

DANCE

BALLROOM DANCING

with Patricia Jeung

Learn the basics of ballroom dancing! No one should miss out on the fun of being on a dance floor where you can experience the exhilarating feeling of flowing across the room to beautiful music.

\$65 / \$77 NR • 6 classes Fees listed are per couple

22.401 W 7:30-8:45pm 9/28-11/2 CAB

22.402 Sa 10:15-11:30am 9/24-10/29 VMSC

LUNCHTIME BALLET **NEW**

Age 13+

with Tanya Gunton

Have you ever wanted to try ballet but never had the chance? This introduction to ballet class is designed for adults who have had little or no prior training. Come learn the basic steps of an artform that is one of the most enjoyable forms of exercise around.

Location: Academy of American Ballet

275A Linden Street, Redwood City, CA 94061

\$80 • 8 classes

22.404 F 12-1pm 9/9-10/28

ADULT BALLET **NEW**

Age 14+

with Community Street Jam Staff

Always dreamed of dancing ballet but never had the chance? Do it now! Our Adult Ballet is gentle and low impact. A class for beginners designed to strengthen the whole body and lengthen the muscles as well as improve posture. You will learn the basics of ballet in a relaxed setting without any of the hype. Learn this beautiful form of dance because it's never too late! Form fitting clothing and ballet shoes are recommended.

Location: Community Street Jam

849 Veterans Blvd Redwood City

\$180 • 15 classes

22.420 W 10-11am 9/7-12/14

\$168 • 14 classes

22.421 Sa 10-11am 9/10-12/10

BELLY DANCE- MOVES AND GROOVES!

Age 16+

with Malia DeFelice www.bellydancer.net

Learn to Belly Dance! Appropriate for first time beginners. No experience necessary! Experience the magic of this ancient dance form. Benefit from an amazing low impact workout while de-stressing to the sounds of exotic drum rhythms and mysterious melodies. Malia DeFelice has taught Belly Dance to women of all ages, sizes and shapes for decades. Through her easy to understand format, you will learn how to master slow, medium and fast paced steps, including Shimmies, traveling steps and Undulations. Class materials are given to each student including a step vocabulary describing 37 basic belly dance steps as well as instructions to make simple costuming. Practice music and sparkly hip scarves are available for purchase.

Location: RMCC

\$55 / \$65 NR • 6 classes

22.408 Tu 8-9pm 9/13-10/18

22.409 Tu 8-9pm 10/25-11/29

ADULT TAP **NEW**

with Angela "Angie" Torres

Do you love to tap or have always wanted to try it? Then this is the class for you! No experience necessary, just come ready to learn and have fun! We will warm up with basic tap steps and learn fun combinations and routines. Tap dancing is a not only good for the body but the brain as well!

Stay sharp and build muscle! **Tap shoes required.**

Location: RMCC

\$65 / \$77 NR • 6 classes

22.426 M 8-9pm 9/12-10/24 no 10/3

ADULT JAZZ **NEW**

with Angela "Angie" Torres

Want to stay in shape without going to the gym? Come dance the calories away in a relaxed and friendly environment! In this upbeat jazz class we will focus on classic style jazz movement, combined with stretching, muscle building, and a fun cardio workout. Bring a friend and learn new jazz routines to your favorite songs! All levels welcome.

Location: RMCC

\$65 / \$77 NR • 6 classes

22.424 Th 8-9pm 9/15-10/27 no 9/29

22.425 Th 8-9pm 11/3-12/15 no 11/24

ADULT MODERN DANCE **NEW**

Age 13+

with Blair Brown, Bachelor of Arts in Dance Education, Loyola Marymount University

This basic modern dance class combines movement that is enjoyable to do, and technically accessible for any teen or adult. The music will inspire you and make this great work out seem like an escape. Modern dance will build your body awareness, release and flow in movement, and increase your sense of proper dance technique.

Location: Academy of American Ballet

275A Linden Street, Redwood City, CA 94061

\$80 • 8 classes

22.430 M 7:45-8:45pm 9/12-10/31

BELLY DANCE WORKOUT FOR ALL LEVELS

Age 13+

with Marie Soderlund director of the Red Desert Dance Company

Make time for yourself during this special pre-holiday session of Belly Dance Workout. Come relieve the stress of work, holidays, obligations, and spend an hour moving and learning basic moves and combinations in Belly Dance. Strengthen your muscles, increase your stamina and dance to the rhythms of this beautiful art form. Comfortable stretch pants are recommended or come in your belly dance regalia and get in the spirit. Hip scarves are available at class as gifts and dance wear.

