



Wednesday, November 6, 2019

Announcements

The Ballroom is now offering a dementia friendly class, "Dance With Me." Thanks to a grant from Dementia Friendly Washoe County, we are able to offer the class free of charge for the participants and their caregivers through the first quarter of next year. We are seeking additional funding sources to help expand the program and keep the classes free.

We are also seeking volunteers to assist with the class as it grows. If you are interested in volunteering, please contact the Ballroom for details.

- Some dance experience is a plus
- Volunteers should have some physical strength to help with balance challenges and help prevent participant falls
- Experience with people with dementia and the elderly is helpful, as are compassion, kindness, an uplifting attitude, and a willingness to help in any way possible.

There will be no classes on the 28th or 29th.

November Classes

Click anywhere to see this month's calendar

FREE beginner classes

Monday:

West Coast Swing w/ Jeffrey.....6:00 p.m.

Country Line Dancing w/ Jen.....7:00 p.m.

Tuesday:

Bachata w/ Gerzon.....6:00 p.m.

Wednesday:

Intro to Ballet Elements w/ Diana.....5:30 p.m.

Cuban Salsa & Rueda w/ Janna.....6:00 p.m.

Thursday:

Salsa on 2 w/ Gerzon.....5:00 p.m.

Friday:

Beginner Ballroom w/ Gerzon.....6:00 p.m.

Friday Beginner Classes:

11/1- Rumba

11/8- Foxtrot

11/15- Waltz

11/22- Tango

\$10 Classes

Monday:

Intro to Salsa on 1 w/ Gerzon.....6:00 p.m.

Country Line Dancing w/ Jen*.....6:00 p.m.

West Coast Swing Beyond Basics w/ Jeffrey*.....7:00 p.m.

Tuesday:

Round Dancing Workshop PH 3-4*.....4:30 p.m.

Intermediate West Coast Swing w/ Jeffrey*.....6:00 p.m.

Intermediate Bachata w/ Gerzon.....7:00 p.m.

Intro to Partnership Dancing with Jason*.....7:00 p.m.

Wednesday:

Cha Cha w/ Desiree*.....6:00 p.m.

Beginner Ballet w/ Diana*.....6:30 p.m.

Level 2 Waltz w/ Amanda*.....7:00 p.m.

Thursday:

Intermediate Salsa on 2 w/ Gerzon.....6:00 p.m.

East Coast Swing w/ Jill*.....6:00 p.m.

Argentine Tango Elements and Practice

w/ Victoria & Zak.....6:30 p.m.

Bolero w/ Jill*.....7:00 p.m.

Intermediate Argentine Tango w/ Victoria & Zak**.....7:45 p.m.

Friday:

Lindy Hop w/ Desiree*.....6:00 p.m.

Amateur Performance Team w/ Amanda*.....6:00 p.m.

Intermediate Tango w/ Desiree*.....7:00 p.m.

*\$8 with senior discount

**\$5 with previous class

\$15 Classes

Monday:

Intermediate Salsa on 1 w/ Gerzon.....7:00 p.m.

Salsa Technique and Movement w/ Gerzon.....8:00 p.m.

Tuesday:

Advanced Bachata w/ Gerzon.....8:00 p.m.

Wednesday:

Ballet 3: Intermediate w/ Diana.....7:30 p.m.

Thursday:

Advanced Salsa on 2 w/ Gerzon.....7:00 p.m.

Friday:

Ballet 3: Intermediate/ Advanced w/ Diana.....5:00 p.m.

Weekends

Saturday classes:

-Junior Ballroom (ages 6-12) w/ Desiree-\$10 each,

-Ballroom at 9:00 a.m.

-Swing at 10:00 a.m.

-Wing Chun Kung Fu w/ Doug

-10:00 a.m.-12:00 p.m.

-\$100 per month or \$20

drop-in

-Intro to Round Dancing and Practice Party w/ Jean-\$10

-1:00 p.m. to 2:30 p.m.

-Round Dance (Supervised) PH 2-5 w/ Jean-\$10

-2:30 p.m. to 4:00 p.m.

*\$8 with senior discount.

Sunday classes:

Wing Chun Kung Fu w/ Doug - 2:00 p.m. to 4:00 p.m.

-\$100 per month or \$20 drop-in

Sunday Afternoon Dance October 6th & 20th-\$5

-Line Dancing Lesson- 1:30 p.m.

-Dance Party- 2:00 p.m.

Monthly Level 2 Cuban Salsa Progressive Series

w/ Janna

Wednesdays at 7 p.m.

November:

-\$35 for all three classes, \$15 drop in with permission

-classes on November 6th, 13th, and 20th.

December:

-\$35 for all three classes, \$15 drop in with permission

-focus on Adios patterns

-classes on December 4th, 11th, and 18th.

Please contact Janna at 775-453-4311 with any questions

Alter Ego Fitness - Ladies only!

Ladies, this class is currently our ONLY class dedicated purely to you!

Come work on your fitness in a burlesque type fashion while dancing to

musical hits!

Tuesdays at 7:00 p.m. - \$7

Upcoming Events.

THIRD SATURDAY OF EVERY MONTH

LATIN DANCE PARTY

DJ Janna Crews playing all the best Latin Music

Potluck: Please bring something to share!
Drinks available for purchase

7:00: Cuban Salsa w/ Janna Crews

8:00: Salsa Social

Cover: \$5 before 7:00, \$10 after

Cover includes lesson and party

NEXT PARTY: NOVEMBER 16

