**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 Sep 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

**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

**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 Sep 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

**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

$110 R / $132 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. Instructors: 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
Adult Dance

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

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

See page 4 for Registration Information or Register Online at KirklandParks.net