



HOLDERNESS RECREATION  
PRESENTS  
**BALLROOM DANCING**

With Juli Pruden

**Thursday Nights** at Holderness Town Hall



Ballroom, Latin, and Swing Dance Returns to Holderness Rec in January on Thursday nights with ISTD trained instructor, Juli Pruden. Couples and singles are welcome, although finding a partner, any partner, is helpful. Classes are one hour each week and will give you not just the steps and patterns, but also the technique and partnership skills to make them look and feel comfortable and smooth.

**Spring Session:** March 5<sup>th</sup> — April 9<sup>th</sup> with pre-registrations due by February 27<sup>th</sup>

**6:00PM--7:00PM BEGINNER EAST COAST SWING**

From Big Band to Elvis to Brian Setzer, this class will give you the ability to swing to them all. Simple and lively, you'll learn the basic and plenty of turns so you'll feel confident getting out on the dance floor. You will also learn stylistic elements of swing and how connection and communication between partners work.

**7:00PM--8:00PM SPECIAL EVENTS DANCE CLASS**

This class will give you basic survival skills for small social dance floors typical of weddings. You will learn basic steps and styles of 4 common dances and what music goes with them so you can be prepared when that next wedding invitation and date arrive. This class is suitable for the bride and groom-to-be and anyone who will be attending as guests. It is also perfect for other social events with a small dance floor.

**8:00PM--9:00PM BEYOND BEGINNER WEST COAST SWING**

West Coast Swing is beloved for its versatility, smooth sexy moves, and spirit of playfulness. It spans the range of music from traditional blues to modern pop, R&B, and hip hop. Instead of the traditional bounce of East Coast Swing, West Coast has an effortless look and is a slot dance. A perfect blend for all generations of dancers.

In the Beyond Beginner West Coast Swing class, students will continue to build on patterns, learning to blend 6 and 8 count patterns together. You will also learn the proper lead and follow skills with a good connection. We will keep working on timing and the distinct roles of each partner that make this such a unique dance. Pre-requisite for students is the Beginner 8 Count class or instructor permission.

**Pre-registration / pre-payment is required for these classes.**  
**There is a minimum and maximum number for each class.**

You may register online at <https://holdernessrecnh.recdesk.com/Community/Page?pagelid=14060>. You may also register in person at Holderness Town Hall (registration forms are in the lobby) or you can download a registration form and mail it in with your payment **by February 27<sup>th</sup>**. Please be sure to include for which class the payment is intended. Please also include your phone number. 6 week session is \$120 couple, \$65/single.

*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).  
**We hope you can join us!**