

# Adult Dance

## Partner Dancing

### Ballroom

**Age 16 & up** 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. Adults & teens, couples & singles, everyone welcome!

8273	Tue	Sept 10-Oct 8	7:15pm-8:15pm
8279	Tue	Jan 14-Feb 11	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### West Coast Swing

**Age 16 & up** 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. Adults & teens, couples & singles, everyone welcome!

8274	Tue	Sept 10-Oct 8	8:15pm-9:15pm
8278	Tue	Jan 14-Feb 11	7:15pm-8:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### East Coast Swing

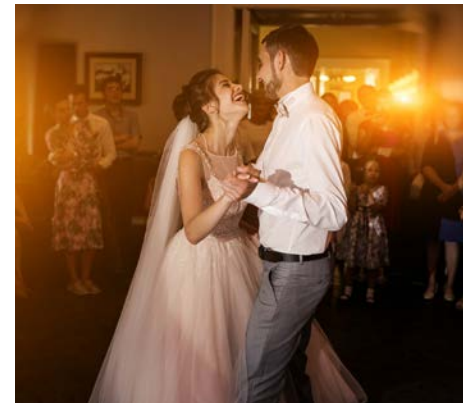
**Age 16 & up** The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adults & teens, Couples & Singles, Everyone Welcome!

8276	Tue	Oct 15-Nov 12	8:15pm-9:15pm
8280	Tue	Feb 25-Mar 24	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### Salsa

**Age 16 & up** Hot! Hot! Hot! Solid basic turns in Salsa and Merenque. Dance the night away! Adults & teens, Couples & Singles, Everyone Welcome!

8275	Tue	Oct 15-Nov 12	7:15pm-8:15pm
8281	Tue	Feb 25-Mar 24	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England



### Wedding Dances

**Age 16 & up** 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. Adults & teens, couples & singles, everyone welcome!

8277	Tue	Nov 19-Dec 10	7:30pm-8:45pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

## 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. Instructor: Makanaokalani

### Beginning Hula For Adults

**Age 18-99** We welcome everyone who has ever thought about becoming a hula dancer. From age 18 to forever, of all sizes and shapes, from no experience to those with a hula background. Enjoy a friendly environment while learning the dance and culture of Hawai'i. At the same time you will be toning, strengthening and improving posture. The instructor is a graduate of Uncle George Naope in Hilo Hawai'i and has been conducting classes at Kirkland for 14 years. Come and dance with us. Wear comfortable clothing (shorts or pants and T-shirts)—no jeans please.

8252	Wed	Sept 11-Nov 13	6:00pm-6:45pm
8256	Wed	Jan 8-Mar 11	6:00pm-6:45pm
\$110 R / \$132 NR			NKCC

### Intermediate Hula

**Age 18-99** 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.

8254	Wed	Sept 11-Nov 13	6:45pm-7:45pm
8257	Wed	Jan 8-Mar 11	6:45pm-7:45pm
\$110 R / \$132 NR			NKCC

### Advanced Hula

**Age 18-99** 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.

8255	Wed	Sept 11-Nov 13	7:45pm-8:45pm
8258	Wed	Jan 8-Mar 11	7:45pm-8:45pm
\$110 R / \$132 NR			NKCC

## Folk & Line Dance

### The Mountaineer's International Folk Dancing

**Age 18 & up** 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!

8157	Tue	Sept 3-Sept 24	7:30pm-9:30pm
8158	Tue	Oct 1-Oct 22	7:30pm-9:30pm
8159	Tue	Oct 29-Nov 19	7:30pm-9:30pm
8160	Tue	Nov 26-Dec 17	7:30pm-9:30pm
8161	Tue	Jan 7-Jan 28	7:30pm-9:30pm
8162	Tue	Feb 4-Feb 25	7:30pm-9:30pm
8163	Tue	Mar 3-Mar 24	7:30pm-9:30pm
\$30 R / \$36 NR		PKCC Instr: Katharine (Kate) Hough	
Drop-in fee \$8			

### Line Dancing

**Age 18 & up** 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. *No class Sept 24, Nov 26.*

8164	Tue	Sept 10-Oct 22	10:00am-11:00am
8165	Tue	Oct 29-Dec 10	10:00am-11:00am
8166	Tue	Jan 7-Feb 11	10:00am-11:00am
\$35 R / \$42 NR		PKCC Instr: Eloise Chinn	
8167	Tue	Feb 18-Mar 17	10:00am-11:00am
\$29 R / \$35 NR		PKCC Instr: Eloise Chinn	
Drop-in fee \$7			



## Ballet

### Ballet Basics

**Age 18 & up** 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 Nov 11, Dec 23, Jan 20, Feb 17.*

8587	Mon	Sept 9-Oct 14	6:30pm-7:30pm
8588	Mon	Oct 21-Dec 2	6:30pm-7:30pm
8589	Mon	Dec 9-Feb 3	6:30pm-7:30pm
8590	Mon	Feb 10-Mar 23	6:30pm-7:30pm
\$66 R / \$79 NR		PKCC Instr: Marco Carrabba	

### Ballet Open Level

**Age 18 & up** 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 Nov 27, Dec 25, Jan 1.*

8591	Wed	Sept 11-Oct 16	6:45pm-7:45pm
8592	Wed	Oct 23-Dec 4	6:45pm-7:45pm
8593	Wed	Dec 11-Jan 29	6:45pm-7:45pm
8594	Wed	Feb 5-Mar 11	6:45pm-7:45pm
\$66 R / \$79 NR		PKCC Instr: Marco Carrabba	

## Belly Dance

### Belly Dance Beginning

**Age 17-99** Belly dance tightens and tones core muscles and is also the most creative and graceful form of body conditioning. Tie a scarf around your hips and get ready to begin your body transformation! The last half hour we will practice choreography and steps learned with advance students.

8920	Tue	Sept 10-Oct 22	7:00-8:00pm
8921	Tue	Oct 29-Dec 10	7:00-8:00pm
\$84 R / \$101 NR			
8922	Tue	Jan 14-Feb 18	7:00-8:00pm
8923	Tue	Feb 25-Mar 31	7:00-8:00pm
\$72 R / \$86 NR		PKCC	

### Belly Dance Advanced

**Age 17-99** Take your Belly Dance experience to the next step! In the first half hour we will review basics with beginning students and visit choreography using new steps learned. For students that want to go further with skill and stage performances, advanced choreography will be included the second half hour.

8924	Tue	Sept 10-Oct 22	7:30-8:30pm
8925	Tue	Oct 29-Dec 10	7:30-8:30pm
\$84 R / \$101 NR			
8926	Tue	Jan 14-Feb 18	7:30-8:30pm
8927	Tue	Feb 25-Mar 31	7:30-8:30pm
\$72 R / \$86 NR		PKCC	