



Lancaster Red Rose Chapter of USA Dance

BALLROOM BOOT CAMP

Beginner AND Intermediate

SATURDAY, March 1, 2014 from 1-4 p.m.

Encore Dance Studio, 780 Eden Road, Lancaster, PA 17601

**The Core basics in Beginner Waltz and Rumba
PLUS The Intermediate Camp you've been asking for!**

- ♪ Tone muscles, burn calories, and relieve stress.
- ♪ Learn proper movement and improve posture for smooth dancing and good health.
- ♪ Learn new steps that will impress your friends at social gatherings.
- ♪ Ballroom dancing is a workout - and it's a lot of fun, too!

Choose ONE DANCE to work on for all 3 Sessions. *Concentrated practice reinforces your take-away.*

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

BEGINNER WALTZ: taught by Bill & Lynette Baker – Sir Dance-A-Lot Studio

BEGINNER RUMBA: taught by Becca Gentry – City Ballroom

INTERMEDIATE WEST COAST SWING: taught by Keith Stremmel – Top Hat Dance Studio

*Volunteer Dance Hosts will rotate among single dancers wherever possible.
Your pre-registration helps us provide enough hosts. Drinks and light snacks provided.*

----- Complete and return bottom portion -----

\$35 per person if your registration is postmarked by February 22, 2014. AT THE DOOR - \$40

PICK ONE: ____ Beginner Waltz

____ Beginner Rumba

____ Intermediate West Coast Swing (*not an intro class; you must know Bronze level figures*)

Your Name(s) _____ Phone: _____

Email for confirmation _____

Address _____

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

Mail to: Ballroom Dance Boot Camp c/o 682 North Pier Drive, Lancaster, PA 17603

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

See reverse side for Boot Camp instructor bios and more information on Lancaster USA Dance

BOOT CAMP INSTRUCTORS

BILL and LYNETTE BAKER were well on their way to loving dancing when they met at Arthur Murray's in 1977. After teaching under the instruction of Bonita Irving and Gerry Reichert, Bill began to develop dance routines and choreography for the bronze, silver and gold levels in the Arthur Murray system. In 1979, he received his Bachelors degree of dance and continued to choreograph, up to 14 routines for each competition. In 1987, Bill began competing in the professional East Coast circuit through the "Arthur Murray Tournament of Champions," under the coaching of John McGraw and Sam Sodano.

Lynette loves dancing for the entertainment and the exercise. She taught through the latter part of the 1970's and enriched her love of the sport through the Hustle. Her ability to make her partner "Look Good" is second to none. Lynette's arm and body styling also developed under Bonita's coaching and is instrumental in her dancing today. She specializes in the lady's role, focusing on body position, styling and following.

Bill and Lynette are active participants in the York, Harrisburg and Lancaster chapters of USA Dance. They opened the Sir-Dance-A-Lot Studio in Spring Grove with the goal to give student dancers the most value for their money by teaching to their ability, not to a strict syllabus. They live by their motto to "Have fun and Keep Dancing."

REBECCA "BECCA" GENTRY has a long and varied history with dance. Beginning at the age of 8, she studied ballet, jazz, and modern dance at the Peabody Conservatory and the Lancaster School of Ballet and performed regularly with Ballet Theater of Lancaster. After high school, she enrolled as a Ballet major at the University of Utah in Salt Lake City but ultimately changed her focus from ballet to ballroom dance. She was active on the university's ballroom dance team and competed as an amateur in several collegiate events. Immediately out of college, she began teaching full-time and has been on staff at both the Arthur Murray and Fred Astaire Dance Studios. Becca has competed nationally in Open Professional American Style Rhythm and currently competes in Pro/Am events with her students across the country. She dances with the Grant Street Dance Company, has choreographed for Encore Home School Productions, is a frequent instructor at Penn Manor High School, and is the liturgical dance coordinator at Hempfield United Methodist Church. She is also the proud owner of City Ballroom Dance Studio in Lancaster, which celebrated its one-year anniversary in 2013. Becca's website is www.cityballroom.com.

KEITH STREMMEL started dancing on the country scene in 1999 and initially concentrated on Country Two-step, East Coast Swing, Cha-cha, and line dancing. He didn't think much of West Coast Swing until 2001, when, after attending a major dance event, he was inspired with what could be done at the higher levels of West Coast Swing. This exposure fueled his interest, leading him to learn, and love, Argentine Tango, Rumba, Salsa, three-count Hustle, and Nightclub Two-step. With his growing skills and passion for dance, he also discovered the rewards of helping people learn and grow in dance.

In late 2006 Keith began teaching group classes and giving private lessons in West Coast Swing and Hustle in Red Lion, PA, and then in York, Lancaster, Baltimore, Philadelphia, Pottstown, and Washington, DC. Keith and Jayne Parks began choreographing Hustle routines in 2007 and, in 2008, he partnered with Lara Deni to choreograph winning West Coast Swing routines. Lara and Keith traveled across the USA through 2009 to compete at major dance events.

Keith still gives group and private lessons, including those at Top Hat Dance Studio and the West Shore Senior Center in New Cumberland, PA. His website is www.dance-dude.com.

Lancaster USA Dance hosts a monthly dance on the Second Sunday of every month at the Farm & Home Center, 1383 Arcadia Road, Lancaster. From 3-4 p.m., there's a dance lesson on a different dance each month. Ballroom dancing follows from 4-7p.m. *Open to all skill levels; beginners always welcome.*

York and Harrisburg USA Dance Chapters also host a monthly dance with lesson. See full details on all 3 chapter dances at www.lancasterballroomdance.org.