



Learning to dance is a great way to get in shape, stay fit, and build confidence. Dancing for social pleasure has been found to reduce stress, improve strength, improve muscle tone and increase cardiovascular endurance. An hour of social dancing is equivalent to walking approximately five miles!

Dancing is also an activity that you can continue for the rest of your life. Meet new friends, discover your inner creativity, learn a new skill and have fun while you improve your fitness levels! Sign up for one of James City County's dance classes now to begin reaping the benefits available through dance!

Mommy (or Daddy) & Me Intro to Dance (ages 2-5, plus parent)

You and your little one will creatively explore the world of dance, music and imagination together! No previous dance experience necessary. Please dress in comfortable, stretchy clothes. Instructor: Sue Talebi. JCWCC

Sun 9/11-10/16	1-1:30pm	\$35/\$30	309550-A
Sun 1/8-1/29	1-1:30pm	\$25/20	301550-A
Sun 2/19- 3/25	1-1:30pm	\$35/\$30	302550-A

Ballet/Tap Combo (ages 4-6)

Children will practice the basic positions and steps of ballet for the first 30 minutes, then it's time to put on tap shoes to make some noise! Please dress children with pink flat ballet shoes, black tap shoes, leotard and tights (ballet skirt optional). Instructor: Sue Talebi. JCWCC

Sun 9/11-10/16	3-4pm	\$35/\$30	309560-A
Sun 1/8-1/29	3-4pm	\$25/\$20	301560-A
Sun 2/19- 3/25	3-4pm	\$35/\$30	302560-A

Magic Carpet Mornings

(girls ages 5-12, plus parent)
Introducing our first bellydance classes for girls and their moms! Join us as we take a magical journey into the world of creative movement through bellydance. Enjoy instruction and games that will teach you steps and combinations as you spend time dancing together, just "mommy and me!" Open to all levels, no previous dance experience necessary (for moms or daughters). Instructor: Mariellynn Maurer. JCWCC

Sat 9/24	10:30-11:30am	\$15/\$10	309543-A
Sat 10/15	10:30-11:30am	\$15/\$10	310543-A
Sat 11/19	10.30-11.30am	\$15/\$10	311543-A
Sat 12/3	10.30-11.30am	\$15/\$10	312543-A
Sat 1/7-1/28	10:30-11:30am	\$35/\$30	301543-A
Sat 2/4-2/25	10:30-11:30am	\$35/\$30	302543-A
Sat 3/10-3/31	10:30-11:30am	\$35/\$30	303543-A

Bellydance FUNdamentals

(ages 13+)
Ever thought about learning to belly-dance, but don't know where to start? Join us as we explore the techniques and concepts of bellydance. In each session we'll learn a new set of FUNdamentals that work together to create this unique style of dance! No previous dance experience required. Instructor: Mariellynn Maurer. JCWCC

M 9/12-10/3	7-8pm	\$30/\$25	309540-A
M 10/17-11/7	7-8pm	\$30/\$25	310540-A
M 11/14-12/5	7-8pm	\$30/\$25	311540-A
M 1/9-1/30	7-8pm	\$30/\$25	301540-A
M 2/6-2/27	7-8pm	\$30/\$25	302540-A
M 3/5-3/26	7-8pm	\$30/\$25	303540-A

Colonial Squares Dance Club

Modern square dance is low impact, great for the heart and mind, and creates an opportunity to make new friends and have fun at the same time. First lesson is free. For more information, please contact Harry Keys at 345-5667 or visit the Colonial Squares website at <http://www.squaredancers.org/>. NES

W	6:30-8:30pm
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Shimmy Shakedown (ages 13+)

Looking to dust off your shimmy? Never danced in a group format before? This class will form combinations from various bellydance steps to get you moving and will also feature fitness elements necessary for a dancer. Come and join us for a unique dance fitness workout! Instructor: Mariellynn Maurer. JCWCC

Th 9/15-10/6	6-7pm	\$30/\$25	309541-A
Th 10/20-11/10	6-7pm	\$30/\$25	310541-A
Th 12/1-12/22	6-7pm	\$30/\$25	312541-A
Th 1/5-1/26	6-7pm	\$30/\$25	301541-A
Th 2/2-2/23	6-7pm	\$30/\$25	302541-A
Th 3/8-3/29	6-7pm	\$30/\$25	303541-A

Bellydance Social (ages 13+)

Our monthly open floor dance time allows the chance to get your shimmy on, dancing with and for other students in a supportive, encouraging, and friendly atmosphere. Put your skills to use, come on out and enjoy an evening of bellydancing! Instructor: Mariellynn Maurer. JCWCC

F 9/23	6-7:30pm	\$10/\$5	309542-A
F 10/21	6-7:30pm	\$10/\$5	310542-A
F 11/11	6-7:30pm	\$10/\$5	311542-A
F 12/9	6-7:30pm	\$10/\$5	312542-A
F 1/27	6-7:30pm	\$10/\$5	301542-A
F 2/24	6-7:30pm	\$10/\$5	302542-A
F 3/30	6-7:30pm	\$10/\$5	303542-A

Dance Improvisation (ages 13+)

Join us for this workshop as we unlock the cues to dancing without having to know choreography! Open to all levels and no previous dance experience necessary, this class will introduce you to the world of American Tribal Style bellydance. Wear comfortable workout clothes and bring a towel to use during stretch time. Instructor: Mariellynn Maurer. JCWCC

Sat 9/24	1-4pm	\$25/\$20	309540-B
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Just the Basics (ages 13+)

Join us during this workshop for an introduction to the basic concepts and movements of the world of dance.

