



Physical
activity.
It's good for your health.
Do it for *life!*



Adult Dance Opportunitites offered through the Leisure Guide

- African Dance - beginner
- All that Jazz - beginner, level 2
- Argentine Tango
- Ballroom Dance - beginner
- Belly Dancing - beginner levels 1 & 2, intermediate levels 1 & 2
- Clogging - beginner and beginner plus
- Country Couples - beginner, level 2
- Country Two Step - beginner
- Dancing some Favourites - polka, two-step, waltz
- Hip Hop Dancing - beginner
- Hip Hop/Jazz Dancing - beginner
- Hip Hop 2
- Hot Latin cha-cha & salsa
- Jive & Swing - beginner
- Jive, East & West Coast Sampler
- Latin Combo - rumba, cha-cha, salsa
- Latin Dancing - beginner
- Latin/Swing combo
- Salsa Explosion - beginner, level 2
- Salsa, Merengue & Cumbia - beginner, intermediate
- Social & Wedding Dance - beginner
- Social Dance - beginner
- Soft & Slow Social Dances
- Solo Swing 1
- Spanish Dances - beginner
- Spanish Dance Pilates
- UK Jive
- West Coast Swing - beginner

Watch for new dance opportunities in the
2009 Winter Leisure Guide - due out December 2008