

Dance Notes

Welcome to the July 2008 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 just \$50 singles or \$75 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? Purchase classes one at a time for \$10 singles or \$15 couples. For more chances to dance, try a special group or attend a Dance Party. ***NOTE TO INTERMEDIATE STUDENTS:** We are trying something new in July. The Monday classes will be all FOXTROT, and Wednesday classes all SWING. August will feature Waltz and Rumba, September, Tango and ChaCha. Beginner classes will continue as always, introducing new students to all six dances each month.

Highlights for July are:

OPEN DANCES this month are on Fridays, the 11th and 25th from 8-11PM. Admission is \$10 per person and includes snacks, a group lesson, and general dancing. Everyone is welcome. No partner is needed.

ARGENTINE TANGO CLASSES are on Mondays at 6PM. Cindy Riggs teaches these beginner classes. You don't need a partner or previous dance experience. Cost is just \$5. And remember, The Three Amigos* will be here in August. (see notice below). Learn all you can at Cindy's Monday Tango classes to prepare for their visit.

LINE DANCE CLASSES, taught by BC Beach, are held on Monday mornings. Attend the Beginner class at 10AM, Intermediate at 11AM. Cost is just \$5. Line Dancing is not just about country music. BC teaches Line Dance Salsa, Cha Cha, Swing, Waltz, and more. It's great exercise and so much fun!!

HIP HOP CLASSES, taught by Sally Deo, meet on Saturdays at 2PM. A new 4-week course begins each month. Cost is \$35 for the course, or \$10 per class for drop-ins. Classes are open to anyone from age 8 to Adult.

SALSA CLASSES, taught by Sally Deo will be held every Tuesday evening at 8PM, starting on the 8th. Learn all about this most popular dance. These beginner level classes are \$10 each, singles, \$15 for couples.

NEW!! LEARN THE FOXY, a type of slow dance just right for all the beautiful music that's too slow for foxtrot or any of the other dances. And it's so easy to learn! Sally Deo teaches these beginner level classes every Thursday at 8PM. Cost is \$10 per class for singles, \$15 for couples.

YOGA CLASSES, taught by Lisa Zaytoun and Sherry Boehme, meet every Wed., Thurs., 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.

WING CHUN KUNG FU classes, taught by Jason Gordon, meet on Saturdays at 10:30AM and Tuesdays at 6:30PM. 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 details, call 252-622-8079

Tango TANGO Tango

* You won't want to miss this! Everyone is invited to join us as THE THREE AMIGOS, Argentine Tango dancers, present Tango workshops in the afternoon and host a Tango party in the evening on Saturday, August 16. The cost for all events is \$75 per person or \$125 per couple. Register by Aug. 1 and receive a \$10 discount.