

Ballroom Dancing for Fun

Wednesday April 17 – June 19, 2019
Spring Session

Ballroom dancing is a relaxing and social activity to enjoy with family and friends.

This ballroom program will progressively cover all the dance styles over a few years and move the student from the basic movements to more advanced figures. You will also learn to recognize music, understand the beat, and associate it with the correct dance style. The lessons include a group instruction for each new figure, group practice, and practice as couples. The instructors provide lots of individual attention and coaching.



This session offers beginner lessons in Waltz, a 3-beat contemporary European and North American dance style that is popular in pop and country music. Returning dancers who learned the Foxtrot this winter will find that Waltz is very similar. The second hour caters to returning dancers to move Triple Swing to the advanced level of proficiency. Triple Swing is the popular rock-n-roll dance from the 1960s and remains relevant today.

Program Details

Dates: Wednesday April 17 – Wednesday June 19, 2019

Times: 7:00 – 8:00 p.m. Waltz – Beginner and Intermediate levels.

8:00 – 9:00 p.m. Triple Swing - Intermediate and Advanced levels.

The door opens at 6:30 pm for students to practice and receive individual coaching.

Cost: \$150.00 Waltz and Triple Swing – 2 Hours each night 7 – 9 pm, for 10 weeks.

\$100.00 Waltz only 7 – 8 pm, for 10 weeks.

\$100.00 Triple Swing only 8 – 9 pm, for 10 weeks.

Beginner dancers may pay after the first lesson to confirm that they are still interested.

Location: Benson Centre - MacEwen Room.

Open to couples, friends and family members dancing together, and individuals; we will integrate individual dancers.

For more information about ballroom dancing, please contact Tom at 613-361-2056 or email at tom@tommanley.ca For more information on recreation programming, please contact the Benson Centre at 613-938-9898 x2 or email at Itaillon@cornwall.ca.

Registrant's Name: _____ Gender: _____

*Please Indicate any Serious Medical Problem: _____

Address: _____ City: _____ Postal Code: _____

Phone (Home): _____ (Cell): _____

E-Mail Address: _____

Family Main Contact: _____

OFFICE USE ONLY	
PAID BY:	
<input type="checkbox"/> Cash	<input type="checkbox"/> Credit Card
<input type="checkbox"/> Debit	<input type="checkbox"/> Other

Amount	_____
Date	_____
Signed	_____

Session Choices - Dates: Wednesday April 17 – June 19, 2019 Time: 7:00 pm – 9:00 pm

- Cost:**
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The Instructors - Tom Manley and Isabelle Masson - Tom and Isabelle have been dancing ballroom for fun for about 18 years and have been teaching ballroom dancing for 3 years. Before starting ballroom, they already enjoyed going out, listening to music, and freestyle dancing. Over time, they started looking for more, beyond the routine bobbing back and forth of freestyle dancing. Seeing an advertisement, they started classes and never looked back. Tom is living proof that anyone can learn ballroom dancing. He was initially clumsy with two left feet, could not hear the beat, and struggled to remember the figures. But Tom caught the rhythm and now leads graciously. Isabelle was a natural as she picked up the beat easily and flowed smoothly on the dance floor. The two are now respected dancers and they relish any occasion to go out and enjoy a band or a party.

Recreation Services Refund Policy:

A full refund to be granted if program is cancelled. The department reserves the right to cancel programs due to insufficient registration.

A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to first class.

All refunds subject to a \$5.00 administration fee and to be pro-rated.

All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.

Allow four weeks for processing.

The City of Cornwall will not be responsible for any medical, dental or hospital bills or any other expenses caused by injury to any person participating in the Cornwall Recreation Services programs. This being understood, registrant and parents hereby agree and save harmless and indemnify the City of Cornwall from claims for injuries.

SIGNATURE OF REGISTRANT