

DANCE

BEGINNING BELLY DANCE LEVEL II (Ages 16-Adult)

This class is for students that have completed the Beginning Level I and is a preparatory class for Intermediate Level. Instructor: Garnett Kepler. 8 sessions.

Activity #112526A (Adults)	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 5:20-6:20 pm	Foster
Activity #112526B (Ages 16-18)	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 5:20-6:20 pm	Foster

INTERMEDIATE BELLY DANCE (Adults)

Designed for those who have had a beginner class or previous experience. Instructor: Garnett Kepler. 8 sessions.

Activity #112502A	\$30/Res; \$45/Non-Res
9/28-11/16 Mon 7:40-8:40 pm	Foster
Activity #112502B	\$30/Res; \$45/Non-Res
9/29-11/17 Tue 6:30-7:30 pm	Foster

MASTER BELLY DANCE (Adults)

Designed for those who have mastered the beginning and intermediate levels. Instructor: Garnett Kepler. 8 sessions. No class 11/11, 11/25.

Activity #112503A	\$30/Res; \$45/Non-Res
9/30-12/2 Wed 5:30-6:20 pm	Foster

BURLESQUE (Adults)

Jazz and Belly Dance styles combines; danced to American music. Two routines will be taught: a selection from "Gorillaz" will utilize a feather boa, and the second routine you will need a man's tie and oversized dress shirt. Instructor: Garnett Kepler. 8 sessions.

Activity #112525A	\$30/Res; \$45/Non-Res
10/1-11/19 Thu 7:40-8:40 pm	Foster
Activity #112525B	\$30/Res; \$45/Non-Res
9/29-11/17 Tue 5:20-6:20 pm	Foster

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. No class 11/26.

Activity #150300A	\$48/Res; \$72/Non-Res
10/6-11/24 Tue 6-7 pm	Southside (Hill)
Activity #150300B	\$48/Res; \$72/Non-Res
10/8-12/3 Thu 6-7 pm	Southside (Hill)
Activity #150300C	\$60/Res; \$90/Non-Res
10/6-12/3 Tue/Thu 6-7 pm	Southside (Hill)

NIA DANCE (Adults)

A Neuromuscular Integrative Action! A dance program using physical activity to bring together the mind with the body. This cardio program uses whole body, expressive movement to achieve fitness and wellness. Expressive movements leading to a mind and body blending that can help in bringing about fitness and wellness. 8 sessions. Instructor: Corean Gray.

Activity #114090A	\$48/Res; \$72/Non-Res
10/3-10/21 Sat 3-4 pm	Letts

BASIC HUSTLE 101 (Adults)

In this class you will learn the basic steps to get you started hustle dancing. No experience or partners are needed; we will show you everything you need to know. At the door prices are \$3 for City of Lansing residents and \$4.5 for non residents (pictured ID will be required). Instructor: Anita Civils. 10 Sessions.

Activity #114111A	\$30/Res; \$45/Non-Res
10/6-12/8 Tue 6-7:30 pm	Letts

URBAN LINE DANCE (Adult)

Learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$4 for City of Lansing residents and \$6 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. No class 11/11

Activity #113370A	\$15/Res; \$22/Non-Res
9/2-9/30 Wed 6:30-8 pm	Gier
Activity #113370B	\$18/Res; \$27/Non-Res
10/7-11/18 Wed 6:30-8 pm	Gier
Activity #113370C	\$12/Res; \$18/Non-Res
12/2-12/23 Wed 6:30-8 pm	Gier

PRIVATE BALLROOM DANCE LESSONS (Adult)

Lessons will be comprised of requests from Urban and Ballroom dance classes. Class size is limited to two couples. Instructor: Sterling Armstrong. 4 sessions. No class 11/26.

Activity #113373A	\$40/Res Cpl; \$60/Non-Res Cpl
9/3-9/24 Thu 7:30-8:45 pm	Gier
Activity #113373B	\$40/Res Cpl; \$60/Non-Res Cpl
10/8-10/29 Thu 7:30-8:45 pm	Gier
Activity #113373C	\$40/Res Cpl; \$60/Non-Res Cpl
11/12-12/10 Thu 7:30-8:45 pm	Gier

WEDDING DANCE MOVES (Adult)

The bride and groom, along with their wedding party, can learn an easy, unique line dance routine for their special day. 4 sessions. Instructor: Sterling Armstrong.

Activity #113372A	\$40/Res; \$60/Non-Res
9/3-9/24 Thu 6-7:15 pm	Gier
Activity #113372A	\$40/Res; \$60/Non-Res
10/8-10/29 Thu 6-7:15 pm	Gier
Activity #113372A	\$40/Res; \$60/Non-Res
11/12-12/10 Thu 6-7:15 pm	Gier



LATIN DANCE - BEGINNER (Adults)

Learn Salsa, Merengue, Bachata and more in this course will teach the basic steps of each dance and how to move your body to these popular Latin rhythms. Latin music appeals to people of all ages and it's becoming more popular at weddings, vacation cruises and clubs and it is such a fun way to exercise! Partners are not required (but helpful). Comfortable shoes (which can easily slide) and loose clothing are recommended. Participants will also get information on current Latin clubs available in the area where they can practice on weekends. Instructor: Angela Rojas-Dedenbach.

Activity #116300A	\$40/Res; \$60/Non-Res
10/1-11/19 Thu 7:15-8:15 pm	Southside (Hill)



Patsy Watson's School of Dance

Located in the Logan Square Shopping Center at the corner of Holmes and Martin Luther King Blvd.

YOUTH AND ADULT CLASSES
Monday through Saturday
Ballet, Tap, Jazz, Hip Hop, Gymnastics,
Acrobatics and Ballroom

On-going registration is accepted

Tuition is paid on a monthly basis and starts at \$19 a month.

YOU MUST BRING THIS AD from the Lansing Parks and Recreation Community Activities Guide to receive the special discounts.
NEW STUDENTS ONLY.

Register at Patsy Watson's School of Dance - 882-6871 or visit www.patsywatson.com