

## Village of Orland Park Media Relations

# NEWSRelease

Frederick T. Owens Village Hall  
14700 South Ravinia Avenue - Orland Park, IL 60462

MEDIA CONTACT: Margie Owens-Klotz  
708/403-6277

PROGRAM CONTACT: Stephanie Simpson  
708/403-6294

---

**FOR IMMEDIATE RELEASE**  
**August 11, 2008**

### **Orland Park Recreation Offers Adult & Couples Dance Classes** *Couples, Country Line Dancing and Salsa Top Fall Line Up*

ORLAND PARK, IL – Credit the television show “Dancing With The Stars” for the popularity of adult dance classes. Recognizing this national trend, the Orland Park Recreation Department is offering a number of adult dance classes tailored for different tastes.

“Dancing is a very enjoyable way to exercise,” said Orland Park Recreation Program Supervisor Stephanie Simpson. “A number of people have told us that they love to dance and get a great work out at the same time,” she added.

Dance Instructor Tony Ziegler will teach “Couples Dance,” open to adults and seniors. This program teaches dance steps, proper position and floor etiquette for the jitterbug, swing, cha-cha, tango, waltz and polka. Three evening sessions, from September 12 to November 17, at the Franklin Loebe Recreation Center Dance Studio, with two levels of ballroom and one for wedding dance. Participants must register with a partner and the cost is \$36.00 per person for residents and \$54.00 per person for non-residents.

Veteran Country Line Dance Instructor Dee Ulrich returns to Orland Park with two sessions of line dancing, offering varying levels of instruction. Line dancing will be held at the dance studio at the village’s Sportsplex, September 9 to October 24 and November 4 to December 19.

“Line dancing is very popular in this area,” Simpson said. “We saw what a draw this is when the village hosted free line dance lessons during the Taste of Orland Park,” she added.

Participants are invited to increase their heart rates and burn calories while moving to motivating music in “Salsa Dance Mix.” This non-couples class features salsa steps including samba, mambo, rumba, cha cha, meringue and more. Two Thursday evening sessions will be held at the village’s Sportsplex, September 25 to November 13.

Couples wanting to learn to dance with a partner at any type of social event are invited to register for “Shall We Dance?” Instructor Linda Bosack will present improvised ballroom steps to dance with all kinds of music. This beginner’s class will be held Thursday evenings, September 25 to November 13 at the Sportsplex aerobics studio. The cost for village residents is \$52.00 while non-residents pay \$78.00

Further information about all of the Orland Park Recreation Department’s fall dance programs is available by calling or visiting the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue, 708/403-7275 or the village’s Sportsplex at 11351 West 159<sup>th</sup> Street, 708/645-7529. Dance program details also appear in the Recreation Department’s area of the village’s website at [www.orland-park.il.us](http://www.orland-park.il.us).