Wear comfortable workout clothes and bring a scarf to wrap around your hips as you embark on your dance journey! No previous dance experience necessary. Instructor: Mariellynn Maurer. JCWCC
Sat 10/15 1-4pm \$25/\$20 310540-B

Working with a Veil (ages 13+)

Join us for this workshop as we bring a unique twist and twirl to your dance workout! This class will introduce you to the exciting and beautiful art of dancing with a veil. Wear comfortable workout clothes and be prepared for an arm workout! Veils will be available for use and purchase (additional fee) on the day of the workshop (or bring your own if you have one). Instructor: Mariellynn Maurer. JCWCC
Sat 11/19 1-4pm \$25/\$20 311540-B

Working with Finger Cymbals (ages 13+)

Join us for this workshop as we embark on a journey to the world of zills, just in time for ringing in the holiday season! This class will introduce you to zills and how to play basic rhythms. We will also begin to layer our zill playing over basic footwork patterns. If you already have finger cymbals, bring them to class; a limited number will also be available for purchase at the workshop for an additional fee. No previous dance experience necessary. Instructor: Mariellynn Maurer. JCWCC
Sat 12/3 1-4pm \$25/\$20 312540-B

Cane Dance (ages 13+)

Though the holidays are over, you can enjoy this cane all year long! Join us for this workshop as we learn basic cane tricks and layer them over basic footwork patterns and turns. No previous dance experience necessary. Canes will be available at the workshop for use and purchase (additional fee). Instructor: Mariellynn Maurer. JCWCC
Sat 1/14 1-4pm \$25/\$20 301540-B

Ballet Orientale (ages 13+)

Join us for this workshop as we sway into the world of cabaret style bellydance. This class will focus on dance combinations that will form a short choreography. All levels welcome, wear comfortable workout clothes and bring a scarf to tie around your hips and a long flowing skirt if you have one! Instructor: Mariellynn Maurer. JCWCC
Sat 2/18 1-4pm \$25/\$20 302540-B

Adult Ballet (Beginner/Review) Abs Circuit/Flexibility Class

(ages 13+)
It's never too late to start ballet! This class is for those who have little to no ballet training. We'll learn all basic positions and steps of ballet. Class will consist of barre and center work, as well as a circuit focusing on strength training, with a long stretch segment at the end to improve flexibility. Please dress in fitted, stretchy clothing/ dancewear with canvas or leather ballet slippers. Leotard, leggings/tights and ballet skirt are optional. Instructor: Sue Talebi. JCWCC
Sun 9/11-10/16 4-5pm \$35/\$30 309560-C
Sun 1/8-1/29 4-5pm \$25/\$20 301560-C
Sun 2/19- 3/25 4-5pm \$35/\$30 302560-C

Adult Ballet (Returning)/Abs Circuit/Flexibility Class (ages 13+)

This class is for those who have had classical ballet training previously and wish to return for the purpose of exercise and to improve their artistry. Class will consist of barre and center work, as well as a circuit focusing on strength training, with a long stretch segment at the end to improve flexibility. Please dress in fitted, stretchy clothing/dancewear with canvas or leather ballet slippers. Leotard, leggings/tights and ballet skirt are optional. Instructor: Sue Talebi. JCWCC
Sun 9/11-10/16 1:30-3pm \$35/\$30 309560-B
Sun 1/8-1/29 1:30-3pm \$25/\$20 301560-B
Sun 2/19-3/25 1:30-3pm \$35/\$30 302560-B

Dance



Introduction to the Waltz

(ages 16+)
The tempo of the Waltz is slow and the steps are simple. Learn five basic Waltz steps and their use in a social dance setting. Get ready for your next wedding event or date night out! Instructor: Barry Koffroth. JCWCC
T 10/4-11/8 6:30-7:30pm \$35/\$30 310571-A
T 1/10-2/14 6:30-7:30pm \$35/\$30 301571-A

Introduction to the Foxtrot (ages 16+)

This fun Ballroom dance can be done to a wide variety of slow to moderate tempo music. It will stretch your legs, help your posture, and improve upper body strength. Learn five basic Foxtrot steps and how to combine them. Instructor: Barry Koffroth. JCWCC
T 10/4-11/8 7:45-8:45pm \$35/\$30 310572-A
T 1/10-2/14 7:45-8:45pm \$35/\$30 301572-A

Introduction to Cha-Cha-Cha (ages 16+)

This fun and popular dance is done to a moderate to fast tempo Latin music. The Cha-Cha is simple to learn and will get your blood pumping, your hips moving and put a smile on your face. Learn five basic Cha-Cha steps. Instructor: Barry Koffroth. JCWCC
W 10/5-11/9 7:15-8pm \$35/\$30 310573-A
W 1/11-2/15 7:15-8pm \$35/\$30 301573-A

Hustle & Meringue (ages 16+)

The Hustle is easy, looks great, and can be done to a lot of today's contemporary music. The Meringue is a simple and fun to learn dance done to moderate to fast Latin tempo music. Both dances will get you moving and elevate your heart rate. Instructor: Barry Koffroth. JCWCC
W 10/5-11/9 8:15-9pm \$35/\$30 310574-A
W 1/11-2/15 8:15-9pm \$35/\$30 301574-A