

Learn the basics of Salsa, Cha Cha, Waltz, Foxtrot, Swing and more!

Join our Bay Forest ballroomers, Veronica and Don Nash, for a beginner dance series designed to get you out of your seat and onto the dance floor!

Learn tips and techniques that immediately improve your connection with ANY social dance partner. It's fun, it's healthy, it's harmless!

When:

Mondays at 5:30 – 6:30 p.m. beginning January 16, 2023 at the Clubhouse

What to Wear:

Dress in layers (it IS a sport!) and preferably leather-soled shoes, sneakers or dance shoes.

Tentative Schedule: (we'll also have time to review prior lessons)

- January 16 - Nightclub Two Step
- January 23 - East Coast Swing
- January 30 - Rhumba

- February 6 - Foxtrot
- February 13 - Merengue
- February 20 - Waltz
- February 27 - Nightclub Two Step (2)

- March 6 - East Coast Swing (2)
- March 13 - Rhumba (2)
- March 20 - NO DANCE
- March 27 - by request

HEALTH BENEFITS OF DANCE

- BOOST MEMORY
- IMPROVE FLEXIBILITY
- REDUCE STRESS
- DIMINISH DEPRESSION
- HELP YOUR HEART
 - LOSE WEIGHT
 - BALANCE BETTER
- INCREASE ENERGY LEVELS
- MAKE NEW FRIENDS