

# DANCE CLASSES

Information: 303.987.7845

Ages: 13 and up (unless otherwise noted)

## SEASON DISCOUNT

Receive a \$10 discount when you register for all three sessions.

## DROP-IN

All classes are registration classes with the option to drop-in, unless otherwise indicated. Please call ahead for space availability: \$10/class. For classes in which a partner is required, price is per person.

## PRIVATE DANCE INSTRUCTION

Private dance instruction is available by appointment. Book a single lesson or three-lesson package in the dance of your choice. Wedding dance instruction is also offered using the couple's chosen music. Call for pricing and information: 303.987.7877

## WEST AFRICAN DANCE

Instructor: Samantha Hyde  
Students will be taught dances with accompanying rhythms, chants and histories from Ghana, Guinea, Senegal, Nigeria and Liberia. Class will be warmed up with contemporary dance but everything after that is traditional movement. Learning will occur through movement, music, rhythm, artistic expression and storytelling.

\$40 Early Registration price, \$45 Regular price  
#372204-01 Sep 8-Oct 6 Mon 7-8 pm  
#372204-02 Oct 13-Nov 10 Mon 7-8 pm  
#372204-03 Nov 17-Dec 15 Mon 7-8 pm  
Location: LCC

## BEGINNING BELLY DANCE

Instructor: Dianne Losasso  
Learn the basics of this fun, international dance form (posture, isolations, basic steps, easy combos) while increasing core strength, coordination and fluidity. Classic body movements of the hips, ribcage, arm and hands are covered.

\$40 Early Registration price, \$45 Regular price  
#372201-01 Sep 2-30 Tue 7-8 pm  
#372201-02 Oct 7-Nov 4 Tue 7-8 pm  
#372201-03 Nov 18-Dec 16 Tue 7-8 pm  
Location: LCC

## BEGINNING TAP

Instructor: Samantha Hyde  
Learn beginning tap technique including several genres (rhythmic, Broadway, etc.) in this class. We will focus on dance class structure, along with improvisation and creativity, resulting in an ending combination. Students will also learn tap vocabulary, progressive tap steps and rhythm in a fun and relaxed environment.

\$40 Early Registration price, \$45 Regular price  
#372002-01 Sep 8-Oct 6 Mon 8-9 pm  
#372002-02 Oct 13-Nov 10 Mon 8-9 pm  
#372002-03 Nov 17-Dec 15 Mon 8-9 pm  
Location: LCC

## OPEN BALLET

Instructor: Paul Fiorino  
Build or maintain physical fitness with ballet! Whether you have years of experience or are learning ballet for the first time, this class offers a wonderful workout and will develop strength, agility, flexibility and fluidity of movement. Steps are practiced in fun classical and contemporary combinations.

\$40 Early Registration price, \$45 Regular price  
#372001-01 Sep 2-30 Tue 5:30-6:55 pm  
#372001-02 Oct 7-Nov 4 Tue 5:30-6:55 pm  
#372001-03 Nov 18-Dec 16 Tue 5:30-6:55 pm  
Location: LCC (No class Nov 22)



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If you would like the next issue of the Classes brochure mailed to your home, please send your name and address to [HCA@Lakewood.org](mailto:HCA@Lakewood.org)

Online Registration: [Lakewood.org/Register](http://Lakewood.org/Register) 7

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## LATIN BALLROOM

Instructor: Dianne Losasso

Learn three different and popular styles of Latin dance. The rumba and cha-cha dance utilize Latin styling in hip and arm movements. You will have fun moving to the tropical rhythms of the Caribbean. Learn the Argentine Tango in a combination of short, simple patterns. Much of tango music has an easy-to-hear beat, allowing easy mastery with the steps. Classes are designed to have you up and dancing as quickly as possible, and curriculum is progressive starting with fundamentals, rhythm, connection between the leader and follower and emphasizing improvisation. Partner is required. No drop-in option.

