

HOLDERNESS RECREATION  
PRESENTS  
**BALLROOM DANCING**

With Juli Pruden

Wednesday Nights at Holderness Town Hall  
April 1st—May 6th (*Pre-register by 3/25*)



**Group Lessons:** All classes require pre-registration and have a minimum number needed for the classes to run as scheduled. Please be sure to bring a change of shoes.

**7:00PM--8:00PM BEGINNER BALLROOM**--This class will overcome your shyness about getting out on a dance floor with the basics in Foxtrot, Waltz, and East Coast Swing as well as the partnership skills to make them look and feel good. Join in the fun!

**8:00PM--9:00PM TRIPLE STEP SWING**--Triple Step Swing, sometimes called Jitterbug, is a fun, syncopated version of swing that accommodates a wider variety of tempos than Single Step/Basic East Coast Swing. It also offers a greater range of moves on the dance floor. This class is appropriate for students both with or without previous swing dance experience, as we will also focus on principles of movement and technique in the dance. If you attended the swing classes earlier this season, this is the natural progression.

Friday Nights at Holderness Town Hall  
April 3rd-May 8th (*Pre-register by 3/27*)

**6:00PM--7:00PM BEGINNER BALLROOM III**--This class builds on Beginner Ballroom II with more figures in Foxtrot, Waltz, East Coast Swing, and Rumba.

**7:00PM--8:00PM BEYOND BEGINNER BALLROOM**--This class is for dancers who have taken Beginner Ballroom but want to reinforce what they learned, have been away from dance for a little while and forgotten some things, or anyone interested in focusing on technique of basics. Focus dances will be Waltz, Foxtrot, East Coast Swing, and Rumba.

**8:00PM--9:00PM BEGINNER BLUES**--Blues dancing allows for musical interpretation and creativity, and incorporates leading and following in their purest forms. Blues dancing also suits many social venues.

*To Pre-register for these*

*Classes, you may send a check to Juli Pruden at 57 Water St., Rumney NH 03266 to arrive by **March 25th and 27th respectively** or make a payment to Holderness Rec. Dept. P.O. Box 203, Holderness, NH 03245 directly by **March 25th and 27th.***

*Please be sure to include for which class the payment is intended. Please also include your phone number. 6 week session is \$99/couple, \$55/single, and \$50/student (valid univ. or high school ID.) Please also be sure to bring a change of shoes as required.*

For more information you may contact Juli Pruden at [dancingqueen@sixchimneys.com](mailto:dancingqueen@sixchimneys.com)  
Or Wendy Werner at 603-968-3700, [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov),  
[www.holderness-nh.gov](http://www.holderness-nh.gov).