



ADULT DANCE CLASSES

BEGINNING DANCE—PART I

Beginning Dance Part 1: It's never too late to learn to dance! Dance has been proven to improve mental acuity, increase coordination (therefore decreasing injuries), grow confidence, and just overall be a great workout! This will be a beginner class that will touch on a few different dance forms, mainly focusing on the strength and stretching of ballet, with the upbeat fun and funk of jazz. This is a non-partnering class, with no experience required. Wear comfortable athletic wear that allows you to move, class will be danced in soft dance shoes, barefoot, or socks.

Age 16 yrs + | \$60 | 6 wk(s)
120601-01 | 1/15-2/19 | Tu | 6:30-7:30pm
FWCC, Instr: Shellie Holst

INTRO TO BALLROOM SOCIAL DANCE

This class will touch on many of the social ballroom styles; and is great for anyone who has a wedding or cruise coming up, or who just likes to get out and have a good time. Dance styles will include Night Club 2-Step, East Coast Swing, and West Coast Swing. No Partner or experience required.

Age 16 yrs + | \$60 | 6 wk(s)
120601-02 | 1/15-2/19 | Tu | 7:30-8:30pm
FWCC, Instr: Shellie Holst



BEGINNING DANCE—PART II

This class will be a continuation of the previous section, though you Do Not need to take Part 1 to enroll in Part 2. This is a non-partnering class, with no experience required. Wear comfortable athletic wear that allows you to move, class will be danced in soft dance shoes, barefoot, or socks.

Age 16 yrs + | \$50 | 5 wk(s)
120601-03 | 3/5-4/2 | Tu | 6:30-7:30pm
FWCC, Instr: Shellie Holst

INTRO TO SOCIAL LATIN DANCE

Time to get your cardio on and fulfill your New Year's resolution to learn something new, all in one class! This Energetic class will go over three Latin Ballroom styles; Salsa, Cha-Cha, and Rumba. You will learn dance form, how to properly get those "Latin hips", and how to lead and follow a partnership. No Experience or partner required.

Age 16 yrs + | \$50 | 5 wk(s)
120601-04 | 3/5-4/2 | Tu | 7:30-8:30pm
FWCC, Instr: Shellie Holst

INTRO TO STANDARD BALLROOM DANCE

Ever dreamed of gliding across the dance floor in a sweeping dress, or a dashing tail suite? This class is for you! We will be doing an introduction to the formal Standard Ballroom styles; Waltz, Foxtrot, and Tango. You will learn proper dance form, and how to lead and follow across the dance floor. No Partner or Experience (or ball gown!) required.

Age 16 yrs + | \$60 | 6 wk(s)
120601-05 | 4/16-5/21 | Tu | 6:30-7:30pm
FWCC, Instr: Shellie Holst

INTRO TO PERFORMANCE LATIN DANCE

This class is different from the Social Latin in that we will be learning a small routine for each dance style, instead of lead and follow. The focus of this class will be on learning proper Latin technique while dancing Cha-Cha, International Rumba, and Samba. No Partner or Experience required.

Age 16 yrs + | \$60 | 6 wk(s)
120601-06 | 4/16-5/21 | Tu | 6:30-7:30pm
FWCC, Instr: Shellie Holst



For more information contact:
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