

# Adult

ALL DANCE CLASSES ARE HELD IN THE COMMUNITY CENTER DANCE STUDIO OR AS NOTED WITH CLASS LISTING.

## Belly Dance Middle Eastern Folkloric

(5 weeks) (6 weeks)  
Beginning and Intermediate classes overlap for the 15-minute "Goddess Stretch."  
**Beginning:** Basics of Middle Eastern Belly Dance  
**Intermediate:** Use of cymbals, veil, and props; choreography/showmanship.

Instructor: Sharifa  
...Performer of Middle Eastern Dance; owner, Belly Dance Artists; instructor since 1987.

### Beginning

**4130.501** Jan. 13–Feb. 10\* (5 wks)  
**4130.502** Mar. 3–Apr. 7 (6 wks)  
❖ Tue., 7–8:15 pm

### Intermediate

**4132.501** Jan. 13–Feb. 10\* (5 wks)  
**4132.502** Mar. 3–Apr. 7 (6 wks)  
❖ Tue., 8–9:15 pm  
\*Room change Jan. 20, McHale Rm.  
❖ Fee: \$62 / Dist. Res. \$52 (5 wks)  
\$71 / Dist. Res. \$61 (6 wks)

## Belly Dance Spring Hafla

Join the Belly Dance students for a spring celebration of their talents. Light refreshments and entertainment. Bring the whole family and celebrate with them!

Hostess: Sharifa

**4140.501** Apr. 9  
❖ Th., 7–9 pm  
❖ Admission: \$5/adult / children free  
❖ Community Ctr.: Parkside Rm.

## Bollywood & Bhangra Blast!

(5 weeks) (45-minute workout)  
Dance your way to good health! This high-energy workout incorporates Bollywood and Bhangra dances and contemporary music from India. Short choreographies and some warm ups with a fitness format will be used. All levels are welcome. Namaste!

Instructor: Layla Habib  
...professional dancer 20 yrs; instructor.

**4660.501** Jan. 14–Feb. 11  
**4660.502** Apr. 1–May 6\*  
❖ Wed., 6:30–7:15 pm  
\*No class Apr. 8  
❖ Fee: \$52 / Dist. Res. \$42

## Dance Like The Stars

(5 weeks) (Ages 16 yrs / up, welcome)  
You've seen it on TV programs and commercials! Now it's your turn to be the star! The instructor's teaching style is easy to learn, low in stress, and will have you danc-

ing after your first lesson. Classes are designed for couples or singles with partners; singles may register at first class meeting as partners become available.

**Beginning:** Learn the basics: **.501** Waltz, Cha Cha Cha, and Night Club Two Step; **.502** Fox Trot, Triple Swing, and Tango; **.503** Jitterbug-Jive, Rumba, and Mambo; build on that foundation with easy variations.

**Intermediate:** Challenging dance patterns, emphasis on style and leading.

Instructor: Alberta Bagneschi  
...instructor of Ballroom Dance over 22 yrs.

### Beginning

**4114.501** Jan. 7–Feb. 11\*  
**4114.502** Feb. 18–Mar. 18  
**4114.503** Mar. 25–Apr. 22  
❖ Wed/Beg., 7:30–8:25 pm

### Intermediate

**4114.501** Jan. 7–Feb. 11\*  
**4114.502** Feb. 18–Mar. 18  
**4114.503** Mar. 25–Apr. 22  
\*No class Feb 4  
❖ Wed/Int., 8:30–9:25 pm  
❖ Fee: \$62 / Dist. Res. \$52

## Hip Hop

(16 yrs–Adult) (11 weeks)  
Think EXERCISE! Think Hip Hop! Learn trendy dance steps to new, up-beat music. A great workout! Beginners welcome.

Instructor: Kiva Lefler

**4198.501** Jan. 7–Mar. 25\*  
❖ Wed., 5:30–6:20 pm  
\*No class Feb. 11  
❖ Fee: \$102 / Dist. Res. \$92

## Hula – THAT's Hawaiian!

(6 weeks) (Beginning/Continuing)  
Imagine dancing while soft trade winds blow, palm trees sway, and the soothing strum of ukuleles play in the background. It's hula! Improve your health with this softer, gentler, (but thorough) workout set to beautiful Hawaiian music! Learn to let your hands tell the story while your hips sway to the beat. A treat for body and soul!

