

Seattle Early Dance is dedicated to presenting high quality performances of dances from the European Courts between the sixteenth and eighteenth centuries. These dances are reconstructed using original manuals and treatises, and are performed in exquisite costumes based on historical designs. Essential to the performance experience is collaboration with musicians playing authentic period instruments. Seattle Early Dance has performed with some of the finest early music organizations in Seattle including the Seattle Symphony, the Seattle Baroque Orchestra, and the Seattle Academy of Baroque Opera. Seattle Early Dance aims to have a wide appeal, presenting dances in ways both entertaining and informative for modern audiences. Seattle Early Dance is also committed to educational activities, such as workshops and residences in schools and other community settings.