

# LEARN TO SOCIAL DANCE

at the  
**Meridian Center at the Park**

1920 N. Records Ave

**Every Monday night at 7:30 PM**

\$3 Center at the Park admission fee

Social dancing is a fun, uplifting, experience that's terrific exercise for your mind and body. Dancing relieves stress, builds stamina, works all the major muscle groups, and improves balance, coordination and flexibility. It's easy to stick with and it's a great way to socialize and learn new skills. So, come join us on Monday nights and see for yourself how much fun learning to dance can be!



The dances we teach are partner dances, but you do not need to come with a partner. A group practice follows each lesson, so you can practice what you've learned and let it sink in a bit. All of our lessons start with beginner-level basics, followed by slowly adding in fundamental turns and patterns for the dance being taught.

## SCHEDULE:

February - Hustle, a fun dance we do to music having bass beats similar to disco

March - Cha Cha, a Latin dance that can be done to a wide variety of music

April - West Coast Swing, our club's most popular swing dance

Most people can learn to dance at almost any age. It takes a little longer for some of us to learn than others, but we have lots of time and we WILL get you dancing.

Try to bring shoes that slide on a smooth floor. Leather soled shoes are often a good choice, especially for ladies since they do the most turning.



## Come discover the joy of dancing!

Lessons are taught by the

**High Desert Swing Dance Club**

[www.idahoswingdance.org](http://www.idahoswingdance.org)

Questions? Call Penni 830-7622 or Kathleen 724-8501