



BALLROOM & LATIN DANCING

Through the Colchester Recreation Department LIFE Program
 With Dance Instructors Samir & Eleni Elabd



SESSION # 1

Introduction to Smooth Ballroom Dancing

Six-weeks learning American style smooth dancing, with focus on the Waltz & Fox Trot. Participants will learn how to lead or follow their partner without fear of knocking knees or stepping on toes. No dance experience or partner necessary.

Wednesdays

6:00 - 7:00pm | Oct. 8 - Nov. 12 | CHS, Mini-Gym

Fee: \$75 (single), \$140 (couple) (6 week session)

SESSION # 2

Wedding & Party Dances

Six-week session learning popular party dances! Participants will learn how to lead or follow their partner without fear of knocking knees or stepping on toes. By the end, you'll be the most stylish group on the dance floor. No dance experience or partner necessary.

Wednesdays

7:00 - 8:00pm | Oct. 8 - Nov. 12 | CHS, Mini-Gym

Fee: \$75 (single), \$140 (couple) (6 week session)



You may register for either or both. No dance partner or experience required
 For registration, please contact Colchester Parks and Recreation (802) 264-5640
 Online: <http://www.colchestervt.gov/Recreation/parksNRec.shtml>