

## Adult Dance

### NEW CLASS! Boot Camp Dance Class

Always wanted to learn Salsa or Blues Dancing? Go from no knowledge of the dance to accomplished dancer in one day! Two Rooms – Two different dances – YOU choose your dance!

Instructors, Debbie Ramsey and Wesley Boz, are from the nationally acclaimed School "Music and Dance".

**17SU249.1 (Salsa)/17SU248.1 (Blues)**

**Saturday, 1:00 PM – 4:30 PM**

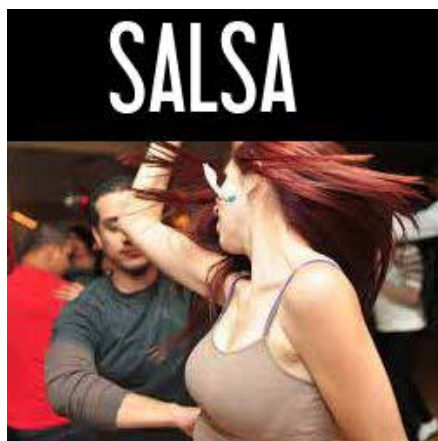
June 10 (1 day)

Basic/Intro Level 1: 1 – 2pm

Level 2: 2:15 – 3:15pm

Level 3: 3:30 – 4:30pm

**\$15 a class or three classes for \$30**



### Shake Rattle and Roll with Bellydance - Beginning Bellydance

Learn this beautiful dance that's great low impact exercise, from graceful arm movements to energetic hip shimmies. You'll learn a fun combination of movements in every class, all done to exciting Middle Eastern music. No dance experience required. Wear workout clothing.

**17SU225.1**

**Wednesdays, 7:30 PM – 8:30 PM**

June 14-July 5, (4 weeks)

Jamie Anderson, Instructor

**\$40**

### The Dancer's Workout®- Back to Basics

The Dancer's Workout® (TDW) is a high-energy adult dance fitness class which uses ballet, jazz, contemporary, pop, hip-hop, and toning exercises to deliver an exhilarating dancer's workout. These intermediate/advanced classes are taught throughout the Triangle and they move very quickly through choreography and assume dancers have solid training in ballet. Once a month, however, Jules slows it down and breaks it down in "The Dancer's Workout® - Back to Basics" workshops. These workshops are excellent for former dancers who want to start dancing again, for current TDW dancers who want to improve their dance technique, and for experienced dancers interested in the TDW Instructor Certification Program. The Dancer's Workout® - Back to Basics workshop includes warm-up, stretching, and a thorough dance cardio workout, with special emphasis on proper dance technique needed to execute the moves like a pro. Day of drop-ins allowed (\$20/class). Jazz sneakers or jazz slippers preferred.

**17SU223.1**

**Saturday, 2:00 PM – 3:30 PM**

June 17, (1 day)

Jules Szabo, Instructor

**\$18**

**17SU223.2**

**Saturday, 2:00 PM – 3:30 PM**

July 15, (1 day)

Jules Szabo, Instructor

**\$18**

**17SU223.3**

**Saturday, 2:00 PM – 3:30 PM**

August 12, (1 day)

Jules Szabo, Instructor

**\$18**

## Youth Group Music

### Guitar for Kids I (Ages 8-12)

Kids, want to play your favorite songs on the coolest instrument? Learn basic chords plus how to read tab (a simple method of playing single notes.) No experience necessary. Bring your own guitar, acoustic or electric. If the latter, bring an amp and extension cord. No toy guitars please.

**17SU476.1**

**Mondays, 5:00 PM – 6:00 PM**

June 12 – July 3, (4 weeks)

Jamie Anderson, Instructor

**\$45**

### Kids Ukulele (Ages 8-12)

Learn the basics on this great little instrument, one of the easiest to play. You'll learn how to tune and play a few simple chords for favorite tunes, all in a supportive environment with a fun teacher.

**17SU477.1**

**Mondays, 6:00 PM – 7:00 PM**

June 12 – July 3, (4 weeks)

Jamie Anderson, Instructor

**\$45**