\$40 Early Registration price, \$45 Regular price

### *Rumba*

#372501-01 Sep 2-30 Tue 8-9 pm

### *Cha cha*

#372501-02 Oct 7-Nov 4 Tue 8-9 pm

### *Argentine Tango*

#372501-03 Nov 18-Dec 16 Tue 8-9 pm

Location: LCC



## BOLLYWOOD

Instructor: Renu Gupta

Where East meets West! This easy and fun introduction to Bollywood dance will take you on a passage to India, exploring the expressive beauty and contagious energy that contemporary Bollywood dance encompasses. With a soundtrack that leaves you shimmying and shaking, you can't help but love this vibrant class for dance, music and culture lovers alike! No prior experience in Indian dance is required, just shoulders to shake and a head to nod!

\$40 Early Registration price, \$45 Regular price

#372203-01 Sep 3-Oct 1 Wed 6-7 pm

#372203-02 Oct 8-Nov 5 Wed 6-7 pm

#372203-03 Nov 12-Dec 17 Wed 6-7 pm

Location: LCC (No class Nov 26)

## DANCE CONDITIONING



Instructor: Renu Gupta

Dance and fitness collide in this effective fusion class, using the techniques that have shaped and maintained dancers' physiques for generations. Based on the methodology of Joseph Pilates and Lotte Berk, this class will utilize your own body weight in safe, no-impact toning and strengthening exercises. The result: an elongated, flatter muscle profile, a stronger and more stable core, greater flexibility, improved balance and posture and a more defined and trim silhouette. Please bring a small towel, a sealable water-bottle and yoga mat.

Ages: 16 and up

\$40 Early Registration price, \$45 Regular price

#372803-01 Sep 3-Oct 1 Wed 7-8 pm

#372803-02 Oct 8-Nov 5 Wed 7-8 pm

#372803-03 Nov 12-Dec 17 Wed 7-8 pm

Location: LCC (No class Nov 26)

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## Interested in a Class?

Come in and check it out!

### INTERMEDIATE/CONTINUING BELLY DANCE

Instructor: Dianne Losasso

This continuing class builds on the basics from Beginning Belly Dance and introduces more complex moves, such as layering, zills (finger cymbals), veil techniques and combinations. Continue exploring this beautiful, exotic and ancient art form. Technique is emphasized that can increase core strength, flexibility, grace and self-esteem. Get in touch with your sensuality and experience freedom to express yourself through natural feminine movements. Hip scarf and jazz or ballet shoes recommended.

\$40 Early Registration price, \$45 Regular price

#372202-01 Sep 4-Oct 2 Thu 6:35-7:35 pm

#372202-02 Oct 9-Nov 6 Thu 6:35-7:35 pm

#372202-03 Nov 13-Dec 18 Thu 6:35-7:35 pm

Location: LCC (No class Nov 27)

### BALLROOM SWING

Instructor: Dianne Losasso

Come and learn all three styles of swing! East Coast Swing is the official "sock hop" swing dance for jump blues. The Lindy Hop is as popular as ever and danced in many clubs around town; it's fast paced and sheer fun! If you love blues music, you'll truly enjoy dancing the West Coast Swing. Partner is required. No drop-in option.

\$40 Early Registration price, \$45 Regular price

*East Coast*

#372301-01 Sep 4-Oct 2 Thu 7:35-8:35 pm

*Lindy Hop*

#372301-02 Oct 9-Nov 6 Thu 7:35-8:35 pm

*West Coast*

#372301-03 Nov 13-Dec 18 Thu 7:35-8:35 pm

Location: LCC (No class Nov 27)

### DANCE TONING: GRACE, STRENGTH, FLEXIBILITY



Instructor: Anne Campbell

Enhance your workout! This dance toning class will help you develop a strong, coordinated, flexible body, with the graceful body lines achieved with exercises, stretches and fluid movements used in this beginning technique class. We will work on gentle and basic patterns of movements in this un intimidating, fun class for all ability levels. Enjoy an hour of great dance toning exercise in a safe, supportive class structure.

Ages: 16 and up

\$40 Early Registration price, \$45 Regular price

#372802-01 Sep 5-Oct 3 Fri 9:30-10:30 am

#372802-02 Oct 10-Nov 7 Fri 9:30-10:30 am

#372802-03 Nov 14-Dec 19 Fri 9:30-10:30 am

Location: LCC (No class Nov 28)

**Check out our  
creative writing class**

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