

Background:

We have been involved in running drop-in dance sessions for well over 20yrs. In 2006, Dance North formed a dance club dedicated to the promotion of ballroom dance in Northern BC. The DN group has since expanded to offer other dance styles, but no longer operates as a "club". Friday nights still focus on Latin & Ballroom while Wednesdays are more about "club" styles like Salsa and Swing. We are a relaxed group not caught up in unnecessary regime or politics.

Beginner to Intermediate sessions run concurrently at weekly drop-ins from September to June.

Wednesday: 7:30 - 9:00pm

Friday: 7:30 - 9:00pm

(Sept to June)

**** Please try to arrive in time to start on time ****

Dance North sometimes holds feature dances such as a Halloween Masquerade Ball or maybe a Valentine's Ball. These will be announced.

Our Volunteer Instructors work on lead and follow, frame, styling and dance floor etiquette.

Drop-in sessions are followed by open dancing, giving beginners a chance to practice and apply what they learned from their sessions.

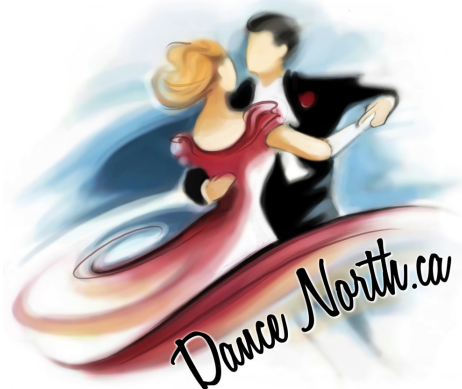
Dancing is a unique form of exercise providing the health benefits of aerobics while allowing you to engage in social activities, meeting people and having fun. Dancing has a way of brightening up a person's day!

Don't be shy! We have people of all ages and at all levels of dance attending.

*** Come Dance With Us ***

&

Make Dance a Part of Your Life!



Promoting Ballroom & Social Dance in Northern BC

In-house Workshops

or Special Events

TBA (as and when)

Contact Info:

emailus@dancenorth.ca

Or give us a call.....

Paz Milburn: snowdropcanada@gmail.com

Peter Weedon: pitpasspete@gmail.com

250-640-0490 250-565-8888



Ballroom Dance Club

Drop – in's held at :

YMCA Highland Centre

**155 McDermid Drive
Prince George, BC**

**7:30pm on Wednesdays & Fridays
(September to June)**

www.dancenorth.ca

September 2018 - June 2019 Schedule

Our Goal at Dance North is to be Scent Free

**"Make Dance a Habit,
It Will Change Your Life"**

Administrative Details:

Drop-in Fees *:

- Regular \$5.00
- Student * Same

Drop-in fees include the following:

Wednesday & Friday Night
Drop-in Sessions

SEASON PASS (similar to membership):

(September 2018 - June 2019)

- Regular \$200.00
- Students * Same

Benefits to Yearly Pass:

- Save over 50% with drop-in fees
- Easy access to other DN activities
- Access to discounted private lessons

Also, you can buy a 10 pass Punch Card
for convenience (\$50)

More details available on request.

Please check at our drop-in sessions.

For further details on our drop-in's, schedules
or other Dance North activities,
please ask at drop-in

or

Look us up at:

www.dancenorth.ca

SCHEDULE FOR 2018-2019 - schedule subject to change

Wednesday (Tentative dates)

2018 - 2019	Dance Style
Sept 5 2018	1a ECS (Single & Triple)
Sept 12	1b ECS (Single & Triple)
Sept 19	2a Night Club 2
Sept 26	2b Night Club 2
Oct 3	3a Two Step
Oct 10	3b Two Step
Oct 17	4a Salsa
Oct 24	4b Salsa
Oct 31	5a Hustle
Nov 7	5b Hustle
Nov 14	6a WCS (West Coast Swing)
Nov 21	6b WCS (West Coast Swing)
Nov 28	1a ECS (Single & Triple)
Dec 5	1b ECS (Single & Triple)
Dec 12	Open Dance Floor
Jan 2 2019	2a Night Club 2
Jan 9	2b Night Club 2
Jan 16	3a Two Step
Jan 23	3b Two Step
Jan 30	4a Salsa
Feb 6	4b Salsa
Feb 13	5a Hustle
Feb 20	5b Hustle
Feb 27	6a WCS (West Coast Swing)
Mar 6	6b WCS (West Coast Swing)
Mar 13	1a ECS (Single & Triple)
Mar 20	1b ECS (Single & Triple)
Mar 27	2a Night Club 2
Apr 3	2b Night Club 2
Apr 10	3a Two Step
Apr 17	3b Two Step
Apr 24	4a Salsa
May 1	4b Salsa
May 8	5a Hustle
May 15	5b Hustle
May 22	6a WCS (West Coast Swing)
May 29	6b WCS (West Coast Swing)
Jun 5	1a ECS (Single & Triple)
Jun 12	1b ECS (Single & Triple)
Jun 19	2a Night Club 2
Jun 26	2b Night Club 2

Friday (Tentative dates)

2018 - 2019	Dance Style
Sept 7 2018	1a North American Fox Trot
Sept 14	1b North American Fox Trot
Sept 21	2a Cha-cha
Sept 28	2b Cha-cha
Oct 5	3a Waltz
Oct 12	3b Waltz
Oct 19	4a Tango
Oct 26	4b Tango
Nov 2	5a Rumba
Nov 9	5b Rumba
Nov 16	6a Quickstep
Nov 23	6b Quickstep
Nov 30	1a North American Fox Trot
Dec 7	1b North American Fox Trot
Dec 14	Open Dance Floor
Jan 4 2019	2a Cha-cha
Jan 11	2b Cha-cha
Jan 18	3a Waltz
Jan 25	3b Waltz
Feb 1	4a Tango
Feb 8	4b Tango
Feb 15	5a Rumba
Feb 22	5b Rumba
Mar 1	6a Quickstep
Mar 8	6b Quickstep
Mar 15	1a North American Fox Trot
Mar 22	1b North American Fox Trot
Mar 29	2a Cha-cha
Apr 5	2b Cha-cha
Apr 12	3a Waltz
Apr 19	3b Waltz
Apr 26	4a Tango
May 3	4b Tango
May 10	5a Rumba
May 17	5b Rumba
May 24	6a Quickstep
May 31	6b Quickstep
Jun 7	1a North American Fox Trot
Jun 14	1b North American Fox Trot
Jun 21	2a Cha-cha
Jun 28	2b Cha-cha

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