

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

Location: Civic Centre

Swing Dance

Ages 15+

Sun | Sept 18 - Oct 30

Sun | Nov 6 - Dec 18

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.

No experience required.

6/\$40

No class Oct 9 & Nov 13

Instructor: Lynne Penhale

Location: Civic Centre



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

Contact us with questions or for more information

7400 Columbia St | 250.949.6686 | email: recreation@porthardy.ca | porthardy.ca/community/recreation

Port Hardy Recreation



Port Hardy
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