

Adult

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

Belly Dance

(6 weeks) (All levels)
Delve deeply into belly dance moves. Learn choreography, veils, and cymbals to both contemporary and traditional music.

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

4132.801 Jan 19–Feb. 23*

4132.802 Mar. 9–Apr. 13**

❖ Tue., 8–8:55 pm

❖ Fee: \$67 / Dist. Res. \$57

Room change *Jan. 19, Feb. 16;

McHale Rm.; **Mar. 23, Upper Club Rm.

❖ Fee: \$67 / Dist. Res. \$57

Belly Dance Spring Hafila

Join the Belly Dance students for a spring celebration of their talents. Light refreshments and entertainment. Bring the whole family and celebrate with them. Costumes, accessories, music; available for purchase.

Hostess: Sharifa

4140.801 Apr. 15

❖ Th., 7–10 pm

❖ Admission: \$5 / person

(Children under 12 yrs, FREE)

❖ Community Ctr.: Parkside Rm.

Bollywood & Bhangra Blast!

(5 weeks) (45-minute workout)

Dance your way to good health! This high-energy workout incorporates Cinematic Hindi Bollywood with a warm-up of Punjab Masala Bhangra! All levels welcome.

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

4660.801 Mar. 3–Mar. 31

4660.802 Apr. 21–May 19

❖ Wed., 6:30–7:15 pm

❖ Fee: \$56 / Dist. Res. \$46

Cardio Belly Dance Fitness... & Beyond!

(5 weeks) (45-minute workout)

Dance fusion style to good health! These classes use a fitness format to combine belly dance, aerobics, and other dance forms to give you a great cardio workout. Small hand weights, optional; veils provided. All levels; no experience needed.

Instructor: Layla Habib

4659.801 Jan. 13–Feb. 10

❖ Wed., 6:30–7:15 pm

❖ Fee: \$56 / Dist. Res. \$46

Dance Parties

Mark your calendars for an evening of dancing! Join the students of the Wednesday-night "Shall We Dance?" class! Former students are encouraged to come. Bring an hors d'oeuvres to share. Lots of great dance music until 9:30 pm with a fun dance lesson included! Everyone is welcome.

Hostess: Alberta Bagneschi

Noël Dance

4106.701 Dec. 2.

❖ Wed., 7:30–9:30 pm

Spring Fling

4106.801 Mar. 3

❖ Wed., 7:30–9:30 pm

❖ Admission: \$10 / couple, \$6 / single

Goddess Workout

(6 weeks) (All levels)

Move like a goddess! This unique integrative workout blends belly dance, Pilates, and yoga using exotic, upbeat music. Burn fat, strengthen the core, stretch, cool down, and develop balance and grace. No dance experience necessary. Young adults, 16–17 yrs, welcome.

Instructor: Sharifa

4130.801 Jan 19–Feb. 23*

4130.802 Mar. 9–Apr. 13**

❖ Tue., 7–7:55 pm

Room change *Jan. 19, Feb. 16;

McHale Rm.; **Mar. 23, Upper Club Rm.

❖ Fee: \$67 / Dist. Res. \$57

❖ Community Ctr.: Dance Studio

Hula – THAT's Hawaiian!

(5 weeks) (Beginning/Continuing)

Soft trade winds blow, palm trees sway, and the soothing strum of ukuleles play; it's Hula time! Improve your health with this softer, gentler, (but thorough) workout set to beautiful Hawaiian music! Let your hands tell the story while your hips sway to the beat. A treat for body and soul!

Instructor: "Kaunaloa" (Beth Weilenman)

... Founder of Hui Hula Ka Hale o Ku'u Hoaloha Hula in Martinez; performed at Disney World, has taught hula in Florida, Texas, California.

4110.801 Jan. 4–Feb. 8*

4110.802 Feb. 22–Mar. 22

4110.803 Mar. 29–Apr. 26

*No class Jan. 18

❖ Mon., 6–6:55 pm

❖ Fee: \$63 / Dist. Res. \$53

(\$5 lab fee included)

❖ Community Ctr.: Pre-School Rm.

Happy Holiday Party Time Salsa Boot Camp

(1 workshop)

Students!!! Be prepared to work hard on your Salsa dance skills! Last 45 minutes on your own to Salsa Dance as you wish. Bring packaged snack to share.

Instructor: Ron Bermudez

4156.701 Dec. 21

4156.801 Apr. 12

❖ Mon., 7:30–9:45 pm

❖ Fee: \$10 / person

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

(5 weeks)

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.

4155.801 Jan 4–Feb. 8*

4155.802 Feb. 22–Apr. 5**

❖ Mon., 7:30–9 pm

No class *Jan 18; **Mar. 1, Mar. 15

❖ Fee: \$58 / Dist. Res. \$48

Shall We Dance?

(Adults / Teens, 16 yrs up) (5 weeks)

At weddings, social events, or parties – whether you hear a Sinatra tune or a Hot Latin number, you will have the confidence to get on the floor and dance. Easy-to-learn method in a relaxed environment.

Beginning: Basic steps; build on that foundation with variations. **.801:** Fox

Trot, Tango, Single Swing/Hustle;

.802: Rumba, Mambo, Triple Swing.

