



# *Cape Cod Ballroom Dancers*

## ***Casual Dance***

**Friday, August 4, 2017**

**TIME: 7:30-10 p.m.**

**PLACE: Betsy's Ballroom, at the rear of the  
Yarmouth Senior Center,  
528 Forest Road, Yarmouth, MA.**

**COST: General Admission \$12  
CCBD/USA Dance Members \$9**

**7:30-8:15 p.m. Lesson with Carol Lanzillo—  
West Coast Swing with Style**



- 7:30-8:15 p.m. Beginners Dance Session
- Lesson followed by dancing to recorded music
- Mixers, ladies' choices, and line dances
- Light refreshments, coffee and water
- Singles, couples and BEGINNER DANCERS welcome.

CCBD Casual Dances are the perfect place to relax, have fun, and practice and refine your dance moves. There are always instructors present who are more than willing to help with those new steps.

### **Future CCBD Dances**

|          |                      |              |                             |
|----------|----------------------|--------------|-----------------------------|
| Sat 9/16 | Celebration of Dance | 8-11 p.m.    | Music by Trilogy            |
| Sun 9/17 | C of D Workshops     | 1-4 p.m.     | Kathy St Jean & Randy Deats |
| Fri 10/6 | CCBD Meeting         | 7-8 p.m.     | Dance 8-10 p.m.             |
| Fri 11/3 | Casual Dance         | 7:30-10 p.m. | Lestyn Gilmore—Rhumba       |

In the event of cancellation we will send an email to everyone on our distribution list. To add your name, send your email address to [ccbdnotices@gmail.com](mailto:ccbdnotices@gmail.com).

Please check the calendar page of our website

[capecodballroomdancers.org](http://capecodballroomdancers.org)