

ValDance Winter/Spring Schedule: January 21 to April 30, 2020

	TUESDAY	WEDNESDAY	THURSDAY
6:00		Ballroom & Latin Beginners	
7:00	7:30-8:30 Argentine Tango	Fox Trot/ Waltz	7:15-8:15 West Coast Swing
8:00		Rumba/ Cha Cha	8:15-9:15 East Coast Swing Advanced

See below for [Class Descriptions](#)

FEES:

Classes are 15 weeks: \$270/person. GST included.

Payment is due at first class by cash, cheque or E-transfer. Cheques are payable to Val Halme NOT ValDance.

LOCATION:

Tuesday, Thursday – Vireo Studios, 343 4th Street, Courtenay

Wednesday – Rotary Hall, lower Filberg Centre, 411 Anderton Avenue, Courtenay

Class Descriptions

ARGENTINE TANGO: This is a very showy cabaret or performance style of Argentine Tango, the style danced on Dancing with the Stars or So You Think You Can Dance. It requires excellent frame, technique and control. This style of Argentine Tango is particularly exciting to learn!

BALLROOM & LATIN BEGINNERS I: An introduction to 6 of the most popular social dances: **Fox Trot, Swing, Waltz, Tango, Rumba** and **Cha Cha**. We learn just 2 dances at a time and there is lots of review throughout the course. Highly recommended if you have never danced before.

Please note: There is a big jump from Ballroom & Latin Beginners I to BB II and LB II. If you can lead/follow all steps from Beginners I then you are ready to move on, if not, it is wise to repeat Beginners. You will find it a different and easier experience the second time around. It will still offer enough challenge as it allows you to focus on developing your frame, leading/following, style, and floorcraft since you already know the basic rhythms and patterns. Repeating the class will make you a stronger more confident dancer moving forward.

FOX TROT/WALTZ: Enjoy learning groupings of figures mixed from BB II and Advanced. We'll polish your frame and technique to make you shine! Pre-requisite: BB II.

RUMBA/CHA CHA: Improve your latin styling and enjoy learning groupings of figures taken from LB II and Advanced. Pre-requisite: LB II.

WEST COAST SWING: This is the most sophisticated of all the Swing dances. It is very smooth and stylized and is danced to a slow or medium tempo. It is recommended that you have some dance experience before taking this class. We start with the basics and work into more intermediate level steps.

EAST COAST SWING ADVANCED: Take your East Coast Swing even further into some more advanced patterns! Prerequisite: East Coast Swing Beginner/Intermediate.