



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 dance a simple, logical & fun experience.

No experience needed! • All ability levels welcome!

Location: NKCC • 5 weeks • Resident \$54 / Non-Res. \$65

Tue 7:30–8:30pm Sept 8–Oct 6 46637

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 • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Oct 13–Nov 10 46638

West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location NKCC • 3 weeks Resident \$33 / Non-Resident \$39

Tue 7:30–8:30pm Nov 17–Dec 1 46639

Night Club Two Step

Night Club Two Step: Level 1

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! • Location: NKCC • 5 weeks

Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Sept 8–Oct 6 46640

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 • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Oct 13–Nov 10 46641

Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location NKCC • 3 wks • Res. \$33 / Non-Res. \$39

Tue 8:30–9:30pm Nov 17–Dec 1 46642

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.

No experience needed! • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Jan 12–Feb 9 46643

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 • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Feb 16–Mar 15 46644

Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more! Prerequisite: Levels 1 & 2, equiv. experience or instructor permission.

Location: NKCC • 3 weeks • Resident \$33 / Non-Resident \$39

Tues 7:30–8:30 Mar 22–Apr 5 46645

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! • Location: NKCC 5 weeks • Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Jan 12–Feb 9 46646

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 • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Feb 16–Mar 15 46647

Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location: NKCC • 3 weeks Resident \$33 / Non-Resident \$39

Tues 8:30–9:30pm Mar 22–Apr 5 46648

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

Welcome to Hula! No experience necessary. We will begin by learning the basic foot and hand motions, continuing on to your first dance. A great way to be fit and have fun; works the entire body and stimulates the mind. Think trade winds & sandy beaches.

Wear comfortable clothing (shorts or pants & t-shirts, NO JEANS PLEASE) • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 11/11 Resident \$100 / Non-Resident \$120

Wed	6:30–7:15pm	Sept 9–Nov 18	46623
Wed	6:30–7:15pm	Jan 13–Mar 16	46624

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 • 10 weeks No class 11/11 • Resident • \$100 / Non-Resident \$120

Wed	7:15–8:15pm	Sept 9–Nov 18	46625
Wed	7:15–8:15pm	Jan 13–Mar 16	46626

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 • 10 weeks No class 11/11 • Resident \$100 / Non-Resident \$120

Wed	8:15–9:15pm	Sept 9–Nov 18	46627
Wed	8:15–9:15pm	Jan 13–Mar 16	46628

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

8 weeks • Resident \$80 / Non-Resident \$96

Tue	6:40–7:40pm	Sept 8–Oct 27	46629
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7 weeks • Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Nov 3–Dec 15	46630
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5 weeks • Resident \$50 / Non-Resident \$60

Tue	6:40–7:40pm	Jan 19–Feb 16	46631
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6 weeks • Resident \$60 / Non-Resident \$72

Tue	6:40–7:40pm	Feb 23–Mar 29	46632
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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 hips • Instructor: Josette Minaglia 'Athena' Location: NKCC

8 weeks • Resident \$80 / Non-Resident \$96

Tue	7:45–8:45pm	Sept 8–Oct 27	46633
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7 weeks • Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Nov 3–Dec 15	46634
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5 weeks • Resident \$50 / Non-Resident \$60

Tue	7:45–8:45pm	Jan 19–Feb 16	46635
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6 weeks • Resident \$60 / Non-Resident \$72

Tue	7:45–8:45pm	Feb 23–Mar 29	46636
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Adult Dance CLASS LOCATIONS VARY

Folk Dance

Beginning Scandinavian Folk Dance **NEW!**

This five class series is for true beginners and is long enough to get you dancing several dances including easy to learn supporting dances. The Skandia Folkdance Society supports this class with instructors and the structure of their beginner's course offered since the 1950's. This energetic class is open to everyone, no partner or experience needed!

Location: PKCC • 5 classes
Resident \$50 / Non-Resident \$60

Thur	7:30–9pm	Oct 1–29	46287
Thur	7:30–9pm	Jan 14–Feb 11	46289
Thur	7:30–9pm	Feb 25–Mar 24	46290

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	Sept 8–29	45981
Tue	7:30–9:30pm	Oct 6–27	45982
Tue	7:30–9:30pm	Nov 3–24	45983
Tue	7:30–9:30pm	Dec 1–22	45984
Tue	7:30–9:30pm	Dec 29–Jan 19	45989
Tue	7:30–9:30pm	Jan 26–Feb 16	45986
Tue	7:30–9:30pm	Feb 23–Mar 15	45987

Ballet

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 • Instructor: Marco Carrabba
6 classes • No class 12/28, 1/18 & 2/15
Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Sept 14–Oct 19	46149
Mon	6:15–7:15pm	Oct 26–Nov 30	46150
Mon	6:15–7:15pm	Dec 7–Jan 25	46151
Mon	6:15–7:15pm	Feb 1–Mar 14	46152

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 • Instructor: Marco Carrabba
6 classes • No class 11/11, 11/25, 12/23 & 12/30
Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Sept 9–Oct 14	46155
Wed	6:15–7:15pm	Oct 21–Dec 9	46156
Wed	6:15–7:15pm	Dec 16–Feb 3	46157
Wed	6:15–7:15pm	Feb 10–Mar 16	46158

Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you "active" again.

Location: PKCC • Instructor: Marco Carrabba

Mondays • 6 classes • No class 12/28, 1/18 & 2/15
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 14–Oct 19	46146
Mon	5:20–6:05pm	Oct 26–Nov 30	46147
Mon	5:20–6:05pm	Dec 7–Jan 25	46148
Mon	5:20–6:05pm	Feb 1–Mar 14	46144

Wednesdays • 6 classes • No class 11/11, 11/25, 12/23 & 12/30 • Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	Sept 9–Oct 14	46140
Wed	5:20–6:05pm	Oct 21–Dec 9	46141
Wed	5:20–6:05pm	Dec 16–Feb 3	46142
Wed	5:20–6:05pm	Feb 10–Mar 16	46143

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 9/29, 11/24 & 2/9
Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 8–Oct 20	45960
Tue	10–11am	Oct 27–Dec 8	45961
Tue	10–11am	Jan 5–Feb 16	45962
Tue	10–11am	Feb 23–Mar 29	45963

