



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## FOR IMMEDIATE RELEASE

**Date:** April 21, 2014  
**Contact:** Sheri Kruckeberg, Youth Services, Port Angeles Main Library  
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**Re:** Swing Dance for young adults at the Port Angeles Main Library

Teens can get ready to jump and jive when the North Olympic Library System's Port Angeles Main Library presents Swing Dance workshops with award winning dance instructor Carol Hathaway. These introductory classes are for young adults ages 12-18 and are presented as part of the Library's 2014 *Get Moving!* series. Classes will be held at the Port Angeles Library at 7pm on Mondays, May 5, 12 and 19. Partners are not required and participants may choose to attend one, two, or all three classes.

Throughout 2014, the Port Angeles Library continues to offer monthly events as part of the *Get Moving!* series. These fun, no-stress, cost free, sampler classes will provide opportunities for healthy living novices, and initiates, to explore new fitness activities. Yoga, non-impact aerobics, biking, hiking, and contra dancing are on the menu, as well as self-guided "poetry walks" in collaboration with Olympic National Park.

However you choose to *Get Moving!*, the North Olympic Library System collection has something for you. Plan a hike, prepare for a wilderness excursion, design a fitness routine that meets your individual needs, learn new techniques, change your diet, or just 'stretch' your mind by reading! To find these and other materials on healthy living, visit [www.nols.org](http://www.nols.org) or ask library staff for assistance.

All *Get Moving!* events are offered for free to the public with the generous support of the Port Angeles Friends of the Library. The Port Angeles Main Library is located at 2210 South

Peabody Street. For more information on these Swing Dance classes and other up-coming events, go to [www.nols.org](http://www.nols.org) and click on “Events” and “Port Angeles” or call 360.417.8500.

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