



For more information regarding the Recreation Instruction Division, please contact Jo Ellis at the Community Building, 115 W. 11th St.; (785) 832-7920; or jellis@lawrenceks.org.

DANCE

BALLET FIT NEW

Ages: 16 and Up. Enrollment Min 6 / Max 12. Anybody can do ballet fit, this class does not require previous dance experience! This ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Improves flexibility, posture, strength and core stability. Ballet Fit is a full body workout, where every muscle is sculpted and stretched to fun music! Guaranteed to give you a cardio workout, help define the abs and lift the booty! **Instructor: Molly Gordon.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114115	A	BALFIT	R	7:20-8:15PM	1/16-3/6	CB-DS	\$37
214115	A	BALFIT	R	7:20-8:15PM	3/27-5/15	CB-DS	\$37

BALLROOM BLITZ

Ages: 18 and Up. Enrollment Min 6 / Max 25. Let's Dance! Whether you've taken some dance classes in the past or you are just starting to learn now is the time to have some fun and show off some of those steps! Join us at the Douglas County Senior Center for two hours of foxtrot, waltz, cha-cha, tango, east coast swing, west coast swing, salsa and many other dances on a fabulous hard wood floor. A night filled with music, dancing and fun! **Instructors: Shirley Barrand, Christie Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114169	A	BALLBLIT	S	7-9PM	1/25	DCSS	\$5
114169	B	BALLBLIT	S	7-9PM	2/22	DCSS	\$5
214169	A	BALLBLIT	S	7-9PM	3/22	DCSS	\$5
214169	B	BALLBLIT	S	7-9PM	4/19	DCSS	\$5
214169	C	BALLBLIT	S	7-9PM	5/17	DCSS	\$5

BALLROOM DANCING

Ages: 15 and Up. Enrollment Min 6 / Max 12 couples. *Fees are assessed at a per-couple rate and you must enroll a partner.* This course instructs you in the ballroom fundamentals of frame, posture, footwork and timing, plus leading and following your partner. Learn the basic steps to all of the most popular styles of ballroom dancing: the cha-cha, the waltz, East Coast swing, polka and more. **Instructor: Shirley Barrand.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114161	A	BALLROOM	M	8:15-9:15PM	1/6-2/24	DCSS	\$75
214161	A	BALLROOM	M	8:15-9:15PM	3/24-5/12	DCSS	\$75

BELLY DANCE BASICS

Ages: 12 and Up. Enrollment Min 10 / Max 20. You'll learn a dance that expresses your inner goddess, an exercise that emphasizes body and muscle awareness, passive stretching techniques, and a smattering of Middle Eastern culture. Move to the beats and music of the Arabian nights while you are introduced to muscles you never knew you had. Belly Dance Basics is an overall body movement experience and your introduction to this beautiful ancient dance form. **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114201	A	BDBASIC	M	6-6:55PM	1/13-3/3	CB-DS	\$37
114201	B	BDBASIC	M	7-7:55PM	1/13-3/3	CB-DS	\$37
214201	A	BDBASIC	M	6-6:55PM	3/24-5/12	CB-DS	\$37
214201	B	BDBASIC	M	7-7:55PM	3/24-5/12	CB-DS	\$37

BELLY DANCE, INTERMEDIATE

Ages: 12 and Up. Enrollment Min 10 / Max 20. Take your skills from Belly Dance Basics to the next level. This intermediate class explores the dance side of belly dance. You will improve on your technique and expand your movement vocabulary with complex movements, combinations and simple choreographies. **Prerequisite: Minimum of two sessions of Belly Dance Basics.** **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114211	A	BDINT	M	8-8:55PM	1/13-3/3	CB-DS	\$37
214211	A	BDINT	M	8-8:55PM	3/24-5/12	CB-DS	\$37



Equipment Rental • Contractor • Homeowner • Unloader • Dollies • Cement Finishers • Scissor Lifts
Forklifts • Trenchers • Scaffolding • Boomlifts • Paint Equipment • Party Supplies • Canopies

