

ADULT DANCE

BALLROOM DANCING

Ages: 15 and Up. Enrollment Min 4 couples / Max 8 couples. This class is designed to give you a feel for the basic step, connection, and music of several dances per class. Learn fun techniques to spice up your dancing. Dancers will be introduced to the Waltz, Fox Trot, Jive and Cha Cha. **Partner enrollment required. Price reflects per person rate. No class 11/24. Instructor: Shirley Barrand**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414180	A	W	7-8PM	9/15-10/20	HPRC-BR	\$30
414180	B	W	7-8PM	10/27-12/8	HPRC-BR	\$30

COUNTRY COUPLES VARIETY DANCING

Ages: 15 and Up. Enrollment Min 10 / Max 30. Get ready to scoot your boots with a wide variety of country dances including the two-step, swing, waltz and polka dance. Learn the basic movements and sharpen your dance skills in the progressive class. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414150	A	SU	5:40-6:40PM	9/12-10/17	SPL-LR	\$30

LATIN DANCE

Ages: 15 and Up. Enrollment Min 10 / Max 30. As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, motions, patterns and movements to the salsa, cha-cha and more. Before you know it, you'll be dancing with the stars and impressing your family and friends with your fancy footwork. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414151	A	SU	6:50-7:50PM	11/7-12/12	SPL-LR	\$30

LINE DANCING

Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414152	A	SU	4:30-5:30PM	9/12-10/17	SPL-LR	\$30
414152	B	SU	4:30-5:30PM	11/7-12/12	SPL-LR	\$30

NIGHT CLUB DANCES

Ages: 15 and Up. Enrollment Min 10 / Max 30. Get ready to tear up the dance floor with two popular night club dances. You'll learn dances from both ends of the spectrum: the slow and graceful night club sway, and the fast and smooth hustle. You'll be swaying and hustling to ballads, pop, hip hop, disco, and more! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414153	A	SU	6:50-7:50PM	9/12-10/17	SPL-LR	\$30

SWING DANCING

Ages: 15 and Up. Enrollment Min 10 / Max 30. Come and join the worldwide sensation of swing dancing. Classes will concentrate on the up-tempo single-count East Coast swing with basic patterns, a variety of footwork and loads of fun. Class also includes an introduction to the stylish, slow and bluesy West Coast swing. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414154	A	SU	5:40-6:40PM	11/7-12/12	SPL-LR	\$30

FRIDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln
 CB.....Community Building, 1115 W 11th St

ROOM

LR.....Legacy Room
 DS.....Dance Studio

CHA CHA WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. This class teaches the fundamentals and basic to intermediate patterns of Cha-Cha, a Latin dance that uses both single and triple rhythm movements. A versatile dance with interlocking slots that include both sideway pattern and forward and backward patterns, all that can be incorporated into various styles of music. All levels are welcome! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414146	B	F	5:45-8PM	12/3	SPL-LR	\$15

HUSTLE WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. Hustle, an American dance originating in the 1970's during the heyday of Disco, it is a very exciting and energetic dance with the flexibility to look elegant and graceful, sultry and intimate, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patterns to help modernize the popular hustle and get you moving on the dance floor! All levels are welcome! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414147	A	F	5:45-8PM	10/29	SPL-LR	\$15

LINE DANCING WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414141	A	F	5:45-8PM	9/24	SPL-LR	\$15
414141	B	F	5:45-8PM	10/22	SPL-LR	\$15
414141	D	F	5:45-8PM	11/19	SPL-LR	\$15
414141	E	F	5:45-8PM	12/17	SPL-LR	\$15

WEST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. West Coast Swing is a slotted dance done to any style of slow and bluesy music. Both 6 and 8-count movements will be presented. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor. Lots of practice time. All levels are welcome. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414145	A	F	5:45-8PM	9/3	SPL-LR	\$15

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 10 / Max 30. It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. For two hours, you will have the opportunity to dance two-step, waltz, East Coast Swing, West Coast Swing, Salsa, Cha-Cha, and other dances. Come enjoy your favorite dance to some great music and dance the night away! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414160	A	F	6-8PM	9/10	SPL-LR	\$10
414160	B	F	6-8PM	10/8	SPL-LR	\$10
414160	C	F	6-8PM	11/5	SPL-LR	\$10
414160	D	F	6-8PM	12/10	SPL-LR	\$10

SUNDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

CHA CHA WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. This class teaches the fundamentals and basic to intermediate patterns of Cha-Cha, a Latin dance that uses both single and triple rhythm movements.

A versatile dance with interlocking slots that include both sideway pattern and forward and backward patterns, all that can be incorporated into various styles of music. All levels are welcome! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414146	A	SU	1:15-4:15PM	10/24	SPL-LR	\$20

DANCE FUNDAMENTALS I – SINGLE RHYTHM DANCE MOVEMENTS

Ages: 15 and Up. Enrollment Min 10 / Max 30. This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swivels, jazz boxes and grapevines. The five major and four minor foot positions will be discussed along with body isolation and how it is used with swivels. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414149	A	SU	1:15-4:15PM	9/19	SPL-LR	\$20

DANCE FUNDAMENTALS II – TRIPLE RHYTHM MOVEMENTS & MORE

Ages: 15 and Up. Enrollment Min 10 / Max 30. This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. You'll review foot positions and some basic techniques that were explained in Dance Fundamentals I and brush up on arm positions or port de bras. Then you'll add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414149	B	SU	1:15-4:15PM	10/17	SPL-LR	\$20

DANCE FUNDAMENTALS III – SPINS & TURNS

Ages: 15 and Up. Enrollment Min 10 / Max 30. Elevate your dancing ability! Learn how to execute Spins and Turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, inside and outside spins, and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414149	C	SU	1:15-4:15PM	11/21	SPL-LR	\$20

EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and Triple time footwork and movements will be presented. All levels are welcome! **Partner Enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414140	A	SU	1:15-4:15PM	9/26	SPL-LR	\$20

LINE DANCING WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414141	C	SU	1:15-4:15PM	10/31	SPL-LR	\$20

NIGHT CLUB SWAY

Ages: 15 and Up. Enrollment Min 10 / Max 30. Learn the Ultimate Slow Dance, Night Club Sway in this workshop. Basic and fundamental moves will be taught that allow you to move smoothly, fluidly and with style and grace on the floor. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414142	A	SU	1:15-4:15PM	12/5	SPL-LR	\$20

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 10 / Max 30. Do you have two left feet? Have you never danced before? This class will provide a foundation in general social dancing to make your special day unforgettable. You will be introduced to the shared techniques of two or three social dances with the focus on timing and partner connection. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414161	A	SU	1:15-4:15PM	9/12	SPL-LR	\$20
414161	B	SU	1:15-4:15PM	10/10	SPL-LR	\$20
414161	C	SU	1:15-4:15PM	11/14	SPL-LR	\$20

WEST COAST SWING WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop or Country. Learn the concepts of compression and stretch. Classes will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414145	B	SU	1:15-4:15PM	11/7	SPL-LR	\$20

YOUTH DANCE

All dance classes follow a set curriculum to help provide each dancer training for their age and skill level. Classes are taught in a creative, fun and positive environment. Our goal is to encourage each student to express their inner dancer through the art of movement. Dancers build strength, flexibility, balance, confidence, body awareness, self-control and discipline through movement.

All dance classes invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning when parents are not in the studio. A designated Show Off Night in December will wrap up the session. You are invited to observe your child's progress during that time. Thank you for your understanding and cooperation.

Contact Elias Parenti, recreation programmer, at 785-330-7361 or eparenti@lawrenceks.org with any dance questions.

GIGGLES & WIGGLES

Ages: 2-3 with parent. Enrollment Min 5 / Max 10. This 30-minute class is designed with the young dancer in mind. We encourage playful movement with simple songs and exercises. This class encourages the growth of basic motor skills, discipline and independence in a fun and playful environment. **Only registered participants are allowed in the classroom, no siblings. No Class 11/27. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414015	A	S	9:55-10:25PM	9/18-12/11	CB-DS	\$84

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for our youngest dancers! Start learning the basics of ballet, including positions, center movements, and across-the-floor leaps in a fun environment. Hone in on gross motor skills, listening skills, and classroom skills. **No Class 11/23; 11/27. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414013	A	T	5:30-6:15PM	9/14-12/7	CB-DS	\$84
414013	B	S	9-9:45PM	9/18-12/11	CB-DS	\$84

MINI HIP-HOP

Ages: 3-4. Enrollment Min 5 / Max 12. Mini Hip-Hop is a very cool yet age appropriate dance class for children 3 to 4 years old. The dancers will learn basic hip-hop as well as show some of their own best dance moves while grooving to their favorite music. **No Class 11/25. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414017	A	R	5:30-6:15PM	9/16-12/9	CB-DS	\$84

MINI JAZZ

Ages: 3-4. Enrollment Min 5 / Max 12. Come and play! Preschool dancers will explore the basis of the jazz style in a creative movement setting. Use your imagination and dance like a flower, a lion, or maybe the color blue! We'll play movement games and introduce basic dance concepts. **No Class 11/24. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414014	A	W	5:30-6:15PM	9/15-12/8	CB-DS	\$84

GLOWING STARS BALLET

Ages: 5-6. Enrollment Min 5 / Max 12. Get ready to leap and twirl! Dancers will begin learning the building blocks necessary to get a head start in Ballet. We'll start introducing the barre and basic movements to develop flexibility and fluidity of motion. **No Class 11/23. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414023	A	T	6:25-7:20PM	9/14-12/7	CB-DS	\$84

GLOWING STARS HIP HOP

Ages: 5-6. Enrollment Min 5 / Max 12. This class is for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style in the art of hip-hop. **No Class 11/25. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414016	A	R	6:25-7:20PM	9/16-12/9	CB-DS	\$84

GLOWING STARS TAP/BALLET

Ages: 5-6. Enrollment Min 5 / Max 12. This class is designed to introduce students to tap and ballet styles of dance. Learning basic tap and ballet skills will allow the students to experience each style of dance while improving their flexibility, sense of rhythm and overall coordination. *Tap shoes required.* **No Class 11/22. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414011	A	M	5:30-6:25PM	9/13-12/6	CB-DS	\$84

NEXT LEVEL BALLET

Ages: 7-10. Enrollment Min 5 / Max 12. Dancers will begin learning introductory ballet techniques and methods. Particular emphasis will be placed on proper alignment in positions and basic movements to refine gross motor skills and developing flexibility and fluidity of motion. **No Class 11/24. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414019	A	W	6:25-7:20PM	9/15-12/8	CB-DS	\$84

NEXT LEVEL HIP HOP

Ages: 7-10. Enrollment Min 5 / Max 12. Our hip-hop dancers develop focus, strength, and agility while having fun. This is an excellent class for high-energy kids who want to take a fast and fun dance class. **No Class 11/22. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
414010	A	M	6:35-7:30PM	9/13-12/6	CB-DS	\$84

YOUTH DANCE WORKSHOPS

All workshops are open to ages 4-7. Cost is \$10 per person.

For detailed information about workshop themes, dates and times, view the [Fall / Winter Youth Dance Workshops flyer](#).

Enroll online at lprd.org/activity?n=414020.