



## Cape Cod Ballroom Dancers

USA Dance  
Chapter 3034

*Cape Cod Ballroom Dancers (CCBD) is a chapter of USA Dance, a national nonprofit organization dedicated to the promotion of ballroom dancing as an art form, a recreational activity and an Olympic sport.*

### CCBD's Activities and Events

- *Casual Dances* on the first Friday of most months include a lesson with a ballroom dance instructor.

\$12 General Admission, CCBD/USA Dance  
Members \$9

- *Semiformal Dances* throughout the year include the *Spring Fling*, *Summer Dance*, *Celebration of Dance* and *Holiday Dance*.

\$25 General Admission, CCBD/USA Dance  
Members \$20

- *Celebration of Dance* Workshops in September.

### Membership Benefits

- Discounted pricing for CCBD—as well as USA dance—events.
- USA Dance bimonthly magazine, *American Dancer*

### Website includes

- *Dance Calendar* with CCBD's and other dance events on and off the cape.
- *Facebook* link
- *Photo Gallery* with photos from our semiformal dances.
- *Video Gallery* with clips of lessons taught at our casual dances.
- *Local Resources* with lists of dance instructors, organizations, dance venues and products, and links to their websites.

To become a member visit our website [capecodballroomdancers.org](http://capecodballroomdancers.org) and click the **"Join" button**.

**CCBD** welcomes you to one

**Casual Dance**  
**FREE OF CHARGE**  
**with this \$12 COUPON**

See reverse for dates and times  
Expires December 2017



# SCHEDULE OF EVENTS 2017

**2017**

**Event**

**Instructor**

## **April**

Friday 4/7

Casual Dance 7:30-10 p.m.

Paul Hughes—Tango

Saturday 4/22

Spring Fling 8-11 p.m.

Ray Cavicchio Orchestra

## **May**

Friday 5/5

Casual Dance 7:30-10 p.m.

Steve and DeeDee Burke—Bolero

## **June**

Friday 6/9

Casual Dance 7:30-10 p.m.

Debbie Israel—Waltz

## **July**

Saturday 7/15

A Summer Dance 8-11 p.m.

DJ John Peters

## **August**

Friday 8/4  
Style

Casual Dance 7:30-10 p.m.

Carol Lanzilli—West Coast Swing With

## **September**

Saturday 9/16

Celebration of Dance 8-11 p.m.

Trilogy

Sunday 9/24

Workshops 1-4 p.m.

Kathy St. Jean & Randy Deats

## **October**

Saturday 10/6

Gen. Membership Meeting 7-8 p.m. No lesson.  
and Casual Dance 8-10 p.m.

## **November**

Saturday 11/3

Casual Dance 7:30-10 p.m.

Lestyn Gilmore—Rumba

## **December**

Saturday 12/9

Holiday Dance 8-11 p.m.

Dave Burbank Orchestra

**Directions to Betsy's Ballroom**, at the rear of the Yarmouth Senior Center,  
528 Forest Road, Yarmouth, Ma.

From the Sagamore Bridge, head south on Rte. 6 for 19.4 miles to exit 8. At the end of the ramp, turn right onto Station Ave. Proceed .5 miles to the second set of lights, and turn right. Proceed .7 miles and turn left onto Forest Road. Yarmouth Senior Center is 0.1 miles on your left. Betsy's Ballroom is at the rear of the senior center.

## **Why Ballroom Dance?**

1. Strengthens the lungs and heart.
2. Strengthens muscles.
3. Minimizes the chances of osteoporosis
4. Increases flexibility, agility and the coordination
5. Enhances physical confidence and well-being
6. Improves nervous system functioning
7. Improves energy level
8. Helps you lose weight.