

DANCE NOTES

Welcome to the September 2010 edition of "Dance Notes," the monthly newsletter for Rivertowne Ballroom. We distribute this newsletter and accompanying calendar each month to inform our students and the public of classes and events at our studio in downtown New Bern. Dancing is for people of all ages and abilities and anyone can learn. To get started, you may choose from the following:

PRIVATE LESSONS provide individual attention to help you reach your goals more quickly and may be scheduled at your convenience - days, evenings, or weekends. Talk to an instructor for more details.

REGULAR GROUP EVENTS, listed in **BLACK** on the calendar provide instruction in six different dances and are included as part of a monthly membership. Purchase a Beginner Membership for \$50 singles or \$75 for couples to attend all beginner groups for the month (8-10 events). It gets even better when you're eligible for an Intermediate Membership (\$75 singles, \$90 couples) which entitles you to attend all intermediate as well as beginner classes (about 18 events). Receive instruction in Foxtrot, Waltz, Tango, Swing, Rumba, and Cha Cha, plus opportunities to improve your skills at our Wednesday practice parties. Can't commit to a month? The drop-in rate is \$10 singles or \$15 couples. For more chances to dance, try a special group or party:

OPEN DANCES this month will be held on two Fridays, the 10th and 24th from 7-10PM. Cost is \$10 and includes snacks, a group lesson, and general dancing. Everyone is welcome. No partner needed.

A LINE DANCE PARTY, will be held on Saturday the 25th from 7-10PM. Cost is just \$7 and includes refreshments and a line dance lesson. A large variety of music is played. Requests taken.

OUR "DANCE OF THE MONTH" for September is **LINE DANCES**. Our line dance teacher, BC Beach, has some fun, new line dances in store with exciting music to go with them. You will learn steps to all sorts of dances, not just country. Classes meet each Monday (except Labor Day) at 6PM and the cost is just \$5.

INTERNATIONAL WALTZ classes begin September 7. Susie Buck of Raleigh, an ISTD certified dance coach and adjudicator, teaches these beginner level classes each Tuesday at 6PM. Cost is just \$10 per class. This is a great opportunity to take advantage of Susie's vast knowledge and experience in the sophisticated, International style of dance.

NEW!!! SHAG CLASSES, taught by Davis Canady of Wilmington begin on Thursday evenings. Beginner Class is at 6pm and Intermediate at 7pm. Cost is \$10 for one class or \$15 for both.

MORNING LINE DANCE CLASSES, taught by BC Beach, are held every Monday. Beginner class meets at 10AM, Intermediate at 11AM. BC teaches Line Dance Salsa, Swing, Waltz, Country, and more. It's great exercise and great fun. Cost is just \$5.

NEW!!! ZUMBA FITNESS CLASSES continue on Sundays at 6:30PM and certified Zumba Instructor, Michelle Smith is adding another class on Fridays at 9AM. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a fitness program that is fun, exciting, and effective. Cost is \$6 per class.

YOGA CLASSES, taught by Lisa Zaytoun and Sherry Boehme, meet every Wed., Sat., and Sun. These 1-1/2 hour sessions are \$10 each or \$80 for a 10-class pass. Check the calendar for class times. Also, Sherry will begin Prenatal Yoga classes again on Wednesdays from 9-10AM. To inquire or register, call 252-670-6881.

WING CHUN KUNG FU, taught by Jason Gordon, meets Tuesdays at 7PM and Saturdays at 10:30AM. Wing Chun is a practice that balances the hard and soft elements of martial arts. It is a highly effective combat system, but the concepts at its foundation apply to other aspects of life. For more information, Call Jason at 252-622-8079.