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

Instructor: Alberta Bagneschi

...instructor of Ballroom Dance over 25 yrs.

Beginning

4114.801 Jan. 20–Feb. 24*

4114.802 Mar. 10–Apr. 7

❖ Wed/Beg., 7:30–8:25 pm

Intermediate

4116.801 Jan. 20–Feb. 24*

4116.802 Mar. 10–Apr. 7

*No class Feb. 10

❖ Wed/Int., 8:30–9:25 pm

❖ Fee: \$68 / Dist. Res. \$58

Wedding Day Workshop

Your 1st Dance As Husband & Wife

Beginner or not, this workshop will help you to create your first romantic dance together as a married couple. Do more than just rock back and forth! Learn easy and showy dance steps for the Waltz and Fox Trot. If you have your wedding dance song/music on CD, bring it to class. PRE-REGISTRATION REQUIRED.

Instructor: Alberta Bagneschi

4101.801 Jan. 13

4101.802 Apr. 14

❖ Wed., 7:30–9:30 pm

❖ Fee: \$27 / Dist. Res. \$22

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. Registered child only may attend class. PARENTS MAY WAIT IN THE PATIO DURING CLASS. ALL ARE INVITED TO ATTEND LAST CLASS DEMONSTRATION.

Creative Dance

(3½–6 yrs) (6 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. Registered child only may attend 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.

4162.801 Jan. 5–Feb. 9

4162.802 Feb. 23–Mar. 30

4162.803 Apr. 13–May 18

❖ Tue., 6–6:45 pm

❖ Fee: \$69 / Dist. Res. \$59

(\$1 lab fee included)

❖ Community Ctr.: Game Rm.

Fun in Movement

(3½–5 yrs) (6 weeks)

Short, simple routines will develop basic rhythm while improving balance and coordination. Delightful, colorful props will be used to stimulate your child's creativity. Registered child only may attend class.

Instructor: Alberta Bagneschi

4161.801 Jan. 12–Feb. 23*

4161.802 Mar. 2–Apr. 13**

❖ Tue., 10:15–11 am

No class *Feb. 9; **Mar. 23

❖ Fee: \$69 / Dist. Res. \$59

(\$1 lab fee included)

Hip Hop

(4–6½ yrs) (7–12 yrs) (10 weeks)

An opportunity to try something new and exciting while getting some exercise, too! Each class is full of energetic rhythm and dance. Family and friends are invited to a short performance at end-of-session last class; TBA.

4186 (4–6½ yrs) – Students move to the fun beat of children's pop and hip hop music while learning simple street moves, jumps, and turns.

4187 (7–12 yrs) – A great class for beginning dancers! Learn trendy moves as you put a routine together and dance to the newest very-clean Hip Hop and Pop music.

Instructor: Kiva Lefler

4186.801 Jan. 13–Mar. 17 (4–6½ yrs)

❖ Wed., 3:30–4:15 pm

4187.801 Jan. 13–Mar. 17 (7–12 yrs)

❖ Wed., 4:30–5:20 pm

❖ Fee: \$115 / Dist. Res. \$105

Hula, Too!

(8–12 yrs) (5 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)

4170.801 Jan. 4–Feb. 8*

4170.802 Feb. 22–Mar. 22

4170.703 Mar. 29–Apr. 26

*No class Jan. 18

❖ Mon., 5–5:50 pm

❖ Fee: \$58 / Dist. Res. \$48

❖ Community Ctr.: Pre-School Rm.

Rhymes in Action

(3½–5 yrs) (6 weeks)

Students will jump, run, hop, and boogie! Some props and lots of their own personality will be used while they swing and dance to lively rhymes and popular children's songs. Registered child only may attend class.

Instructor: Alberta Bagneschi

4163.801 Jan. 12–Feb. 23*

4163.802 Mar. 2–Apr. 13**

❖ Tue., 10:15–11 am

No class *Feb. 9; **Mar. 23

❖ Fee: \$69 / Dist. Res. \$59

(\$1 lab fee included)

What A Small World!

(4–6 yrs) (6 weeks)

An exploration of the world through dance! Each week, simple dances from different countries: a Mexican Hat dance; a Fan Dance from Japan, and the Virginia Reel like American cowboys, and more. New dances each week! Short performance last class.

Instructor: Alberta Bagneschi

4164.801 Jan. 12–Feb. 23*

4164.802 Mar. 2–Apr. 13**

❖ Tue., 10:15–11 am

No class *Feb. 9; **Mar. 23

❖ Fee: \$69 / Dist. Res. \$59

(\$1 lab fee included)

Ballet

(5–8 yrs) (7 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

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

4165.801 Jan. 4–Mar. 8*

4165.802 Mar. 15–Apr. 26

❖ Mon., 3:40–4:40 pm

*No class Jan 18, Feb. 15, Mar. 1

❖ Fee: \$91 / Dist. Res. \$81

Pre-Ballet

(3–4 yrs) (7 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

4166.801 Jan. 4–Mar. 8*

4166.802 Mar. 15–Apr. 26

❖ Mon., 2:45–3:30 pm

*No class Jan 18, Feb. 15, Mar. 1

❖ Fee: \$84 / Dist. Res. \$74

**Feel the benefits of dance...adventure, enjoyment,
laughter, fun, and new friends!**
