

# ADULT PROGRAMS

# Dance

## BALLET for TEENS/ADULTS

This classical ballet workshop series is designed for the Intermediate and Advanced Dancer, improving their skills working intricate and challenging choreography as well as improving their technique and flexibility. We will also work on core strength and Pointe work.

**BALLET W/STRETCH:** Tues. 9-10:30 am  
**INTER. BALLET W/ POINTE:** Sat. 1:45-1:15 am  
**TYDE SR. MEMBERS:** (11-Adult): Wed. 3-4:15 am  
FEE: \$12 per class paid monthly or \$15 drop ins  
INSTRUCTOR: Sherrie Peterson  
LOCATION: Community Recreation Center



## BELLY DANCING

**Ages 14-Adult**

Belly dancing movement, isolations, shimmies, hip rotation. This class is a great, all-over body workout! Wear comfortable clothes or belly dancing attire. No experience necessary!



DAYS: Tuesdays, Ongoing Monthly  
TIME: 6:30-7:30 pm  
COST: \$5 per class, paid monthly in advance or \$7 drop ins per class  
INSTRUCTOR: Heather Rose Ford  
LOCATION: Community Recreation Center

## INTERNATIONAL FOLKDANCING

**Teen-Adult**

Come join us and learn wonderful, spirited dances from all over the world! Make new friends and dance to the beautiful music of Israel, Romania, Greece, Scotland, France, Hungary, and other countries.

*No experience or partners necessary!*



## BALLROOM DANCE

Great for upcoming dances, reunions and weddings! Learn Rhumba, Swing, Waltz, Cha Cha, & Fox Trot

DATE: March 27, 29, Apr. 4, 11  
TIME: 8-9 pm  
FEE: \$60-couple, \$35-single per session  
INSTRUCTOR: Kent 'Gus' Gustafson  
LOCATION: Community Rec Center



**SEMI & PRIVATE LESSONS  
also available!**

Thursdays

S2: \$40 March 1-March 29 ( Skips March 8)

S3: \$20 April 12, 19

Or \$12 Drop ins per class

TIME: 7-8:15 pm

INSTRUCTOR: Courtney Simson

LOCATION: Community Arts Center (downtown)

## MOTHER/DAUGHTER JAZZ & STRETCH All Ages

DAY: Wednesdays

TIME: 5:15-6:15 pm

Ongoing Monthly, school year

FEES: \$10/class paid monthly in advance or \$12 drop ins

INSTRUCTOR: Sherrie Peterson

LOCATION: Community Recreation Center