Instructor: "Kaunaloa" (Beth Weillenman)  
... Founder of Hui Hula Ka Hale o Ku'u Hoaloha Hula in Martinez; performed at Disney World, has taught hula in Florida, Texas, California.

**4110.501** Jan. 6–Feb. 17\*  
**4110.502** Feb. 24–Mar. 31  
**4110.503** Apr. 7–May 12  
❖ Tue., 6–6:55 pm  
\*No class Jan. 20  
❖ Fee: \$67 / Dist. Res. \$57  
(\$5 lab fee included)  
❖ Community Ctr.: McHale Rm.

## Jingle Bell Rock A Holiday Dance Party

Everyone is welcome. Mark your calendars and put aside an evening for dancing! Join the students of Wednesday-night Ballroom Dance classes at their holiday dance party. Former students are encouraged to come. Bring an hors d'oeuvre to share. Lots of great dance music until 9:30 pm. A fun dance lesson included!

Hostess: Alberta Bagneschi

**4106.501** Dec. 17  
❖ Wed., 7:30–9:30 pm  
❖ Admission: \$10 / couple, \$6 / single

## Salsa Club Dancing 101 N.Y. Salsa Mixed with Latin Hustle, Pachanga, Cali Colombia or Rueda

(5 weeks)  
Ready for the fun of Salsa dancing? Advance at your own pace while learning the basic stepping beat on Cuban Salsa Tumbao for Conga drum; patterns on Copa, Pachanga or Cali Colombia Salsa, Rueda or Casino Cuban style. Beginners, 7:30–8:15 pm; advanced, 8:15–9 pm. DO NOT wear sandals or tennis shoes.

Instructor: Ron Bermudez  
...29+ yrs teaching experience; studied with New York champions, founded the first Salsa Group *Salsa Angels* in the Bay Area.

**4155.501** Jan. 5–Feb. 9\*  
**4155.502** Feb. 23–Mar. 30\*\*  
**4155.503** Apr. 6–May 11\*\*\*  
❖ Mon., 7:30–9 pm  
No class \*Jan. 19, \*\* Mar. 16, \*\*\*Apr. 20  
❖ Fee: \$54 / Dist. Res. \$44

## Salsa Boot Camp 2008

(1 workshop)  
Come prepared to work on the basic styles of Salsa Dance: Cuban, New York Latin Hustle, Standard and Copa. Beginners, advanced students welcome.

Instructor: Ron Bermudez

**4156.401** Dec. 22  
❖ Mon., 7:30–9:30 pm  
❖ Fee: \$22 / Dist. Res. \$18

## Wedding Day's First Dance

(1 workshop)  
Marrying soon? Video taping your wedding reception? Turn the first dance from plain and commonplace to a styled and flared event! Using very basic Fox Trot and Waltz dance steps with special attention to the beginning and ending of your dance, you can look terrific! PRE-REGISTRATION REQUIRED; please register early.

Instructor: Alberta Bagneschi

**4101.401** Dec. 3  
**4101.501** Apr. 29  
❖ Wed., 7:30–9:30 pm  
❖ Fee: \$24 / Dist. Res. \$20

## Youth / Teens

Classes are held in the Dance Studio, Community Center or as noted with class. A waiver of liability must be signed before class participation. **Note:** PARENTS WAIT IN THE PATIO DURING CLASS. ALL ARE INVITED TO ATTEND LAST CLASS DEMONSTRATION.

### Creative Dance Movement

(3½–6 yrs) (7 weeks)

A creative, imaginative environment allowing children to use movement as a means of expression. Designed to develop rhythm, coordination, and confidence through the use of props, musical instruments, and, most importantly, imagination. Child must be potty-trained and able to participate without parent being present. Note: Parents are invited to attend last class only. Parents may wait outside during class.

