

2008 Classes and Dance Descriptions

MONDAY -

LATIN/SALSA CLASSES with Sonia – *This will include the most popular of the Latin dances, with a heavy emphasis on Salsa.*

7-8:00 pm - **Beginner**, for those who are just starting out or need a review in the dance being given that month.

8-9:00 pm - **Intermediate Class**, for those ready for more of a challenge (discount for taking both classes).

TUESDAY

DANCE WORKSHOPS Swings/Hustles and Smooth (Tango, Foxtrot, Waltz, V. Waltz) 7:00 Beginner Class; 8:15 Intermediate. This section will alternate between Swing classes and Smooth with each session running anywhere from 4 – 8 weeks. See monthly calendar.

WEDNESDAY -

5:30-6:30 pm – **SOCIAL DANCING FOR TEENS** – Useful social dances geared toward the younger dancer. Siblings and parents can be partners, if needed, at the same low price as the teen. THIS CLASS IS NOT RUNNING YET

7:00 - 8:00 pm - **LEVEL II CLASSES** - You've taken your basics and practiced them, you've learned some great patterns, but you're READY FOR MORE..... then this is the class for you! *Each month we will work on a different dance at the Advanced Beginner to Intermediate Level.*

8:00 -10:00 pm – **OPEN DANCING** - \$5.00 pp – FREE WITH CLASS

THURSDAY

7:30 - 8:30 pm – **Beginner Social Dancing Classes** – In each of these classes, we will cover basics in one to two dances.... The course is designed to get you up and dancing right away with concentration on just a few basic steps at a time.

8:00 – 9:00 P.M. – Advanced Beginner Social Dancing Classes. We'll review the basics, then move along a little faster than beginner class.

FRIDAY

7:30 – 9:00 pm– **MONTHLY CLASS - Beginner and Advanced Beginner Classes – Same Dance all Month** – If you're a new dancer you may want to start in the beginner class, but if you've danced before and are comfortable in a large group, try the Advanced Beginner.

9 – 11:00 pm – **OPEN DANCING** - \$6.00 per person (\$5 with class) –

SATURDAY -

7-8:30 p.m. – **WORKSHOPS**... Advanced Beginner through Intermediate. One dance at a time, one routine at a time.

8 – 11:30 pm – **OPEN DANCING** - \$10.00 pp - BUY SPECIAL PASSES TO SAVE MONEY ON SATURDAY NIGHT.

SUNDAY

4:00 -5:30 pm **WORKSHOPS** – Workshops are a great way to learn one dance VERY WELL. These generally run for 6 – 8 weeks, but you can sign up for 6 or 7 if you don't think you'll make it to all of them.

Country Western Classes and Dancing – 5:30 -6:15 Partner Dance Class; 6:15-7:00 Pattern Dances, 7-9:00 the Practice Social which is included in the price of either class.... Mixers, line dancing, and all the dances you've learned in the earlier classes... great music, light foot.

SPECIALTY EXERCISE CLASSES

SATURDAY MONRING: 10-11:00 pm – **GENERAL LINE DANCING** – Low impact exercise with simple routines to all kinds of music.

SATURDAY MORNING 11-12 noon – **ZUMBA (Latin Aerobics)** - Sonia. Enjoy a new kind of exercise to a Latin Beat, med-high workout.

THURSDAY NIGHT (coming in May) BELLYDANCE AEROBICS – 6:30 – 7:30 pm. Exercise with Belly dance moves to fantastic rhythms.