3301 W. 6th • 832-8767

7:30-5:30 Mon-Sat • Sun 9-4

Toll Free 1-800-294-8767



**BELLY DANCE, ADVANCED**

Ages: 12 and Up. Enrollment Min 6 / Max 15. Build on skills from Belly Dance Intermediate when you add musical interpretation, culture nuance, elements of choreography and other concepts of Middle Eastern Dance to the dancer's movement repertoire. Those interested in performance will further develop their skills. **Prerequisite: Minimum of four sessions of Belly Dance, Intermediate.** **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114212	A	BDADV	T	6:35-7:30PM	1/14-3/4	CB-DS	\$37
214212	A	BDADV	T	6:35-7:30PM	3/25-5/13	CB-DS	\$37

BELLY DANCE, PROFESSIONAL

Ages: 12 and Up. Enrollment Min 6 / Max 15. Putting together all your skills from Belly Dance Basics to Belly Dance Advanced, this advanced-level class is a dance company. Material includes advanced group and solo choreographies, training in regional styles, and performance opportunities. **Prerequisite: Minimum of four sessions of Belly Dance, Advanced.** **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114213	A	BDPRO	T	7:35-8:30PM	1/14-3/4	CB-DS	\$37
214213	A	BDPRO	T	7:35-8:30PM	3/25-5/13	CB-DS	\$37

COUNTRY COUPLES VARIETY DANCING

Ages: 15 and Up. Enrollment Min 6 / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. This class teaches a wide variety of country dances including the two-step, waltz, polka and swing dance. Learn the basic movements and sharpen your dance skills in this progressive class. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114162	A	COUNTRY	SU	5:15-6:15PM	2/16-3/23	CB-CR1&2	\$55

DANCE FUNDAMENTALS I — SINGLE-RHYTHM MOVEMENTS & BASICS

Ages: 15 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a full session of dance classes? Then this is the right venue for you. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. 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. **Singles and partners welcome.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114151	A	DANCFUN1	SU	2-5PM	2/23	CB-CR1&2	\$20

DANCE FUNDAMENTALS II — TRIPLE-RHYTHM MOVEMENTS & MORE

Ages: 15 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a full session of dance classes? Then this is the right venue for you. This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. Review foot positions and some basic techniques that were explained in Dance Fundamentals I, and brush up on arm positions or Port de Bras. Add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. **Singles and partners welcome.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214151	A	DANCFUN2	SU	2-5PM	4/27	CB-CR1&2	\$20

HIP HOP, ADULT

Ages: 15 and Up. Enrollment 6 / Max 12. This class teaches rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun. **Instructor: LPRD Dance Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114135	A	ADHIPHOP	R	8:20-9:15PM	1/16-3/6	CB-DS	\$37
214135	A	ADHIPHOP	R	8:20-9:15PM	3/27-5/15	CB-DS	\$37

INTERMEDIATE DANCE WORKSHOP

Ages: 15 and Up. Enrollment Min 8 / Max 20. This intermediate-level workshop is suitable for those who have already had previous dance experience. Learn the dance patterns and footwork of the Two-Step/Waltz. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114149	A	INTWORK	SU	2-5PM	1/12	CB-CR1&2	\$20

JAZZ IT UP ^{NEW}

Ages: 30 and Up. Enrollment Min 6 / Max 12. Jazz It Up is a fun filled class that will increase your energy levels to help maintain a healthy life style. Focusing on improving balance, strength, and flexibility while learning techniques of isolations, standing and floor stretch, and jazz dance movement patterns with turns and short combinations. **No dance experience necessary.** **Instructor: Molly Gordon.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115007	A	JAZZ	T	11-11:55AM	1/14-3/4	CB-DS	\$37
215007	A	JAZZ	T	11-11:55AM	3/25-5/13	CB-DS	\$37



Pizza by the slice

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LATIN DANCE

Ages: 15 and Up. Enrollment Min 6 / Max 15 Couples. Fees are assessed at a per-couple rate and you must enroll a partner. 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, impressing your family and friends with your fancy footwork and, oh, those smooth Latin moves. **No class 4/20. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114163 A	LATIN	SU	6:20-7:20PM	2/16-3/23	CB-CR1&2	\$55

