



Lancaster Red Rose Chapter USA Dance Presents our 2nd

BALLROOM BOOT CAMP

SATURDAY, June 29, 2013

Encore Dance Studio, 780 Eden Road, Lancaster, PA

The first one was a great success so we're planning another!

Reasons to learn ballroom dance:

- ♪ Discover increased self confidence in social situations.
- ♪ Tone muscles, burn calories, and relieve stress through movement and laughter!
- ♪ Practice proper movement and posture for smooth dancing.
- ♪ Learn fun, new steps to impress your friends at social gatherings.
- ♪ Expect to be tired at the end. Ballroom dancing is a workout!

All this - and it's fun, too!!

Registration is all-inclusive, and what a deal! Choose ONE DANCE to work on for all three Sessions. This concentrated practice will reinforce your take-away.

SESSION I @ 1:00-2:00 pm SESSION 2 @ 2:00-3:00 pm SESSION 3 @ 3:00-4:00 pm

INSTRUCTORS:

Cha Cha: Oscar Restrepo – BeyonDancing

Waltz: Dave and Kiki Nye – DanceDuo

A unique opportunity to enjoy 3 hours of instruction and supervised practice with professionals who are experienced in working with beginners - you will be dancing the basics by the end of the afternoon. To maximize your learning experience, there will be volunteer dance hosts who have agreed to rotate among our single dancers. Lights snacks and beverages will be provided.

Sponsored by USA Dance – Lancaster Chapter. We host a monthly dance:

Farm and Home Center, 1383 Arcadia Road, Lancaster

Second Sunday of every month from 3:00 to 4:00. (Except May – May dance will be Sat. Night)

First hour is a free dance lesson (every month a different dance)

All skill levels. Beginners always welcome!

York and Harrisburg Chapters also host monthly dances with a lesson: Please request info if you are interested.

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PRE-REGISTRATION - \$35 (must be postmarked by June 17, 2013) AT THE DOOR - \$40

Pick one: ☐ Beginner Cha Cha ☐ Beginner Waltz

Your Name _____

Address _____

Email _____ Phone _____

Please mark selection and make your check payable to Lancaster Chapter USA Dance

Mail to: Michael Gipperich at 605 Letort Road, Washington Boro, PA 17582-9749

QUESTIONS? Call Carol Szutowicz at (717) 951-1787