

Adult

ALL DANCE CLASSES ARE HELD IN THE COMMUNITY CENTER DANCE STUDIO OR AS NOTED WITH CLASS LISTING.

Belly Dance

Middle Eastern Folkloric

(6 weeks)

Beginning and Intermediate classes overlap for the 15-minute "Goddess Stretch."

Beginning: Basics of Middle Eastern Belly Dance

Intermediate: Use of cymbals, veil, and props; choreography/showmanship.

Instructor: Sharifa

...Performer of Middle Eastern Dance; owner, Belly Dance Artists; instructor since 1987.

Beginning

4130.601 Apr. 14–May 19

❖ Tue., 7–8:15 pm

Intermediate

4132.601 Apr. 14–May 19

❖ Tue., 8–9:15 pm

❖ Fee: \$71 / Dist. Res. \$61 (6 wks)

Belly Dance

Costume Bazaar & Show

Join the Belly Dance students for a spring celebration of their talents. Light refreshments and entertainment. Purchase new and used costumes, accessories and music.

Hostess: Sharifa

4140.601 Apr. 9

❖ Th., 7–9 pm

❖ Admission: \$5

❖ Community Ctr.: Parkside Rm.

Belly Dance Workshops

(3 workshops)

.601 Veil – need four yards silk, three yards regular or circular.

.602 Egyptian Cabaret – techniques and choreography.

.603 Belly Dance Fusion – a blend of belly dance with Latin, African, Jazz.

Instructor: Sharifa

4136.601 June 16–June 30

4136.602 July 14–July 28

4136.603 Aug. 11–Aug. 25*

❖ Tue., 7–9 pm

*Room change Aug. 11, McHale Rm.

❖ Fee: \$61 / Dist. Res. \$50

Bollywood & Bhangra Blast!

(5 weeks) (45-minute workout)

Dance your way to good health! This high-energy workout incorporates Bollywood and Bhangra dances and contemporary music from India. Short choreographies and some

warm ups with a fitness format will be used. All levels are welcome. Nameste!

Instructor: Layla Habib

...professional dancer 20 yrs; instructor.

4660.502 Apr. 1–May 6*

❖ Wed., 6:30–7:15 pm

*No class Apr. 8

❖ Fee: \$52 / Dist. Res. \$42

Dance Like The Stars

(5 weeks) (Ages 16 yrs / up, welcome)

You've seen it on TV and commercials! Now it's your turn to be the star! The instructor's teaching style is easy to learn, low in stress, and will have you dancing after your first lesson. Designed for couples or singles with partners; singles may register at first class meeting as partners become available.

Beginning: Learn the basics: **.601** Waltz, Cha Cha Cha, and Night Club Two Step; **.602** Fox Trot, Single Swing, and Rumba; build on that foundation with easy variations.

Intermediate: Challenging dance patterns, emphasis on style and leading.

Instructor: Alberta Bagneschi

...instructor of Ballroom Dance over 25 yrs.

Beginning

4114.503 Mar. 25–Apr. 22

4114.601 May 13–June 10

4114.602 June 24–July 22

❖ Wed/Beg., 7:30–8:25 pm

Intermediate

4116.503 Mar. 25–Apr. 22

4116.601 May 13–June 10

4116.602 June 24–July 22

❖ Wed/Int., 8:30–9:25 pm

❖ Fee: \$62 / Dist. Res. \$52

Hula – THAT'S HAWAIIAN!

(6 weeks) (Beginning/Continuing)

Imagine dancing while soft trade winds blow, palm trees sway, and the soothing strum of ukuleles play in the background. It's hula! Improve your health with this softer, gentler, (but thorough) workout set to beautiful Hawaiian music! Let your hands tell the story while your hips sway to the beat. A treat for body and soul!

Instructor: "Kaunaloa" (Beth Weilenman)

... Founder of Hui Hula Ka Hale o Ku'u Hoaloha Hula in Martinez; performed at Disney World, has taught hula in Florida, Texas, California.

4110.503 Apr. 7–May 12

4110.601 May 26–June 30

4110.602 July 7–Aug. 18*

*No class Aug. 11

❖ Tue., 6–6:55 pm

❖ Fee: \$67 / Dist. Res. \$57

(\$5 lab fee included)

❖ Community Ctr.: McHale Rm.

Just Jitterbug

(3-week Dance Camp)

This action-packed class will have you boppin', rockin', and dancin' the night away. Just in time for HOT AUGUST NIGHTS! You'll be movin' to the slower and faster dance tunes that have remained popular – and stood the test of time, Learn to lead, follow, turn, and spin with the steps you've admired. Teens, 16 & 17 yrs., welcome.

Instructor: Alberta Bagneschi

4118.601 Aug. 5–Aug. 19

❖ Wed., 7:30–9:25 pm

❖ Fee: \$70 / Dist. Res. \$60

Salsa Club Dancing 101

N.Y. Salsa Mixed with Latin Hustle, Pachanga, Cali Colombia or Rueda

(5 weeks) (4 weeks)

Ready for the fun of Salsa dancing? Advance at your own pace while learning the basic stepping beat on Cuban Salsa Tumbao for Conga drum; patterns on Copa, Pachanga or Cali Colombia Salsa, Rueda or Casino Cuban style. Beginners, 7:30–8:15 pm; advanced, 8:15–9 pm. DO NOT wear sandals or tennis shoes.

Instructor: Ron Bermudez

...29+ yrs teaching experience; studied with New York champions, founded the first Salsa Group *Salsa Angels* in the Bay Area.