LINE DANCING

Ages: 15 and Up. Enrollment Min 8 / Max 20. Unlock the mystery of line dancing. Learn the components of basic to intermediate dances. Dance to all types of music from country, pop and Latin to oldies, swing and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **Instructor: Mike Salerno. No class 4/20.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114148 A	LINEDAN	SU	5:15-6:15PM	1/5-2/9	CB-CR1&2	\$28
214148 A	LINEDAN	SU	5:15-6:15PM	4/6-5/18	CB-CR1&2	\$28

NIGHT CLUB DANCES

Ages: 15 and Up. Enrollment Min 6 / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Learn dances from both ends of the dance spectrum: the slow and graceful Night Club Sway (aka Night Club Two-Step), and the fast and smooth Hustle. Not to be confused with Country Two-Step, Night Club Two-Step is a slow and romantic dance that features rock steps and long glides across the dance floor. It is done to contemporary and popular ballads. The Hustle is a fast and smooth slotted dance full of spins and turns. It is danced to music from current pop and hip hop to '70s disco music. **No class 4/20. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114147 A	NIGHTCLU	SU	7:25-8:25PM	1/5-2/9	CB-CR1&2	\$55
214147 A	NIGHTCLU	SU	7:25-8:25PM	4/6-5/18	CB-CR1&2	\$55

SWING DANCING

Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. 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 (Double-time, Triple-Time and Syncopations) and loads of fun. Class also includes an Introduction to slow and bluesy West Coast Swing. With 6-count and 8-count moves, West Coast Swing is a smooth and stylish dance. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114164 A	SWING	SU	7:25-8:25PM	2/16-3/23	CB-CR1&2	\$55

**TAP-A-HOLIC NEW**

Ages: 18 and Up. Enrollment Min 6 / Max 12. Tap-A-Holic offers fun and fitness invoking tap dance classes for adults of all ages and levels. This class will combine the basics to mid level tap moves with aerobics, for a fun workout. This unique and challenging dance-workout will increase your cardiovascular conditioning, strength, flexibility and coordination. Tap dancing also develops a great sense of rhythm and timing. **No dance experience needed. Instructor: Molly Gordon.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114170 A	TAPAHOLI	R	11-11:55AM	1/16-3/6	CB-DS	\$37
214170 A	TAPAHOLI	R	11-11:55AM	3/27-5/15	CB-DS	\$37

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 20 / Max 40. It's time to dance! You have learned all the steps, now you and your partner want to get out for an evening. Where can you go? Come to the Community Building for the "Ultimate Dance Party." 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 dance your favorite dance to some great music. The Community Building is a smoke-free, alcohol-free environment, so you can dance the night away. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114160 A	ULTDANCE	S	7-9PM	1/18	CB-CR1&2	\$8
114160 B	ULTDANCE	S	7-9PM	2/15	CB-CR1&2	\$8
214160 A	ULTDANCE	S	7-9PM	3/15	CB-CR1&2	\$8
214160 B	ULTDANCE	S	7-9PM	4/5	CB-CR1&2	\$8
214160 C	ULTDANCE	S	7-9PM	5/31	CB-CR1&2	\$8

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 6 couples / Max 20 couples. Fees are assessed at a per-couple rate and you must enroll a partner. 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. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114166 A	WEDCRASH	SU	2-5PM	1/26	CB-CR1&2	\$30
214166 A	WEDCRASH	SU	2-5PM	3/9	CB-CR1&2	\$30
214166 B	WEDCRASH	SU	2-5PM	4/6	CB-CR1&2	\$30

WEST COAST SWING

Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Known as one of the most challenging of the lead-and-follow swing dances, West Coast Swing uses a wide range of styles and tempos of music – blues, rock, hip-hop and country. This class is loads of fun! **No class 4/20. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114165 A	WESTCST	SU	6:20-7:20PM	1/5-2/9	CB-CR1&2	\$55
214165 A	WESTCST	SU	6:20-7:20PM	4/6-5/18	CB-CR1&2	\$55