

# DeWitt Parks and Recreation Presents...

## Adult Swing & Rumba Dance Classes



### **East Coast Swing** (Triple Time Swing)

**Thursdays**

**March 7, 14, 21, 28**

**6:30 - 7:30**

With ballroom dance lessons starting in March at DeWitt Parks and Rec, it's a perfect time to join other couples having fun dancing. Whether you are preparing for a wedding, class reunion, taking a cruise or just looking for a night out, learning to dance will give you the opportunity to change from sitting and watching to having fun. If you already dance or not, Dennis and Sandy will help you reach your dancing goals and have a great time doing it. East Coast Swing is extremely versatile and can be danced to Big Band, Contemporary, 50s & 60s, Blues, and Country music. The level of steps being taught will start at beginning and advance as the class progresses. Proper dance technique, frame, posture and beat identification will be covered. No dance experience required. Hard soled shoes are recommended, and a partner is suggested, but not required. All those 16 and over are welcome.

### **Rumba**

**Thursdays**

**April 4, 11, 18, 25**

**6:30 - 7:30**

Rumba is a great introduction to Latin dancing. The soft, romantic rhythms of Rumba fit perfectly for many songs of Contemporary artists like Sade, Ricky Martin, Jennifer Lopez, and Mark Anthony. Rumba is also popular for some 50s&60s music and of course, Big Band Latin music. The level of steps being taught will start at beginning and advance as the class progresses. Proper dance technique, frame, posture and beat identification will be covered. No dance experience required. Hard soled shoes are recommended, and a partner is suggested, but not required. Ballroom dancing is a great physical and mental exercise for personal health. It also is a great activity to spend time with friends and that special someone you care about, so register now.

**Who: All those 16 years and over are welcome**

**What: Adult Ballroom Dance Lessons**

**Where: Central DeWitt High School Cafeteria**

**Cost: \$30 per person /\$60.00 per couple**

**Register: At DeWitt Parks & Recreation, 900 14<sup>th</sup> St or call 659-5127**

**Info: Visit [parks.cityofdewittiowa.org](http://parks.cityofdewittiowa.org) or call 659-5127**

### **Scheckel Dance Instruction LLC**

Learn more about Dennis and Sandy at our website <http://scheckeldance.com>

or visit us at [www.facebook.com/Scheckeldance](http://www.facebook.com/Scheckeldance)

For more class info E-mail--- [scheckeldance@gmail.com](mailto:scheckeldance@gmail.com)

Or call - Sandy 563-321-1197 or Dennis 563-321-0106