

# The Ford Ballroom Dance Club



The Ford Ballroom Dance Club was established in 1995 by a group of ballroom dance enthusiasts. The Ford Ballroom Dance club is run by a group of volunteers and provides the opportunity for everyone to experience the world of ballroom dancing. We hold four to five dances a year with a group dance class prior to each dance.

## **Dance Lessons**

The group classes are taught by top local professional dance instructors at a beginner to intermediate level. Our classes are geared toward the social level rather than the technical level of dance teaching. You do not need to be a Ford Employee to join our club or to come to our dances. We have four to five dances per year that are held in the most elegant settings. Join the Ford Ballroom Dance Club for a great social activity, it's also a moderate level of exercise.

## **Cost**

The fee to join our club open dance event is \$10 which includes the dance lesson, general dancing, and lite refreshments. You can pay at the door at any dance.

## **Membership application Form**

Membership forms are available at the dance. The data on the form, your mailing information, is entered into a membership data base where we store when you joined and when the your membership expires.

## **Membership obligations**

There are three, come meet new people, learn to dance, and have fun.

## **General information on Ballroom Dancing**

Ballroom dancing falls into two basic categories,rythmn/Latin and Smooth/Standard.

### **Rythmn/Latin dances**

ChaCha, Swing(Eastcoast,Westcoast, and Jive),Rumba,Bolero,Mambo, Samba, Hustle, Merengue, and Paso Doble(Bull fighter dance).

### **Smooth/Standard dances**

Waltz, Foxtrot,Tango,Quickstep and Viennese Waltz.

Do I need a partner? It's nice if you have a partner but not necessary.

What do I wear? We ask that folks wear something dressy casual. Dressy causal is just under

Semi-formal.Gentlemen-suit and tie are not a requirement. A nice pair of dress slacks and dress

shirt are fine. It's best that you bring dance shoes,if you don't own a pair then wearing a shoe with

a leather sole is best. Tennis shoes or rubber soled shoes are not kind in ballroom dancing.

Ladies-pantsuits are fine,chiffon type skirts or a dress you can move in. Remember dancing can be like aerobic exercise.

## **Dance Levels**

Bronze(beginning),Silver(intermediate),Gold(advanced) and Professional

## **Contacts**

Jenny Remington Club president– [Jremingt@Ford.Com](mailto:Jremingt@Ford.Com) Ph313-805-8044

Mike Vinarcik Treasurer, [Mvinarci@Ford.com](mailto:Mvinarci@Ford.com)

Web page - [Ford Employees Recreation Association](#)