

# BALLET SAN JOSE

## PRESS RELEASE

**FREE Ballet Program on Friday, March 23rd Presented by  
BALLET SAN JOSE COMMUNITY OUTREACH**



Ballet San Jose dancers Tiffany Glenn, Maria Jacobs and Beth Ann Namey.

Photo by John Gerbetz

Ballet San Jose presents POINT TO POINTE  
"The Making of a Ballet Dancer" with Dennis Nahat

WHAT: A FREE One-hour presentation open to the public.

WHEN: Friday, March 23rd from 1:30 to 2:30pm.

WHERE: San Jose Center For the Performing Arts,  
255 Almaden Boulevard (at Park Avenue) in downtown San Jose.

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WHY: To give something back to our community and to show people just a bit of what it takes to be a professional ballet dancer.

WHO MAY ATTEND: Everyone is welcome. Downtown employees are especially encouraged to drop in... students, parents with children, seniors, people who have never SEEN a ballet before and people who LOVE the ballet and come often. There is something for everyone in this program. A limited number of handicapped (wheelchair) areas are available.

COST: FREE! Seating is on a first-come, first-serve basis. The theatre will open 1/2 hour prior to performance. Seating capacity is 2,500.

#### MORE INFORMATION:

##### SHORT BYTE

Ballet San Jose will present a FREE Community Outreach program on Friday afternoon, March 23rd @ 1:30pm at the San Jose Center for the Performing Arts, 255 Almaden Boulevard (at Park Avenue) in downtown San Jose. Everyone in the community is invited to attend this fun and informative one-hour presentation.

##### POINT TO POINTE

"The Making of a Ballet Dancer"

Ballet San Jose Artistic / Executive Director Dennis Nahat conducts a FREE fun-filled 60-minute program showing how a ballet dancer moves and what is involved in the training of a professional dancer. Nahat and dancers from the Company will demonstrate various elements to watch for in the feet, the legs, the arms, the torso, etc..to help newcomers to the art form better understand ballet technique... much in the same way a sports fan enjoys the "game" more if he/she knows the difference between various types of pitches in baseball, or running plays in football. Even seasoned ballet goers will be entertained and educated. Nahat will also involve members of the audience in Question and Answer segments. The Company will then perform IL DISTRATTO, a 30-minute comic ballet from choreographer Lew Christensen.

This exciting and very personal program will have ONE PERFORMANCE ONLY!

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