4155

.503 Apr. 6–May 11* (5 wks)

.601 June 22–July 27** (5 wks)

.602 Aug. 3–Aug. 31*** (4 wks)

❖ Mon., 7:30–9 pm

No class *Apr. 20, **July 20***Aug. 17

❖ Fee: \$54 / Dist. Res. \$44 (5 wks)

\$44 / Dist. Res. \$36 (4 wks)

Wedding Day's First Dance

(1 workshop)

Marrying soon? Video taping your wedding reception? Turn the first dance from plain and commonplace to a styled and flared event! Using very basic Fox Trot and Waltz dance steps with special attention to the beginning and ending of your dance, you can look terrific! PRE-REGISTRATION REQUIRED; please register early.

Instructor: Alberta Bagneschi

4101.501 Apr. 29

4101.601 June 17

❖ Wed., 7:30–9:30 pm

❖ Fee: \$24 / Dist. Res. \$20



\$5 DISCOUNT by Registering Online Anytime
on eligible classes
www.pleasanthillrec.com

Youth / Teens

Classes are held in the Dance Studio, Community Center or as noted with class. A waiver of liability must be signed before class participation. Note: PARENTS WAIT IN THE PATIO DURING CLASS. ALL ARE INVITED TO ATTEND LAST CLASS DEMONSTRATION.

Creative Dance Movement

(3½–6 yrs) (6 weeks)

A creative, imaginative environment allowing children to use movement as a means of expression. Designed to develop rhythm, coordination, and confidence through the use of props, musical instruments, and, most importantly, imagination. Child must be potty-trained and able to participate without parent being present. Note: Parents are invited to attend last class only. Parents may wait outside during class.

Instructor: Susan Pugh

...BS in Dance; has taught children dance and gymnastics for 16 yrs; has performed and choreographed with The Dance Apprentice Company and the Pickle Circus.

Morning

4163.601 May 5–June 16*

4163.602 July 14–Aug. 18

❖ Tue., 10:30–11:15 am

*No class May 19

Evening

4162.601 May 5–June 16*

4162.601 July 14–Aug. 18

❖ Tue., 6–6:45 pm

*No class May 19

❖ Fee: \$69 / Dist. Res. \$59

(\$1 lab fee included)

❖ Community Ctr.: AM Dance Studio
PM Game Rm.

Hula, Too!

(8–12 yrs) (6 weeks)

If you enjoyed the Lilo and Stitch movie and the Disney cartoons, join this class! Accompanied by Hawaiian music, you will learn Hula dance movements that provide gentle but thorough exercise.

Instructor: "Kaunaloa" (Beth Weilenman)

4170

.503 Apr. 7–May 12

.601 May 26–June 30

.602 July 7–Aug. 18*

*No class Aug. 11

❖ Tue., 5–5:50 pm

❖ Fee: \$62 / Dist. Res. \$52

❖ Community Ctr.: McHale Rm.

Pre-Ballet & Tap

(3½–5 yrs) (6 weeks)

An introduction into the world of ballet and tap. This experience will develop motor skills while creating an appreciation for both classical dance forms. Child must be potty-trained and able to participate without parent being present. **Note:** Parents are invited to attend last class only. Parents wait outside classroom during regular class time.

Instructor: Susan Pugh

4161.601 May 5–June 16*

4161.602 July 14–Aug. 18

❖ Tue., 9:30–10:15 am

*No class May 19

❖ Fee: \$69 / Dist. Res. \$59

Ballet

(5–8 yrs) (8 weeks)

Combines ballet dance combinations with the creative environment of Pre-Ballet with an introduction to classical ballet technique. Dress attire: NO skirts or tutus, even if attached; tights must be worn even on hot days. Hair pulled back.

Instructor: Christie Tomlinson

...teacher of youth dance classes; professional dancer, performer, choreographer.

4165.601 July 6–Aug. 24

❖ Mon., 3:40–4:40 pm

❖ Fee: \$102 / Dist. Res. \$92

(\$4 lab fee included)

Pre-Ballet

(3–4 yrs) (8 weeks)

The basics of ballet in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent being present. Note: Parents are invited to attend last class only. Dress attire: NO skirts or tutus, even if attached; tights must be worn even on hot days. Hair pulled back.

Instructor: Christie Tomlinson

...teacher of youth dance classes; professional dancer, performer, choreographer.

4166.601 July 6–Aug. 24

❖ Mon., 2:45–3:30 pm

❖ Fee: \$90 / Dist. Res. \$80

(\$4 lab fee included)

Tap

(5–8 yrs) (8 weeks)

A beginning tap class geared to helping the younger dancer develop rhythm and coordination. Easy steps/combinations to popular music. Take both Ballet and Tap, \$10 discount.

Instructor: Christie Tomlinson

4194.601 July 6–Aug. 24

❖ Mon., 4:45–5:30 pm

❖ Fee: \$90 / Dist. Res. \$80

(\$4 lab fee included)

Tap or Ballet Dance Camps

(3–4 yrs) (5–8 yrs) (3 weeks)

Here is an opportunity for your children to develop new and different skills while experiencing the fun of dancing. Sign up with your child's group of friends and all attend together. Note: Please refer to Christie Tomlinson's classes for complete description.

Instructor: Christie Tomlinson

Pre-Ballet (3–4 yrs)

4166.602 May 4–May 18

4166.603 June 15–June 29

❖ Mon., 2:45–3:30 pm

Ballet (5–8 yrs)

4165.602 May 4–May 18

4165.603 June 15–June 29

❖ Mon., 3:40–4:40 pm

Tap (5–8 yrs)

4194.602 May 4–May 18

4194.603 June 15–June 29

❖ Mon., 4:45–5:30 pm

❖ Fee: \$41 / Dist. Res. \$31

