

Lancaster Red Rose Chapter USA Dance Presents our 3rd



BALLROOM BOOT CAMP

SATURDAY, October 19, 2013

Encore Dance Studio, 780 Eden Road, Lancaster, PA

You've asked for more boot camps, so we're happy to oblige!

- ♪ Discover increased self confidence in social situations.
- ♪ Tone muscles, burn calories, and relieve stress.
- ♪ Learn proper movement and improve posture for smooth dancing and good health.
- ♪ Learn fun, new steps to impress your friends at social gatherings.
- ♪ Ballroom dancing is a workout - and it's a lot of fun, too!
- ♪ Boot camps are great for beginners and for anyone seeking a refresher in the basics.

Choose ONE DANCE to work on for all three Sessions.

Concentrated practice will greatly reinforce your take-away.

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

EAST COAST SWING: taught by Bill & Lynette Baker – Sir Dance-A-Lot Studio

WALTZ: taught by Greg Sipe – A Step Ahead Studio

3 hours instruction and practice with professionals experienced in working with beginners - you will be dancing the basics at day's end. To maximize your experience, volunteer dance hosts have agreed to rotate among our single dancers. Pre-register to help us provide enough hosts. Lights snacks provided.

Lancaster USA Dance hosts a monthly dance on the Second Sunday of every month at the Farm & Home Center, 1383 Arcadia Road, Lancaster. Dance lesson 3-4 p.m. (different dance each month) and ballroom dancing 4-7p.m. Open to all skill levels; beginners welcome. York and Harrisburg Chapters also host monthly dances with lesson.

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PRE-REGISTRATION - \$35 (must be postmarked by October 9th, 2013) AT THE DOOR - \$40

Pick one: Beginner East CoastSwing Beginner Waltz

Your Name _____ Phone: _____

Email for confirmation _____

Address _____

Mark your selection and make check payable to Lancaster Chapter USA Dance

Mail to: Beth Stine, 2109 Junction Road, Manheim PA 17545-8634

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

www.lancasterballroomdance.org

Boot Camp Instructors

GREG SIPE (Waltz)

Greg is the owner of A Step Ahead Studio in York. He has been trained by numerous well-known instructors in New York City, all who have contributed to developing many of the dances we do today. He has also worked extensively with Dagmar Jarval, a highly respected judge of dance competitions, who produced many national champions and trained numerous top coaches.

Greg is a graduate of the Dance Masters of America Teacher's Training School in both Ballroom and Latin. He is a member of the International Society of Teachers of Dancing and also teaches movement re-education using the Alexander Technique and principles of The School of Body/Mind Centering.

He choreographs routines for his students and choreographed the "Ballroom" section for the opening debut of the American Music Theatre in Lancaster; as well as local and school productions. He is currently training students for their leisurely dancing as well as for professional/amateur (pro/am) partner competition. In addition, Greg gets great pleasure in coaching and preparing other professionals for their certification examinations.

BILL & LYNETTE BAKER (East Coast Swing)

Bill and Lynette were well on their way to loving dancing when they met at Arthur Murray's in 1977. Bill found that teaching was fun and brought out his creative and competitive side. After teaching under the instruction of Bonita Irving and Gerry Reichert, he began to develop dance routines and choreography for the bronze, silver and gold levels in the Arthur Murray system. He received his Bachelors degree of dance in 1979 and continued to choreograph, up to 14 routines for each competition. In 1987, Bill began competing in the professional circuit on the East Coast 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."