Location: RMCC

\$50 / \$59 NR • 5 classes

22.443 W 8-9pm 9/21-10/19

22.444 W 8-9pm 10/26-11/30 no 11/23



DANCE



see Vera Quijano at *Dancing on the Square!*
Visit RedwoodCityEvents.com for more information

BEGINNING LINE DANCING

with Cathy Dacumos

Learn fun, easy line dances to a variety of music types. No prior experience or partner are necessary. Dances learned one week are reviewed in subsequent weeks. Wear comfortable shoes. \$7 drop-in fee, or save money by signing up for the entire session.

Location: CAB

\$55 or \$7 drop-in • 10 classes

22.407 Th 7-8:15pm 9/29-12/15 no 11/17, 11/24

DAYTIME LINE DANCING



with Cathy Dacumos

Come and join us for a fun-filled hour of line dancing. The class is for the beginner dancer and will feature many popular beginning-level dances. No prior experience is necessary for beginner class. Wear comfortable clothes and shoes. **Students must register with instructor on day of class. No online/mail-in registration.** For more info, please call (650) 780-7270.

\$6 Drop In Fee • on-going (no 9/5, 9/12, 9/19, 9/26, 11/21, 12/26, 1/2)

Beginning M 9-10:15am VMSC

Easy Intermediate M 10:15-11:30am VMSC

WEST AFRICAN CARDIO DANCE **NEW**

Age 14+

with Community Street Jam Staff

For beginners: Done to live drumming, this is a complete cardio workout through traditional West African music and dance. An electrifying, full body experience that will have you moving every inch of your body to high energy, ritualistic beats sure to burn up not only your imagination but all those extra calories. A class that's sure to fire up your metabolism and give you a joyous, stress-releasing session. Bare feet optional and wear loose clothing. Community Street Jam is Redwood City's Premier Fitness, Dance & Performance Academy. We have the exciting variety you crave!

Location: Community Street Jam

849 Veterans Blvd Redwood City

\$180 • 15 classes

22.450 Th 7:30-8:30pm 9/8-12/22 no 11/24

BEGINNING HIP-HOP PARTY MOVES **NEW**

Age 14+

with Community Street Jam Staff

Party Move Central! Classes feature the latest moves and hot dance techniques that will make you a star at the club, office or school party. The music is high energy, funky and cool! In a friendly atmosphere, you will start with a warm-up and stretch followed by a routine broken down step-by-step which can also be used for performance and exercise. Community Street Jam is Redwood City's Premier Fitness, Dance & Performance Academy. You can take our moves to the club or the stage!

Location: Community Street Jam

849 Veterans Blvd Redwood City

\$192 • 16 classes

22.451 Tu 6:30-7:30pm 9/6-12/20

HOT SALSA DANCING

Age 13+

with Vera Quijano

This popular class is for men, women and teens to learn the basics of salsa dancing including partner work with turn patterns and stylization. Meet new friends, get a good workout, and have a great time all in one night. This popular class is designed for beginners with little or no dance experience. The intermediate class is for students who have already completed the beginning series or have former dance experience. For more information, go to www.revolutionize.us.

Location: CAB

\$45 / \$53 NR • 6 classes

SESSION 1

BEG 22.410 M 6-7pm 9/19-10/24

INT 22.411 M 7-8pm 9/19-10/24

SESSION 2

BEG 22.412 M 6-7pm 11/7-12/12

INT 22.413 M 7-8pm 11/7-12/12

LANGUAGE

SPANISH I & II

Age 15+

with Juliet Gómez, M.A. Spanish, teacher for 9 years

!Aprenda español! Come and learn Spanish in this fun class while you learn about the art and culture of Latin America and Spain. This course will focus on the systematic building of grammar and vocabulary with an emphasis on conversation. **See supply list for textbook info.**

Location: RMCC

\$75 / \$89 NR • 6 classes

SPANISH 1

27.401 Tu 6-7pm 9/13-10/18

27.402 Tu 6-7pm 11/1-12/6

SPANISH II

27.403 Tu 7:05-8:05pm 9/13-10/18

27.404 Tu 7:05-8:05pm 11/1-12/6

adults