


Please note that any refunds for a dropped couples class will be issued to each student equally.

Beginning Ballroom 

A class for couples, taught by Don and Polly Andersen. Learn the Waltz, Swing, Polka, Fox Trot and other popular dances. Preparation for dancing to ballroom, nightclub, country music or that special wedding or anniversary.

Please put both partners' names and Social Security numbers on the registration form. Class will be held at First Lutheran Church, 1551 S. 70.

Jan. 9-Feb. 27	M	7-8 p.m.	\$89/couple
See Desc	Andersen	LLLX-1549-OCWA	

Introduction to Latin Dances 

A course in Latin dancing taught by Don and Polly Andersen. Learn the Tango, Rumba, Samba, Cha Cha, Salsa and other popular dances.

Please put both partners' names and Social Security numbers on the registration form. Class will be held at First Lutheran Church, 1551 S. 70.

Jan. 9-Feb. 27	M	8-9 p.m.	\$89/couple
See Desc	Andersen	LLLX-1503-OCWA	

Tap Dance 

Great exercise! Dance to music and learn some basic steps. Bring your leather-soled shoes and enthusiasm. Designed for the beginning adult, this class is fun and you will gain confidence and rhythm.

Shoes will be discussed at first class. Parking and entrance behind building. Enter from St. Paul Street or Madison St.

Jan. 14-Mar. 3	S	1-2 p.m.	\$45
2722 N. 48	Ogden	LLLX-1517-OCWA	

Beginning Ballet for Adults 

Learn basic steps and terminology of ballet. Not just for little girls anymore.

Wear comfortable clothes, shoes will be discussed at the first class.

Jan. 14-Mar. 3	S	11:30 a.m.-12:30 p.m.	\$45
2722 N. 48	Ogden	LLLX-0362-OCWA	

Two Step & Waltz 

Start with the basics and add the animation and style associated with each dance as you learn to lead or follow a dance partner around the floor. These dances are used and liked no matter what type of music you enjoy. You'll be introduced to the Country and Ballroom Two Step and Waltz.

Please put both partners' names and Social Security numbers on registration form.

Jan. 9-Feb. 27	M	8-9 p.m.	\$89/couple
4211 LaSalle	Doeden	LLLX-1530-OCWA	
Jan. 10-Feb. 28	T	6-7 p.m.	\$89/couple
4211 LaSalle	Doeden	LLLX-1530-OCWB	

Beginning Line Dances 

Everyone welcome—ages 16-99—couples or singles!! Get fit—dance a bit. Line dances are a great way to start your dancing adventure. Fun to learn, easy to remember. Any level of skill from novice to experienced will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

Jan. 9-Feb. 27	M	6-7 p.m.	\$45/person
4211 LaSalle	Doeden	LLLX-1527-OCWA	

Intermediate Line Dance 

Intermediate level line dances are taught.

Jan. 11-Feb. 29	W	6-7 p.m.	\$45/person
4211 LaSalle	Doeden	LLLX-1522-OCWA	

Jitterbug & East Coast Swing (Country & Ballroom) 

Learn leading and hand positions, the six count basic swing, arch, tuck and loop turns, free spins, arm slides, waist wraps, and the jitterbug. Dance to Country Music and Big Band.

Please put both partners' names and Social Security numbers on the registration form.

Jan. 11-Feb. 29	W	8-9 p.m.	\$89/couple
4211 LaSalle	Doeden	LLLX-1541-OCWA	

Latin Dance 

Learn to dance to the Salsa, Cha Cha, and the Hustle that is so popular!

Please put both partners' names and Social Security numbers on the registration form.

Jan. 11-Feb. 29	W	7-8 p.m.	\$89/couple
4211 LaSalle	Doeden	LLLX-1512-OCWA	



West Coast Swing (Country & Ballroom) 

Bored with your current dances? This dance is a fun challenge. You will really show off on the dance floor. Learn the steps in small sections with practice in between and before you know it you will be swinging around the dance floor. It is a dance you will fall in love with and use often with all types of music. Little Big Band music is becoming so popular and it fits this dance.

Please put both partners' names and Social Security numbers on registration form.

Jan. 9-Feb. 27	M	7-8 p.m.	\$89/couple
4211 LaSalle	Doeden	LLLX-1525-OCWA	

Belly Dance Level 1 

Belly Dance Level 1 is an entry level class. We will explore the basics of belly dance: hip movements, shimmies, body undulations, graceful arms/hands and traveling steps to mention just a few. In addition there will be a choreographed dance with notes and a music CD. Included are stretching and warm-ups before class starts and at the end for a cool down.

Wear comfortable clothing you can move in.

Jan. 11-Feb. 15	W	6-7 p.m.	\$48
CEC, 302	Ashiya	LLLX-0360-CEWA	

Belly Dance Level 2 

Belly Dance Level 2 is a continuation of the level 1 class or for anyone with some belly dance experience. We will add more movements and begin the practice of layering techniques, such as combining shimmies with a hip circle. We will introduce props such as veil or zills to add to the dance. In addition, there will be a choreographed dance with notes and a music CD. There will be stretching and warm-ups before class starts and at the end for a cool down.

Wear comfortable clothing you can move in.

Jan. 11-Feb. 15	W	7-8 p.m.	\$48
CEC, 302	Ashiya	LLLX-0365-CEWA	

 **Learn Authentic Greek/Turkish Belly Dance** 

Have you ever been to a Greek or Middle Eastern restaurant and longed to know how to dance like the sequin-covered dancers performing? Study authentic cabaret-style belly dance with Ashiya, one of the top dancers in the Midwest! Learn authentic Middle Eastern moves: shimmies, hip movements, graceful arm movements, body undulations, and more. Come experience the world of authentic Middle Eastern dance. There will also be dance performances by professional guest dancers as well as a vendor for shopping. Join us for a fun-filled day of dancing, music and shopping.

One hour for lunch on your own.

Feb. 4	S	10 a.m.-4 p.m.	\$59
CEC, 302	Ashiya	LLLX-1506-CEWA	

 **Improvisational Tribal-Style Belly Dance** 

ITS is a powerful style of belly dance that celebrates the strength and beauty of all ages and body types. Discover the basic language of Tribal-Style Belly Dance and how to follow cues from the leaders which indicate the next move. Basic fast and slow moves make it possible to dance to your favorite music as well as others who "speak" this dance language. Use of zills will be introduced. Prepare to sweat!

Wear comfortable clothing you can move in.

Jan. 12-Feb. 2	Th	6-7 p.m.	\$45
CEC, 304	Brophy/Mertz	LLLX-0810-CEWA	