

About PITTSBURGH BALLROOM

Enhancing Lives Through Ballroom Dance

is Pittsburgh Ballroom 2016, Inc's stated mission. We are a 501(c)3 registered non-profit charitable organization. We support a youth program and a senior outreach program serving a broad audience throughout the Pittsburgh region.

Pittsburgh Ballroom holds monthly dances to offer a variety of dance opportunities for the Pittsburgh area's community of ballroom dancers. Funds raised through our membership fees, dances, and special events provide the resources needed to support our volunteers who teach middle school students manners, etiquette, discipline, and gracious social interaction through ballroom dance.

In an effort to bring the artistry, health benefits, and fun of ballroom dancing to the Pittsburgh area, Pittsburgh Ballroom also maintains a community outreach performance program. Through Pittsburgh Ballroom Outreach, volunteers perform at community events, fundraisers, conventions, senior centers and events, arts fairs, and at Pittsburgh Ballroom dance events. All levels of dancers are welcome to participate.

Membership fees are \$25 per year and members enjoy reduced entry fees to the monthly dances and special events. There is a comprehensive list of ballroom dances in the Pittsburgh and surrounding areas on our calendar pages at PittsburghBallroom.com.

Helping the Community Reap the Social and Health Benefits of Ballroom Dance

Our Pittsburgh communities are benefiting from the funds Pittsburgh Ballroom raises. The Pittsburgh Ballroom Outreach program provides opportunities to increase community awareness about the health and social benefits of dance in relation to aging. Our volunteers perform for and with seniors at UPMC and Highmark health fairs, local community events, for the Alzheimer's Association and at various senior centers all around the Pittsburgh area.

In our Youth Program, middle school students are taught manners, proper etiquette, and discipline while learning to ballroom dance. The success of the program has attracted interest from other schools and we have a list of several that want to start ballroom dance programs. As our funding increases, we will begin implementing the program at as many of those schools as possible.



Kids from Pittsburgh Ballroom's Youth Program take pride in their newly acquired dance skills.

By developing community partnerships and sponsors, we are able to help nurture social interactions between diverse participants. We have a large following of active retirees, millennials, and all ages in between.



If you are interested in finding out how you can reap the social and health benefits of ballroom dance – living vibrant, physically active, and socially connected lives – please contact us at info@PittsburghBallroom.com or visit us on Facebook for more information.