

## 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

#### Age 18-Adult

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. *No class on 11/12, 12/24, 12/31, 1/21, 2/18.*

5430	Mon	Sep 10–Oct 15	6:30pm–7:30pm
5431	Mon	Oct 22–Dec 3	6:30pm–7:30pm
5432	Mon	Dec 10–Feb 4	6:30pm–7:30pm
5433	Mon	Feb 11–Mar 25	6:30pm–7:30pm
\$66 R / \$79 NR		PKCC	Instr: Marco Carrabba

### Ballet Open Level

#### Age 18-Adult

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. *No class on 11/21, 12/26.*

5437	Wed	Sep 12–Oct 17	6:45pm–7:45pm
5438	Wed	Oct 24–Dec 5	6:45pm–7:45pm
5439	Wed	Dec 12–Jan 23	6:45pm–7:45pm
5440	Wed	Jan 30–Mar 6	6:45pm–7:45pm
5441	Wed	Mar 13–Apr 17	6:45pm–7:45pm
\$66 R / \$79 NR		PKCC	Instr: Marco Carrabba

## Adult 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

#### Age 18-Adult

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.*

5051	Wed	Sep 12–Nov 14	6:30pm–7:15pm
5052	Wed	Jan 9–Mar 13	6:30pm–7:15pm
\$100 R / \$120 NR		NKCC	Jeanne Makanaokalani

### Intermediate Hula

#### Age 18-Adult

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.*

5053	Wed	Sep 12–Nov 14	7:15pm–8:15pm
5054	Wed	Jan 9–Mar 13	7:15pm–8:15pm
\$100 R / \$120 NR		NKCC	Jeanne Makanaokalani

### Advanced Hula

#### Age 18-Adult

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.*

5055	Wed	Sep 12–Nov 14	8:15pm–9:15pm
5056	Wed	Jan 9–Mar 13	8:15pm–9:15pm
\$100 R / \$120 NR		NKCC	Jeanne Makanaokalani

## Line Dancing

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! No partner needed. *This class will not be pro-rated. No class on 9/25, 10/2, 11/20, 11/27.*

5374	Tue	Sep 4–Oct 23	10am–11am
5375	Tue	Oct 30–Dec 18	10am–11am
5376	Tue	Jan 8–Feb 12	10am–11am
\$30 R / \$36 NR		PKCC	Instr: Eloise Chinn
5377	Tue	Feb 19–Mar 12	10am–11am
\$20 R / \$24 NR		PKCC	Instr: Eloise Chinn
Drop-In \$7			

## Tap

### Tap out a Beat NEW!

Learn routines, and various dance techniques, while developing balance, strength and flexibility. Tap and dance to everything from the Beatles, Elvis, and big band sounds like Glen Miller, to Modern Day Hits, the Rat Pack, Doris Day and show tunes, anything with a beat! And the beat goes on... *Tap shoes or character shoes. No class on 10/26, 11/23.*

5763	Fri	Sept 14–Nov 30	12:15–1:15pm
5770	Fri	Jan 11–Mar 15	12:15–1:15pm
\$110 R / \$132 NR		NKCC	Instr: Kendal Ruland

## Folk Dance

### 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!

5039	Tue	Sep 4–25	7:30pm–9:30pm
5040	Tue	Oct 2–23	7:30pm–9:30pm
5041	Tue	Oct 30–Nov 20	7:30pm–9:30pm
5042	Tue	Nov 27–Dec 18	7:30pm–9:30pm
5043	Tue	Jan 8–29	7:30pm–9:30pm
5044	Tue	Feb 5–26	7:30pm–9:30pm
5045	Tue	Mar 5–26	7:30pm–9:30pm
\$25 R / \$30 NR		PKCC	Instr: Kate Hough
Drop-In \$8			

# Adult Dance

## Belly Dance

"Belly dance provides one of the hardest workouts of all the many dance forms," Group Health NW Health Magazine. Join fitness and dance enthusiasts for a fun challenging dance class and you will reap the health benefits of a toned belly, better balance, increased heart rate, and a laugh a minute with instructor "Athena"!

### Shimmy & Sway— Beginning Belly Dance

#### Age 17-Adult

Begin your transformation! Tighten and tone your core muscles. Belly dance is the most creative and graceful form of body conditioning. So tie a scarf around your hips and get ready to shimmy and sway with the sensual moves of Belly dance. During the last half hour we will practice choreography steps learned with advanced students.

