

Ballroom Dance Basics Course
Learn the basics of social dancing

Merengue – This easy to learn, fun & exciting Latin Rhythm is a real party dance.

Waltz – Elegant & Beautiful with slow gliding movements.

Foxtrot – Sophisticated & Jazzy. Think Frank Sinatra, Tony Bennett & Michael Buble

Tango – Passionate – Sharp and Dramatic

Swing – Energetic & Aerobic, Dance to Big Band era or popular music

Rumba – Romantic & Sensual

Salsa/Mambo – Sizzling, Sexy, Hot & Spicy

Learn the basic step elements, posture, poise, lead & follow, technique, etc. No partner is necessary.

Kids, Teens, Adults & Seniors



Ballroom Basics

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Visit our web site with useful information and links.

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Ballroom
Basics



Ballroom
Latin
Swing

Group Classes & Private Lessons

for

Kids, Adults & Wedding Couples

To live is to dance. To dance is to live!

Ballroom Dancing

Group Classes & Private Lessons

for

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Ballroom Dancing has become popular again, thanks to the **Dancing With The Stars** television show.

Ballroom Dancing is a great way for people of all ages to get in shape and stay fit. Dancing has many positive health benefits and is a wonderful activity that will benefit your mind, body, and spirit. Dancing will improve your health and fitness, mental acuity, and social connections. Dancing is a great social activity and studies have shown that socializing and dancing with friends can contribute to high self-esteem, increased self-confidence and a more positive outlook. Dancing reduces stress and tension, so over time one can feel an overall sense of well-being.

Dancing isn't just about the steps and music; it's a perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances your life in so many ways.



The Benefits of Ballroom Dancing

Health – Improve your health and fitness by exercising without “working out”. Burn calories with low-impact aerobic movements.

Physical – Reduce stress, improve balance, mobility, flexibility and coordination, increased strength & stamina, muscle toning

Mental – Enhance memory, alertness, awareness, focus, concentration and exercise your brain

Social – Feel more confident, improve attitude, increased sense of well-being & more positive outlook, & build social connections

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Kids Ballroom Dancing



Dance lessons teach children respect and discipline. It helps to build social awareness in children, so they not only learn how to dance; they also learn how to respect one another. The maturity necessary to dance together fosters respect, civility, teamwork, cooperation, confidence and a sense of joy, accomplishment and achievement. Through experiential learning, they learn valuable life skills and lessons of self-discovery, self-expression, and self-confidence. Their posture and confidence improves and awkwardness is replaced with physical grace & poise.

Learn the basics of social dancing
Merengue – Waltz – Foxtrot – Tango – Swing

Learn Fun Line Dances for Self-Expression: Electric Slide, Cha Cha Slide, Cotton Eyed Joe, etc.

The Many Positive Benefits of **Kids Ballroom Dancing**:

- Strong Discipline & Teamwork
- Builds Self-Esteem & Confidence
- Better Social Skills
- Teaches Proper Etiquette
- Respect for Themselves and Others
- Improves Coordination and Balance
- Encourages Creativity and Self-Expression
- Exercises the Mind & Body
- Most of all, it's Fun & Exciting

Wedding Dance



Personalized wedding preparation.
Plan a lovely dance routine to your special song!
Look Great Together For Your First Dance
Impress your family and guests on your big day!
Learn a skill that will last a lifetime.



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To dance is to live!*