

Background:

Back around the year 2000, several dedicated individuals started the Friday evening drop-ins to provide an outlet for their desire to dance. Dance North was subsequently formed and dedicated to the promotion of ballroom dance in Northern BC. It has since expanded into other dance styles. Friday nights focus on Standard and Latin Ballroom, while Wednesdays focus on a more social, "Club" style, like Salsa.

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

We meet on Wednesdays and Fridays

Beginner Sessions from 8:00 - 9:00pm

**We ask that you arrive on time
as our aim is to start sessions promptly**

Our volunteer instructors work on the basics, lead & follow, frame, styling and dance floor etiquette.

Drop-in sessions are followed by an open dance floor, giving beginners a chance to practice and apply what they learned during the session.

Dance North also runs two feature dances:
Halloween Masquerade Ball
&
Valentine's Day Ball

Dancing is a unique form of exercise providing the health benefits of aerobics while allowing you to engage in social activities, meet people and have fun.

Dancing has a way of brightening up one's day!

Don't be shy ! We have people of all ages, all walks of life and all levels of dance - why not stop by !

**- Come Dance With Us -
Make Dance a Part of Your Life!**



Promoting Ballroom & Social Dance in Northern British Columbia

Proposed Feature Dances

Halloween Ball

Friday, October 28th

(following dance session)

Valentine's Ball

Friday, February 10th

(following dance session)

In-house Workshops

TBA

Contact:

emailus@dancenorth.ca

OR

Paz Milburn: snowdropcanada@gmail.com

Peter Weedon: pitpasspete@gmail.com

250-640-0490 250-565-8888



Ballroom & Social Dance

Our Goal - to be sent free

Drop-in's held at:

**Judy Russell's Enchainement
Dance Centre
3540 Opie Crescent
Prince George, BC**

(8pm Wednesdays & Fridays)

www.dancenorth.ca

Box 2115 Prince George
British Columbia V2N 2J6

September 2016 - June 2017

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

Administrative Details:

Drop-in Fees*:

Regular Adult: \$5.00
Full Time Student: \$2.00

Drop-in fees include the following:

- Wednesday & Friday drop-ins
- Halloween & Valentine's Dance

* Fees subject to change without notice

YEARLY PASS (similar to membership):

(September 2016 - June 2017)

Regular: \$150.00
Full time Student: \$50.00

Benefits to Yearly Pass (similar to membership)

- **Save over 60%** with drop-in fees, feature dances & In-house workshops
- Borrowing privileges from DN Video Library
- Access to discounted private lessons

Also, you can buy a Punch Card and save
Details available on request
Please check at the drop-in sessions.

For further details

Please ask the Instructors at drop-in
or

Look us up at:

www.dancenorth.ca

* subject to change

SCHEDULES FOR 2016-2017*

Date:	WEDNESDAYS
Sept 7 2016	1a ECS (Single & Triple)
Sept 14 2016	1b ECS (Single & Triple)
Sept 21 2016	2a Night Club 2
Sept 28 2016	2b Night Club 2
Oct 5 2016	3a Two Step
Oct 12 2016	3b Two Step
Oct 19 2016	4a Salsa
Oct 26 2016	4b Salsa
Nov 2 2016	5a Hustle
Nov 9 2016	5b Hustle
Nov 16 2016	1a ECS (Single & Triple)
Nov 23 2016	1b ECS (Single & Triple)
Nov 30 2016	2a Night Club 2
Dec 7 2016	2b Night Club 2
Dec 14 2016	Open Dance Floor
Jan 4 2017	3a Two Step
Jan 11 2017	3b Two Step
Jan 18 2017	4a Salsa
Jan 25 2017	4b Salsa
Feb 1 2017	5a Hustle
Feb 8 2017	5b Hustle
Feb 15 2017	1a ECS (Single & Triple)
Feb 22 2017	1b ECS (Single & Triple)
Mar 1 2017	2a Night Club 2
Mar 8 2017	2b Night Club 2
Mar 15 2017	3a Two Step
Mar 22 2017	3b Two Step
Mar 29 2017	4a Salsa
Apr 5 2017	4b Salsa
Apr 12 2017	5a Hustle
Apr 19 2017	5b Hustle
Apr 26 2017	1a ECS (Single & Triple)
May 3 2017	1b ECS (Single & Triple)
May 10 2017	2a Night Club 2
May 17 2017	2b Night Club 2
May 24 2017	3a Two Step
May 31 2017	3b Two Step
Jun 7 2017	4a Salsa
Jun 14 2017	4b Salsa
Jun 21 2017	5a Hustle
Jun 28 2017	5b Hustle

Date:	FRIDAYS
Sept 9 2016	1a North American Fox Trot
Sept 16 2016	1b North American Fox Trot
Sept 23 2016	2a Cha-cha
Sept 30 2016	2b Cha-cha
Oct 7 2015	3a Waltz
Oct 14 2016	3b Waltz
Oct 21 2016	4a Tango
Oct 28 2016	4b Tango
Nov 4 2016	5a Rumba
Nov 11 2016	5b Rumba
Nov 18 2016	1a North American Fox Trot
Nov 25 2016	1b North American Fox Trot
Dec 2 2016	2a Cha-cha
Dec 9 2016	2b Cha-cha
Dec 16 2016	Open Dance Floor
Jan 6 2017	3a Waltz
Jan 13 2017	3b Waltz
Jan 20 2017	4a Tango
Jan 27 2017	4b Tango
Feb 3 2017	5a Rumba
Feb 10 2017	5b Rumba
Feb 17 2017	1a North American Fox Trot
Feb 24 2017	1b North American Fox Trot
Mar 3 2017	2a Cha-cha
Mar 10 2017	2b Cha-cha
Mar 17 2017	3a Waltz
Mar 24 2017	3b Waltz
Mar 31 2017	4a Tango
Apr 7 2017	4b Tango
Apr 14 2017	5a Rumba
Apr 21 2017	5b Rumba
Apr 28 2017	1a North American Fox Trot
May 5 2017	1b North American Fox Trot
May 12 2017	2a Cha-cha
May 19 2017	2b Cha-cha
May 26 2017	3a Waltz
Jun 2 2017	3b Waltz
Jun 9 2017	4a Tango
Jun 16 2017	4b Tango
Jun 23 2017	5a Rumba
Jun 30 2017	5b Rumba