*Please bring bottled water and a long scarf to tie around the hips.*

5654	Tue	Sep 11–Oct 16	7pm–8pm
5655	Tue	Oct 30–Dec 11	7pm–8pm
\$70 R / \$84 NR		NKCC	Instr: Josette Minaglia
5656	Tue	Jan 15–Feb 12	7pm–8pm
\$50 R / \$60 NR		NKCC	Instr: Josette Minaglia
5657	Tue	Feb 26–Apr 2	7pm–8pm
\$60 R / \$72 NR		NKCC	Instr: Josette Minaglia

### Belly Dance Advanced

#### Age 18-Adult

This class combines basic moves into interesting combinations. Choreography is also taught which helps those students that want to go further with stage performances. Discover your personal style of dance and enjoy. The first half hour will be a review of basics with beginning students and practicing choreography using new steps learned.

5658	Tue	Sep 11–Oct 23	7:30pm–8:30pm
5659	Tue	Oct 30–Dec 11	7:30pm–8:30pm
\$70 R / \$84 NR		NKCC	Instr: Josette Minaglia
5660	Tue	Jan 15–Feb 12	7:30pm–8:30pm
5661	Tue	Feb 26–Apr 2	7:30pm–8:30pm
\$60 R / \$72 NR		NKCC	Instr: Josette Minaglia

North Kirkland Community Center

## Partner Dancing

Adults & Teens, Couples & Singles, Everyone Welcome!

### Ballroom

#### Age 16-Adult

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing.

5463	Tue	Sep 11–Oct 9	8:30pm–9:30pm
5467	Tue	Jan 15–Feb 12	7:30pm–8:30pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### East Coast Swing

#### Age 16-Adult

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class.

5464	Tue	Oct 16–Nov 13	7:30pm–8:30pm
5470	Tue	Feb 19–Mar 19	8:30pm–9:30pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### Salsa

#### Age 16-Adult

Hot! Hot! Hot! Solid basic turns in Salsa and Merenque. Dance the night away!

5465	Tue	Oct 16–Nov 13	8:30pm–9:30pm
5469	Tue	Feb 19–Mar 19	7:30pm–8:30pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### Wedding Dances

#### Age 16-Adult

This class will concentrate on popular wedding dances for your special day. Smooth Fox Trot, uplifting Waltz, and if you've chosen slow romantic ballad, Night Club Two Step. All perfect for your first dance.

5466	Tue	Nov 20–Dec 11	7:30pm–8:45pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### West Coast Swing

#### Age 16-Adult

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz, and R & B to Top 40 pop of all eras.

5462	Tue	Sep 11–Oct 9	7:30pm–8:30pm
5468	Tue	Jan 15–Feb 12	8:30pm–9:30pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

## Adult Art

### Ukrainian Egg Decorating

#### Age 10-Adult

Legend has it that as long as Pysanky are decorated, goodness over evil will prevail throughout the world. Dye and decorate fresh eggs using a wax-relief technique that is an ancient tradition, called Pysanky. Learn what colors and designs have symbolic meaning to create your own messages. Each participant will make at least 2 eggs to take home. Each session will be a seasonal theme. Youth (min age 10yo) and adult classes combined. *Instructor will collect a supply fee of \$10 at beginning of class.*

5046	Sat	Sep 29	10am–1pm
5073	Sat	Nov 24	10am–1pm
5074	Sat	Dec 8	10am–1pm
5075	Sat	Mar 30	10am–1pm
\$30 R / \$36 NR		PKCC	Instr: Larissa Chuprina

### Adult Drawing

Looking for a fun way to expand your artistic horizons? Learn to draw using colored pencil, pen, charcoal and pastel. We will explore new drawing techniques while creating works of art. Price includes all art materials. *No class on 11/21.*

5648	Wed	Sep 12–Oct 3	6:30pm–8pm
5649	Wed	Oct 10–31	6:30pm–8pm
5650	Wed	Nov 14–Dec 12	6:30pm–8pm
5651	Wed	Jan 16–Feb 6	6:30pm–8pm
5652	Wed	Feb 13–Mar 6	6:30pm–8pm
5653	Wed	Mar 13–Apr 3	6:30pm–8pm
\$79 R / \$92 NR		NKCC	Instr: Young Rembrandts

### Beginning Watercolor Workshop

#### All Ages

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting. Supply list available at PKCC. *Supply fee \$3.*

5418	Fri	Oct 5–Oct 12	9:30am–12pm
5419	Fri	Jan 4–Jan 11	9:30am–12pm
\$24 R / \$29 NR		PKCC	Instr: Pat Tuton