

Christmas Party

Break out the yule log and dust off your Santa Suit - IT'S TIME FOR THE DANCING FOR DESSERT CHRISTMAS PARTY!

December 18th, 2007, 8:00 to 10:00

Admission: \$5

Dress: Semi-formal

Our Christmas Party will be a POTLUCK.
EVERYONE LOVES A POTLUCK!

The potluck will be organized by Nancy Gleeson. Please contact Nancy directly for details on the palatable potluck plan. She is at most parties and is available by email at gleesonhill@shaw.ca. You can also call her at 604-882-9957 if email is inconvenient.



Gift Certificates

Speaking of Christmas... As you probably already know, dance lessons are the perfect gift. Place them in your favorite stocking or find someone else to place them in yours!

Gift certificates are available for both group classes and private lessons.

— Horizontal Learning —

With the introduction of another level of classes we would like to stress the importance of what we call *horizontal learning*. This means that, in general, students should strive for a mastery of steps and ideas in at least a few dances at one level before progressing on to higher levels.

The main reason for this is that dancing is a learned physical skill that requires repetition to do well. Working through a single level at a time allows you time to achieve a depth of learning that ensures the greatest success. Consider that:

- We teach similar steps and concepts in similar dances at the same level.
- It is ideal for students of similar ability and experience to be taking classes together.
- It takes 21, 77 or 2 million repetitions to retain a physical skill, depending on which quack you ask...

An important part of our horizontal system is repeating classes:

- We offer repeat classes for 1/2 price.
- We try to vary the focus of the class depending on the ability and dance maturity of the students in the class.
- Learning takes place in layers. It is very difficult to focus on lead & follow if you're not sure where you're feet are going. With repeated exposure you are able to focus on the things that make the difference between good and great.

If you have any questions about your path to dancing greatness, or are unsure whether a class is appropriate for your ability please let us know.

DancingforDessert

WINTER NEWS



We've made our list and checked it twice and here is the resulting bag of awesome goodies. New classes, more parties, workshops, specialty classes and advice are all in the proverbial sac. We're excited about it and hope you will be too. Enjoy!

And although we'll do it again, we'd like to extend our warmest holidays wishes to all of you and thank you for your continued patronage.

Thank-You and Happy Dancing!

HOLIDAY HOURS

A reminder that we will be closed from December 24th to January 1st inclusive. Winter Intensive Classes will recommence on January 2nd. Our regular program fires up again the week starting January 7th.

604-957-9192

www.dancingfordessert.ca

LEVEL 4 CLASSES!

It's been a long time coming, but you're ready for them - Level 4 classes are on the way!

Our first level 4 class will be on Wednesday, January 9th at 8:00. Our initial Level 4 rotation will include Foxtrot, Waltz, Tango, Swing, Salsa, Cha Cha, Rumba, Quickstep and Viennese Waltz.

ANNOUNCEMENT

We would like to give you advance notice that new prices will be in effect in the New Year. This is partly due to our new requirement to collect GST, which will be included in our prices.

- Group Classes: \$40/person
- Repeat Classes: \$20/person
- Private Lessons: \$55/55 minutes
- 4 private lessons: \$210
- 10 private lessons: \$500
- Parties: \$4 (unchanged)

You may purchase as many group classes or private lessons as you like before January 1st at this year's rates.

Viennese Waltz & Quickstep

Part of our horizontal learning process is the addition of new dances as students develop in their dancing. In Level 1 we introduce Cha Cha, Samba, Merengue, West Coast Swing and Argentine Tango. In Level 3 we introduce Quickstep and Viennese Waltz.

- You MUST have taken Waltz 2 and Foxtrot 2 before you take Quickstep 3.
- You MUST have taken Waltz 2 before you take Viennese Waltz 3.

Winter Intensive

The Winter Intensive is an accelerated group class schedule over the Christmas holidays. The schedule is "intense" with two classes per week over a two week period with Christmas week off in the middle. Please visit our website for the exact schedule.

This year we are featuring five fantastic classes: two from our normal program, two specialty dances and a new dance exercise class.

Rumba 1

Cha Cha 2

Lindy Hop

Lindy Hop is a cool, laid back swing style that can be danced to fast and slow swing music. Most of the steps can also be easily applied to East Coast Swing as well.

Two-Step

A little twang in your step is good for the inner cowperson! Two-step is similar to foxtrot in rhythm, but uses a lot more turns borrowed from swing. Bring your cowboy hat and boots for a Yeeehaaa! good time.

Work-Out Class

Forget about technique and partner work for a while - the point of this class is to build up a sweat and get rid of that Christmas turkey! We'll be using components from swing, cha cha, rumba, salsa, and quickstep to create fun, fast routines. Simple combinations will be taught and danced. No previous experience in any of these dances is necessary and everyone is welcome.

PARTY ON!



Our parties are bigger and more popular than ever... so we've decided to give you MORE! As of January 2008 parties will be held

EVERY TUESDAY AT 8:00!

Winter Workshops

We have 2 workshops starting in the new year. Both workshops are 4 classes long and cost \$40. Our 1/2 price repeat discount does not apply to workshops.

Cuban Motion Workshop

Sundays at 11:00: Jan 13, 20 27 & Feb 3

Cuban Motion is a hip and body action that gives latin dances spice! It takes time to develop but this workshop will get you started in the right direction.

Rise & Fall

Sundays at 11:00: Feb 10, 17, 24 & Mar 2

Rise & Fall is what gives ballroom dances their smooth and graceful flow. Most easily applied to waltz, it is also used in foxtrot, quickstep and Viennese Waltz



Etiquette Tip

Unless you are wearing orange and have a pylon on your head please move completely off of the dance floor when you're not dancing.

For more etiquette tips please visit www.dancingfordessert.ca/resources/etiquette.htm