



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** 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		
Saturday 4/22	Spring Fling 8-11 p.m.	Ray Cavicchio Orchestra
May		
Saturday 5/6	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	Casual Dance 7:30-10 p.m.	Carol Lanzilli—West Coast Swing With Style
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. and Casual Dance 8-10 p.m.	No lesson.
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.

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.

Down Cape—from Rte 6, the mid-Cape highway, take Exit 8 and turn onto Station Ave.

Proceed 0.5 miles to the second set of lights, and turn right. Proceed 0.7 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?

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