

Adult Dance

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Ballroom Dance I

Ages 18 & older **8 classes**
 Learn to dance like the stars! Participants will start with the basics, followed by the most popular variations of the Waltz, Foxtrot, Tango, Rumba, Cha-Cha and Hesitation. **Please note: fee is per couple.** *Instructor: Sterba's DanceSport. (MB)*
\$80 (N/R \$90) (G) **SPRC**
 65263 F 4/9-5/28 7:05 - 8:05pm

Ballroom Dance II

Ages 18 & older **8 classes**
 This exciting dance class will build on the dances taught in Ballroom I. We will review basic step and then move on to more advanced combinations. **Please note: fee is per couple.** *Instructor: Sterba's DanceSport. (MB)*
\$80 (N/R \$90) (G) **SPRC**
 65264 F 4/9-5/28 8:10 - 9:10pm
 *No class 2/26

NEW! Bollywood Dance

Ages 18 & older **8 classes**
 Dance like they did in the popular movie Slumdog Millionaire. Try this new modern Indian dance class and learn the exciting dance style. Each dance class involves a warm up, isolation, Indian classical, bhangra and Indian folk dances technique with choreographed dance routines just like you have seen in popular Indian Bollywood Movies. (MB)
\$65 (N/R \$75) (G) **SPRC**
 66471 M 4/5-5/24 8:00 - 8:45 pm

Adult Tap

Age 18 & older **8 Classes**
 Learn basic techniques and moves to fun music while improving balance, stamina, cardio level, coordination, and more. Learn several routines beginning with very simple steps, building up to some great combinations.
Instructor: Betty Holcombe. (MB)
\$60 (N/R \$70) (G) **GCC**

Level One
 65259 Th 4/8-5/27 8:35 - 9:35pm
Level Two:
 65260 Tu 4/6-5/25 8:35 - 9:35pm

Salsa/Merengue

Ages 18 & older **8 classes**
 Participants will have a blast learning the basic steps of both Salsa and Merengue. This class will help to build your confidence on the dance floor while improving your style and technique. **Please note: class is great for all levels. Fee is per couple.** *Instructor: Sterba's DanceSport. (MB)*
\$80 (N/R \$90) (G) **SPRC**
 65320 F 4/9-5/28 6:00-7:00pm
 *No class 2/26

Benefits Abound

Like other moderate, low-impact, weight bearing activities, such as brisk walking, cycling or aerobics, dancing can help:

- Strengthen bones & muscles
- Reduces stress and tension
- Tone your entire body
- Improve posture and balance
- Increase stamina and flexibility
- Improves strength
- Increases energy
- Lowers risk of coronary heart disease
- Controls your weight
- Strengthens your leg and hip bones
- Decreases blood pressure

So if you're tired of the treadmill and looking for a fun way to stay fit and healthy, it might be time to kick up your heels! Information provided by www.aarp.org.

Country Line Dancing

Ages 18 & Older **6 classes**
 Whether you want to dance in class or in the clubs, this class is for you. Basic moves & sets of steps will be taught, as well as dances that never go out of style: Electric Slide, Tush Push, Slappin' Leather, Skip, Watermelon Crawl, Swamp Thing, Coastin', and others. We'll dance to great music using low impact movements. You'll make new friends dancing and build your confidence - everyone can line dance; no partner is needed. **Please note: wear smooth soled shoes.** *Instructor: Janet Kruse. (MB)*
\$45(N/R\$55) (G) **SPRC**
 65268 Sa 4/10 - 4/22 11:45 - 1:00pm

Belly Dancing

Ages 16 and older **8 Classes**
 This class will teach the essentials belly dancing. Participants will enjoy a stress-relieving workout while toning muscles. This class is suitable for all ages and body types. *Instructor: Laura Smith. (NV)*
\$28 (N/R \$38)– Early Bird **SPRC**
\$33 (N/R \$43)– After 3/18
Beginner
 65586 W 4/7-5/26 7:00 - 8:00 pm
Intermediate
 67824 W 4/7-5/26 8:00 - 9:00 pm

Save time, register online

Log on today www.genevaparks.org

