

# Dance Programs

## Dance Mix Ages 16+

**Tues | Sept 13 - Nov 8**  
5:30 pm - 6:30 pm

Cardio, resistance training, and flexibility moves choreographed to music.

Dancing to the hits of today and toe-tapping classics. Laughter and music are combined in an exercise format that will leave you breathless and fit. Good for all ability levels.

8/\$45

**Instructor: Cyndy Rodgers**

## Swing Dance Ages 15+

**Sun | Sept 18 - Oct 30**  
**Sun | Nov 6 - Dec 18**

**No class Oct 9 & Nov 13**

Lessons 6:30 pm - 7:00 pm  
Social Dancing 7:00 pm - 8:30 pm

Learn the basics of swing dancing such as Lindy hop and East coast swing and enjoy an evening of social dancing with friends.

6/\$40

**Instructor: Lynne Penhale**

## Intro to Jive and Cha-Cha Ages 16+

**Sun | Oct 16**  
2:15 pm - 3:30 pm

Learn the basic techniques and footwork of the jive and cha-cha. Bring a partner or come on your own.

\$10/Person

**Instructor: Trish Fossum**

## Intro to Foxtrot and Waltz Ages 16+

**Sun | Nov 13**  
2:15 pm - 3:30 pm

Learn the basic techniques and footwork of the foxtrot and waltz. Bring a partner or come on your own.

\$10/Person

**Instructor: Trish Fossum**

**All Dance Programs held in Civic Centre | No experience required**

Online registration: <https://app.booking.ca/porthardyrecreationpub/index.asp>

Contact us with questions or for more information

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Port Hardy Recreation

