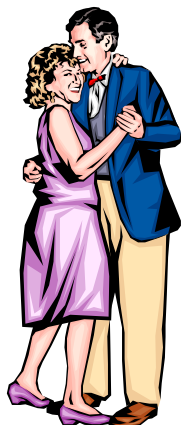


**FOR:**

Couples interested in introductory ballroom or round dancing.

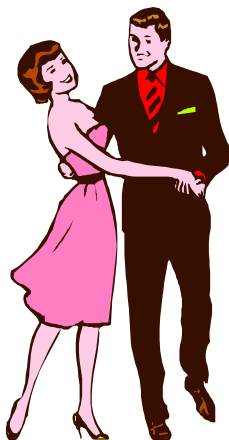
**INTRODUCTORY CLASS COVERS:**

*Foxtrot  
Waltz  
Swing  
Cha Cha  
Rumba  
Tango*



**FOLLOW-UP CLASSES COVER:**

*Bolero  
Quickstep  
Merengue  
Mambo  
West Coast Swing  
Paso Doble  
Samba  
Slow Two-Step  
Argentine Tango  
Viennese Waltz*



**WHERE CAN YOU LEARN?**

Classes are held in Boalsburg at Panorama Elementary School.

The next class will be starting on **Tuesday, Sept. 27, 2005**

New members can join for the first 3 nights.

**INTRODUCTORY NIGHTS**

Tues, Sept. 27 Panorama School  
Tues, Oct. 4 Panorama School  
Tues, Oct. 11 Panorama School

Time: 7:00 - 8:30 pm

Cost: \$5 per couple per class  
"pay as you go"

**FIRST CLASS IS FREE**

Send in the response form or show up at one of the first 3 nights.

**Sponsor:**

Centre Region Parks & Recreation  
**231-3071**

**Instructors:**

Carter & Ruby Ackerman  
**238-8949 cla1@psu.edu**



**New  
Dance  
Class**



Starting  
**Sept. 27, 2005**

**No Experience Necessary**

Information  
**238-8949**  
cla1@psu.edu  
CentreRounds.com

Centre Region  
Parks  
and Recreation  
&  
Centre Rounds



# What Will We Learn ?

- Basic Figures in FOXTROT, SWING, WALTZ, CHA CHA, RUMBA, and TANGO.
- Leading and Following.
- Ballroom dance amalgamations and round dance sequences.

*Written descriptions of all figures and sequences are provided.*

## WHAT IS ROUND DANCING?

Round dancing has been described as “choreographed” ballroom dancing.

Dancers learn basic ballroom steps and combine them into a unique sequence or “dance” to a specific piece of music.

They can also use the same sequences as they create their own free style ballroom dance.

*This course covers BOTH free-style ballroom dancing and intro. to round dancing.*

## HEALTH BENEFITS

The value of dancing as exercise is becoming widely recognized.

Al Jones, State College physician and dancer says “dancing is great exercise – I recommend it to my patients.”

The MAYO CLINIC NEWSLETTER claims dancing is a positive alternative to aerobic exercise or jogging and offers health benefits including:

- Burning Calories – about 300 /hour
- Cardiovascular Conditioning
- Strengthening Bones

“Dancing contains a social component that helps develop strong social ties which contribute to self-esteem and a positive outlook.”

Dancing:  
“the perfect exercise”

In a typical evening a dancer will do the equivalent of walking 2 – 3 miles.

An article in Woman’s World extols dancing as “the perfect exercise” and states that “one of the best ways to improve your health is actually one of the most enjoyable – dancing.”

Many people continue dancing into their retirement years.

Send In To Sign-Up or For More Information

Reserve a place for us. We will attend either on Sept. 27 or Oct. 4 or Oct. 11.

Send more information about the introductory class.

Send more information about the follow-up programs of Centre Rounds.

Name(s)

Address

Phone

E-mail

Send to:

Carter & Ruby Ackerman  
810 Webster Drive  
State College, PA 16801

(814) 238-8949

cla1@psu.edu