

SWING your way into *SHAPE*

Ballroom Dancing

Every Monday (4-week session)
7:00 p.m.–8:00 p.m.

First class starts: **SEPTEMBER 19, 2011.**
Cost: \$40 for members; \$55 for non members.

Have you ever wanted to learn to **SWING**?

Now is your chance! Each session will cover: Footwork – Timing – Leading or Following – Styling and Techniques of Leading or Following – and Rhythm.

Ballroom dance, such as the Swing, can help you develop confidence, with an easy approach to sharing music with a partner. It's fun, and it's a great way to exercise and improve your health. Remember: There are no bad students, only bad teachers. If you don't learn, it's your fault! Please bring both left feet and a good sense of humor!

For more information, please contact:
Mike Prociuk at prociuk@nova.edu.

Sign up NOW
at the front desk of the RecPlex
office or call (954) 262-7301.

