

*When family feasting has waxed and waned  
And you seek relief from Holiday strain  
If too much stuffing has put those pounds on  
Burn it off when you get your Salsa on!*

**Happy Holidays** from **Dance Lovers of Central New York!**

**Join** us this coming **Friday, December 26<sup>th</sup>** and get a jump on your year-end dancing fun with a **beginner/intermediate Salsa** lesson from experienced **La Familia De La Salsa** dance instructor, **Anastasia Sedykh** from 8-9pm! Find out more about Anastasia's dance background right here! ==>>  
[http://www.DanceLoversCNY.com/dance\\_lovers\\_of\\_central\\_n/our-featured-instructor.html](http://www.DanceLoversCNY.com/dance_lovers_of_central_n/our-featured-instructor.html)

**Stay** after the lesson, and dance to the best variety of **Latin, Swing, and Ballroom** dance music from from 9 'til Midnight! DJ Maria spins the entire night bringing her wicked good dance mix to make you sweat!

**Checkout** our "**For Dancers ONLY!**" attractions, below for more dance and lesson opportunities!

**Guaranteed...** we won't hold you back from doing what you love most... unlimited facetime and nonstop dancing with dancers from all over the Syracuse NY dance scene and beyond!

**Details... you want 'em? We got 'em! (See below!)**

**What:** Dance Lovers Dance Party. **No Partner Necessary** (of course)!

**When:** Friday, December 26<sup>th</sup>, 2014

**Time: 7:30 PM** Doors Open

**8-9 PM** Salsa lesson with **Anastasia Sedykh**  
(**Beginner-Intermediate** level)

**9PM-12AM** Open dancing (Mix of Ballroom/Latin/Swing)

**DJ Maria** – All night

**Cost:** \$10 per adult, or \$5 per student with valid student id.

Includes lesson, dancing, and delectable dessert table

**Where: Flamingo Ballroom**

**All For The Love of Dancing Building**

305 South Main Street

North Syracuse, NY 13212

(Directions below)

**Directions to Location:**

**From the North:** Take Interstate-81 South South to Taft Rd. exit (Exit 27). Turn RIGHT onto Taft Rd. Proceed on Taft until intersection with Route 11. Turn RIGHT onto Rt 11 and go one mile. Building 305 S Main is on the right. **Park in front. Overflow parking at Dog Daze Bakery nearby.**

**From the South:** Take Route Interstate-81 North to Mattydale exit (Exit 26) follow signs to Route 11 North. Rt 11 becomes Main St. Go one mile past intersection with Taft Rd. (Sweetheart Corners). Building 305 S Main is on the right. **Park in front. Overflow parking at Dog Daze Bakery nearby.**

**From the New York State Thruway, I-90 (From the East or West):** Get off at Syracuse Thruway Exit 36 (I-81). Take I-81 North to Mattydale exit (Exit 26), follow signs to Route 11 north. Rt 11 becomes Main St. Go one mile past intersection with Taft Rd. (Sweetheart Corners), building 305 S Main is on the right. **Park in front. Overflow parking at Dog Daze Bakery nearby.**

**For Dancers ONLY!**

**FREE(!)** weekly dance practice in **Cazenovia** returns January 20, 2015! Dance lesson included! Coming in January... **Country Two Step** with **Don Hughes!** Tuesdays from 7-9pm at the Cazenovia Municipal Building, 90 Albany Street, Cazenovia NY (across from the Lincklaen House)!

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**Syracuse Westie Night!** – Our **WEEKLY** West Coast Swing event returns January 8, 2015! **CLOSED** on Christmas and New Years Day! Cash bar. Wood floors. The latest hits from the national West Coast

**Scene! West Coast swing lessons from 6:45-8:15pm, Open Dancing from 8:15-10:30! Admission: \$10 - Lesson+Dance, \$5 - Dance Only. Thursday nights at the Tyrol Club of Solvay, 213 Lamont Ave, Syracuse, NY, 13209.**

**Catch the other Syracuse dance and lesson opportunities with our [dance calendar](#), our [Yahoo Group](#) and our [Facebook group](#)!**

## **Dance Lovers of Central New York**

An all volunteer, not-for-profit dance organization dedicated to:

- 1) Helping you become a better dancer!
- 2) Growing the dance community.
- 3) Providing networking opportunities for dancers without partners.

***For people who can't get enough you-know-what!***

Contact:

Email: [danceloverscny@yahoo.com](mailto:danceloverscny@yahoo.com)

Website: [www.DanceLoversCNY.com](http://www.DanceLoversCNY.com)

Meetup Group: [www.Meetup.com/DanceLoversCNY](http://www.Meetup.com/DanceLoversCNY)

On Facebook: [www.facebook.com/groups/DanceLoversCNY](http://www.facebook.com/groups/DanceLoversCNY)