

Greetings Everyone,

The **Simply Swing Dance Academy** is pleased to announce the launch of our **Hand Dance** classes, held every **Monday and Thursday** at **Church of the Transfiguration**, **13925 New Hampshire Avenue, Silver Spring, MD 20904**.

Hand Dancing is a unique and expressive form of Swing Dance, similar to the **Lindy Hop** and **Jitterbug**. Over the past several years, it has experienced a tremendous resurgence, and we are excited to be part of preserving and sharing this vibrant dance tradition.

Why Join Our Hand Dance Classes?

The benefits of Hand Dancing are many, including:

- A fun and effective **cardiovascular workout**—no special clothing required
- A welcoming **social environment** (no partner needed)
- Increased **self-confidence** on and off the dance floor
- A **mentally stimulating** learning experience
- Improved **balance, coordination, and agility**
- An expanding repertoire of **creative dance moves**
- A **stress-relieving and therapeutic** outlet (and far less expensive than therapy!)
- Most importantly, a chance to **have fun and connect with great people**

Class Details

Classes are instructed by **Kevin Murray**, Founder and CEO of the Simply Swing Dance Academy and a **Certified SEZ & GSDTA Instructor**.

Please plan to arrive between **6:30–6:45 PM** on your first night to register.

- **Cost:** \$15 per class
- **One-time registration fee:** \$15 (new students)
- **Simply Swing graduates:** \$12 per class
- **Payment options:** Pay-as-you-go or enjoy significant savings with pre-payment packages

For questions or additional information, please email **simplyswing@verizon.net** or call **202-465-1965**.

We look forward to seeing, working, and dancing with you—along with your friends and family!

Peace and Blessings,

Simply Swing Crew