

# The Ballroom Company Prepares Dancers For Weddings, Outings

**BY KAREN BERGER**  
MIRROR REPORTER

From couples preparing to dance at their weddings to athletes wanting to increase flexibility, to those who just love to dance — The Ballroom Company in Maumee meets their needs with a full lineup of classes and private instruction.

Winter classes begin Monday, January 14 and include rhythm (cha cha, rumba, swing), smooth (waltz, tango, foxtrot) and Latin (salsa, merengue, bachata) in beginning, intermediate and advanced levels.

In addition, The Ballroom Company will host

a “first dance boot camp,” a two-hour course on Saturday, January 26, to prepare couples for their wedding dance.

Located at 2319 S. Detroit Ave. near River Road, the spacious dance floor lined with mirrors is the setting for not only classes, but Friday night dances, where students can test out their skills in a relaxed and fun setting.

“Everyone is very friendly and supportive,” said The Ballroom Company president Jacki Myrice. The swing, rumba and hustle can be used on dance floors anywhere, but often students prefer to

practice at the Friday night parties among their peers, she said.

The social aspect of dancing is one that’s often overlooked, but many of The Ballroom Company’s clients end up forming friendships, Myrice said.

Ballroom dancing also improves balance, reduces weight, and increases flexibility and muscle tone. Athletes often incorporate dance into their training to sharpen their control, speed, flexibility, balance and stamina, Myrice said.

Although The Ballroom Company has steadily grown since Myrice opened the stu-

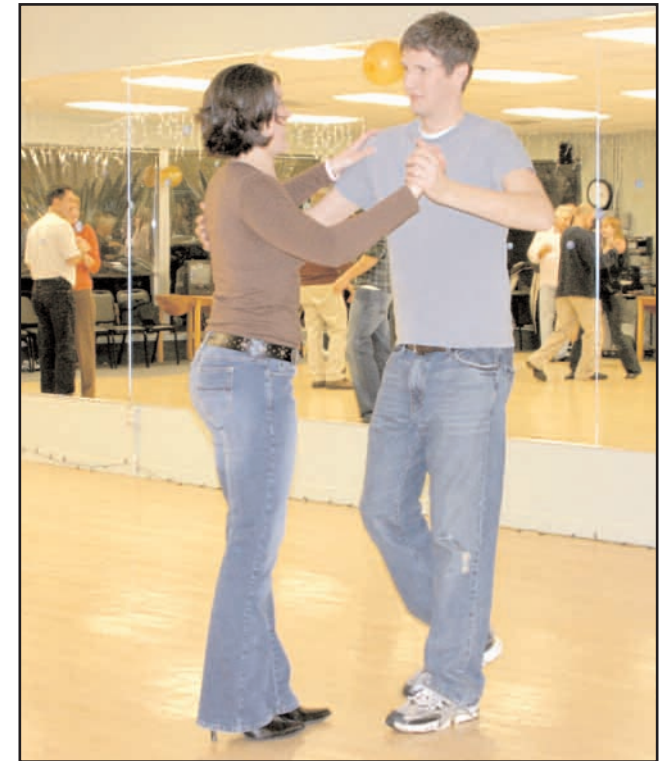
dio in 1993, movies such as *Strictly Ballroom* and the TV show *Dancing With the Stars* increased ballroom dancing’s popularity. The studio attracts dancers of all ages, and even though the number of men is still low compared to women, men are increasingly taking dance classes.

At the end of the year, dancers show off what they’ve learned during Showcase, which Myrice describes as “an adult recital, only with more expensive costumes.” Depending upon their experience and comfort level, dancers may work on a routine for three to six months.

For those who enjoy public performance, Myrice takes students to about seven competitions a year, in Cleveland, Cincinnati, Dearborn and the Chicago area. Competitions allow dancers to see what other students are doing and to set goals.

“When the students have goals, they learn more and focus,” she said.

Myrice began dancing at 14 and quickly got involved in dancing shows and competitions. As a successful junior dancer, Myrice trained with top professionals including Sam Sodano, Shirley Ballas and Melissa Dexter.



**Megan Komen and David Veres try out new steps on the dance floor at The Ballroom Company. The new friends took the class just to have fun.** MIRROR PHOTO BY KRISTEN FRITZ

She and her brother David competed in the International Latin Style and captured several Mid-West titles. They also won the 2002 Rising Star Professional American Rhythm title at the Northcoast Ballroom Championships.

At 17, she became a professional instructor. She met and married to fellow dance instructor David Myrice in 1991, and they have three

daughters: Erin, Emily and Elena. In April 2005, the couple began competing in the Professional American Smooth events and have enjoyed success in the United States and in Cancun, Mexico.

Registration for winter sessions ends soon. For more information, contact The Ballroom Company at (419) 893-1850 or go to [www.the-ballroomco.com](http://www.the-ballroomco.com).



**Instructor Shaun Stutts demonstrates steps to the men in a rumba class at The Ballroom Company.** MIRROR PHOTO BY KRISTEN FRITZ