



Partner Dancing. Great fun & exercise... no partner required to join in!

Dance Like the Stars!

Location: North Kirkland Community Center

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

West Coast Swing

West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this popular dance a simple, logical & fun experience!

*No experience needed! Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instr: Lynn Gross
Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue 7:30–8:30pm Apr 14–May 12 45598

West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

*Prerequisite: Level 1, equivalent experience, or instructor permission. Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instructor: Lynn Gross
Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue 7:30–8:30pm May 19–June 16 45599

Night Club Two Step

Night Club Two Step: Level 1

This is romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

*No experience needed! Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instr: Lynn Gross
Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue 8:30–9:30pm Apr 14–May 12 45608

Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

*Prerequisite: Level 1, equivalent experience, or instructor permission. • Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instructor: Lynn Gross
Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue 8:30–9:30pm May 19–June 16 45724

Ballroom Favorites

Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango. You'll be gliding around the floor in the very first lesson.

*No experience needed! • Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instr: Lynn Gross
Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue 7:30–8:30pm June 23–July 21 45611

Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing, and Tango.

*Prerequisite: Level 1, equivalent experience, or instructor permission. • Adults & Teens, Couples & Singles, Everyone Welcome! • Professional Certified Instructor: Lynn Gross
Location: NKCC • 4 weeks • Resident \$46 / Non-Resident \$55*

Tue 7:30–8:30pm July 28–Aug 18 45612

..... Salsa

Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

*No experience needed! • Adults & Teens, Couples & Singles, All Ability Levels Welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC
5 weeks • Resident \$54 / Non-Resident \$65*

Tue 8:30–9:30pm June 23–July 21 45613

Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

*Prerequisite: Level 1, equivalent experience, or instructor permission • Adults & Teens, Couples & Singles welcome! • Professional Certified Instructor: Lynn Gross
Location: NKCC • 4 weeks • Resident \$46 / Non-Resident \$55*

Tue 8:30–9:30pm July 28–Aug 18 45614



Hula Dance

Hula is for everyone—it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



Beginning Hula for Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 9 weeks • No class 4/22 & 4/29
Resident \$90 / Non-Resident \$108

Wed	6:30–7:15pm	Apr 8–June 17	45592
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Summer 6 weeks • Resident \$60 / Non-Resident \$72

Wed	6:30–7:15pm	July 1–Aug 5	45593
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Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing—NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 9 weeks • No class 4/22 & 4/29
Resident \$90 / Non-Resident \$108

Wed	7:15–8:15pm	Apr 8–June 17	45594
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Summer 6 weeks • Resident • \$60 / Non-Resident \$72

Wed	7:15–8:15pm	July 1–Aug 5	45595
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Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

*Wear a pa'u skirt—NO JEANS PLEASE!
Instructor: Jeanne Makanaokalani Porter • Location: NKCC*

Spring 9 weeks • No class 4/22 & 4/29
Resident \$90 / Non-Resident \$108

Wed	8:15–9:15pm	Apr 8–June 17	45596
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Summer 6 weeks • Resident • \$60 / Non-Resident \$72

Wed	8:15–9:15pm	July 1–Aug 5	45597
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Belly Dance

Shimmy and Sway— Beginning Belly Dance

Ages 17 to adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena' Location: NKCC

6 weeks • Resident \$60 / Non-Resident \$72

Tue	6:40–7:40pm	Apr 7–May 12	45602
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7 weeks • No class 6/23 • Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	May 26–July 14	45603
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5 weeks • Resident \$50 / Non-Resident \$60

Tue	6:40–7:40pm	July 21–Aug 18	45604
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Belly Dance Advanced

Ages 18 to adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Please bring bottled water and a long scarf to tie around the hip. • Instructor: Josette Minaglia 'Athena' Location: NKCC

6 weeks • Resident \$60 / Non-Resident \$72

Tue	7:45–8:45pm	Apr 7–May 12	45605
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7 weeks • No class 6/23 • Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	May 26–July 14	45606
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5 weeks • Resident \$50 / Non-Resident \$60

Tue	7:45–8:45pm	July 21–Aug 18	45607
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Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer, of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

*Location: PKCC • No class 5/25 • 6 classes
Resident \$66 / Non-Resident \$79*

Mon	6:15–7:15pm	April 6–May 11	44716
Mon	6:15–7:15pm	May 18–June 29	44717
Mon	6:15–7:15pm	July 6–Aug 10	44718

Ballet—Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

*Location: PKCC • 6 classes
Resident \$66 / Non-Resident \$79*

Wed	6:15–7:15pm	April 1–May 6	44720
Wed	6:15–7:15pm	May 13–June 17	44721
Wed	6:15–7:15pm	June 24–July 29	44722

Ballet Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

*Location: PKCC • 6 classes
Resident \$50 / Non-Resident \$60*

Wed	5:20–6:05pm	April 1–May 6	44693
Wed	5:20–6:05pm	May 13–June 17	44695
Wed	5:20–6:05pm	June 24–July 29	44724

Ballet for Skaters (All Ages)

Learn the fundamentals of alignment and classical movement for figure skaters. Office training exercises are very beneficial for skaters. Focus on arm and hand positions, upper body technique, building core strength, lengthening, flexibility, jumps and partnering. Ballet training gives the “competitive advantage” for any aspiring figure skater.

*Location: PKCC • Instructor: Marco Carrabba
No class 5/25 • 6 classes • Resident \$50 / Non-Resident \$60*

Mon	5:20–6:05pm	April 6–May 11	44662
Mon	5:20–6:05pm	May 18–June 29	44663
Mon	5:20–6:05pm	July 6–Aug 10	44671

Line Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn

6 classes • No class 5/5, 6/2, 7/7 & 7/14

Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	April 7–May 19	44725
Tue	10–11am	May 26–July 21	44726

4 classes • Resident \$20 / Non-Resident \$24

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	July 28–Aug 18	44727
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Folk Dancing

The Mountaineer's International Folk Dancing

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

Location: PKCC • 4 classes

Resident \$25 / Non-Resident \$30

Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	April 7–28	44803
Tue	7:30–9:30pm	May 5–26	44804
Tue	7:30–9:30pm	June 2–23	44805
Tue	7:30–9:30pm	June 30–July 21	44806
Tue	7:30–9:30pm	July 28–Aug 18	44807