Instructor: Susan Pugh  
...BA in Dance; has taught children dance and gymnastics for 16 yrs; has performed and choreographed with The Dance Apprentice Company and the Pickle Circus.

#### Morning

**4163.501** Jan. 6–Feb. 17

**4163.502** Mar. 3–Apr. 28\*

❖ Tue., 10:30–11:15 am

#### Evening

**4162.501** Jan. 6–Feb. 17

**4162.501** Mar. 3–Apr. 28\*

❖ Tue., 6–6:45 pm

\*No class Mar. 17, Apr. 14

❖ Fee: \$77 / Dist. Res. \$67

(\$1 lab fee included)

❖ Community Ctr.: AM Dance Studio  
PM Game Rm.

### Hip Hop

(7–12 yrs) (12–17 yrs) (11 weeks)

Family and friends are invited to a short performance at end-of-session last class; time to be announced.

**4186 Beginning – (7–12 yrs)** A great class for beginners who have never taken a dance class before. Learn trendy moves as you put a routine together and dance to the newest very-clean Hip Hop and Pop music.

**4187 Intermediate – (12–17 yrs)** If you have taken Hip Hop or other dance classes before, this class will bring a new dance challenge. Learn new moves, basic stunts to new, clean Hip Hop music.

Instructor: Kiva Lefler

#### Beginning

**4186.501** Jan. 7–Mar. 25\*

❖ Wed., 3:30–4:20 pm

#### Intermediate

**4187.501** Jan. 7–Mar. 25\*

❖ Wed., 4:30–5:20 pm

\*No class Feb 11

❖ Fee: \$102 / Dist. Res. \$92

### Hula, Too!

(8–12 yrs) (6 weeks)

If you enjoyed the Lilo and Stitch movie and the Disney cartoons, join this class! Accompanied by Hawaiian music, you will learn Hula dance movements that provide gentle but thorough exercise.

Instructor: "Kaunaloa" (Beth Weilenman)

**4170.501** Jan. 6–Feb. 17\*

**4170.502** Feb. 24–Mar. 31

**4170.503** Apr. 7–May 12

❖ Tue., 5–5:50 pm

\*No class Jan. 20

❖ Fee: \$62 / Dist. Res. \$52

❖ Community Ctr.: McHale Rm.

### Pre-Ballet & Tap

(3½–5 yrs) (7 weeks)

An introduction into the world of ballet and tap. This experience will develop motor skills while creating an appreciation for both classical dance forms. Child must be potty-trained and able to participate without parent being present. **Note:** Parents are invited to attend last class only. Parents wait outside classroom during regular classtime.

Instructor: Susan Pugh

**4161.501** Jan. 6–Feb. 17

**4161.502** Mar. 3–Apr. 28\*

❖ Tue., 9:30–10:15 am

\*No class Mar. 17, Apr. 14

❖ Fee: \$76 / Dist. Res. \$66

### Ballet I

(5–8 yrs) (14 weeks)

Combines ballet dance combinations with the creative environment of Pre-Ballet with an introduction to classical ballet technique. Dress attire: NO skirts or tutus, even if attached; tights must be worn even on hot days. Hair pulled back.

Instructor: Christie Tomlinson

**4165.501** Jan. 5–Apr. 27\*

❖ Mon., 4:30–5:25 pm

\*No class Jan. 19, Feb. 16, Apr. 13

❖ Fee: \$144 / Dist. Res. \$134

(\$4 lab fee included)

### Pre-Ballet

(3–5 yrs) (14 weeks)

The basics of ballet in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent being present. Note: Parents are invited to attend last class only. Dress attire: NO skirts or tutus, even if attached; tights must be worn even on hot days. Hair pulled back.

Instructor: Christie Tomlinson

...teacher of youth dance classes; professional dancer, performer, choreographer.

**4166.501** Jan. 5–Apr. 27\*

❖ Mon., 3:35–4:20 pm

\*No class Jan. 19, Feb. 16, Apr. 13

❖ Fee: \$130 / Dist. Res. \$120

(\$4 lab fee included)



*Creative Dance Movement - develops coordination and confidence through the use of props, musical instruments and imagination.*