

Background:

Between us 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" per se. Friday nights will continue to focus on Latin & Ballroom while Wednesdays are more about "club" styles like Salsa and Swing. We are a relaxed group that refuse to get 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 each season)

**** 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 as and when. Ask us about New Year's Eve.

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

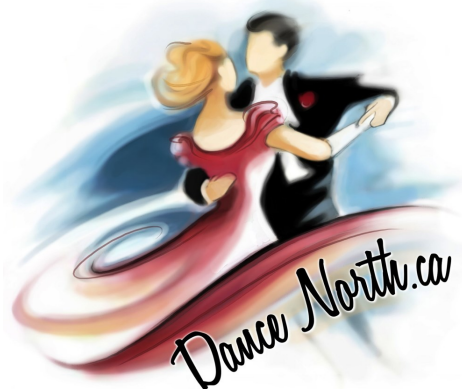
Drop-in sessions are followed by open dancing, giving beginners a chance to practice and apply what they learned from their sessions.

Dancing is a unique form of exercise providing the health benefits of aerobics while allowing you to engage in social activities, meet people and have fun. Dancing has a way of brightening up a person's day, so don't be shy! We have people of all ages, and at all levels of dance, attending our drop-in sessions.

*** Come Dance With Us ***

&

Make Dance a Part of Your Life!



Promoting Ballroom & Social Dance in Northern BC

***In-house Workshops
or Special Events***

will be announced as and when

Contact Info:

emailus@dancenorth.ca

Administrators:

Paz Milburn: snowdropcanada@gmail.com

Peter Weedon: pitpasspete@gmail.com

Give us a call at:

250-640-0490 or 250-565-8888



Ballroom & Social Dance

Drop-in's held at :

YMCA Highland Centre

155 McDermid Drive
Prince George, BC

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

<http://dancenorth.ca>

September 2019 - June 2020 Schedule

Our Goal is to be Scent Free

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

Administrative Details:

Drop-in Fee: \$5.00

Drop-in fees apply to the following:

Wednesday & Friday Night
Drop-in Sessions

SEASON PASS

(similar to a membership):

September 2019 - June 2020

\$200.00

(Also pro-rated @ \$20 per month)

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 convenient
10 pass Punch Card for \$50**

More details available on request.
Please check at our drop-in sessions.

For further details on our drop-in's
or other Dance North activities

Give us a call at:

250-640-0490 250-565-8888

Or look us up at:

<http://dancenorth.ca>

Wednesday (Blue = Tentative dates)

2019	Dance Style
Sept 4	Swing (1) - Single & Triple Step
Sept 11	Swing (2) - Single & Triple Step
Sept 18	Swing (3) - Single & Triple Step
Sept 25	Salsa (1)
Oct 2	Salsa (2)
Oct 9	Two Step (1)
Oct 16	Two Step (2)
Oct 23	Two Step (3)
Oct 30	NC2 (1)
Nov 6	NC2 (2)
Nov 13	WCS (1)
Nov 20	WCS (2)
Nov 27	Swing (1) - Single & Triple Step
Dec 4	Swing (2) - Single & Triple Step
Dec 11	Swing (3) - Single & Triple Step
Jan 8 2020	Salsa (1)
Jan 15	Salsa (2)
Jan 22	Two Step (1)
Jan 29	Two Step (2)
Feb 5	Two Step (3)
Feb 2	NC2 (1)
Feb 19	NC2 (2)
Feb 26	WCS (1)
Mar 4	WCS (2)
Mar 11	Swing (1) - Single & Triple Step
Mar 18	Swing (2) - Single & Triple Step
Mar 25	Swing (3) - Single & Triple Step
Apr 1	Salsa (1)
Apr 8	Salsa (2)
Apr 15	Two Step (1)
Apr 22	Two Step (2)
Apr 29	Two Step (3)
May 6	NC2 (1)
May 13	NC2 (2)
May 20	WCS (1)
May 27	WCS (2)
Jun 3	Swing (1) - Single & Triple Step
Jun 10	Swing (2) - Single & Triple Step
Jun 17	Swing (3) - Single & Triple Step
Jun 24	Open Dance Floor

Friday (Blue = Tentative dates)

2019	Dance Style
Sept 6	North American Fox Trot (1)
Sept 13	North American Fox Trot (2)
Sept 20	North American Fox Trot (3)
Sept 27	Cha Cha (1)
Oct 4	Cha Cha (2)
Oct 11	Waltz (1)
Oct 18	Waltz (2)
Oct 25	Waltz (3)
Nov 1	Rumba (1)
Nov 8	Rumba (2)
Nov 15	Tango (1)
Nov 22	Tango (2)
Nov 29	North American Fox Trot (1)
Dec 6	North American Fox Trot (2)
Dec 13	North American Fox Trot (3)
Jan 10 2020	Cha Cha (1)
Jan 17	Cha Cha (2)
Jan 24	Waltz (1)
Jan 31	Waltz (2)
Feb 7	Waltz (3)
Feb 14	Rumba (1)
Feb 21	Rumba (2)
Feb 28	Tango (1)
Mar 6	Tango (2)
Mar 13	North American Fox Trot (1)
Mar 20	North American Fox Trot (2)
Mar 27	North American Fox Trot (3)
Apr 3	Cha Cha (1)
Apr 10	Cha Cha (2)
Apr 17	Waltz (1)
Apr 24	Waltz (2)
May 1	Waltz (3)
May 8	Rumba (1)
May 15	Rumba (2)
May 22	Tango (1)
May 29	Tango (2)
Jun 5	North American Fox Trot (1)
Jun 12	North American Fox Trot (2)
Jun 19	North American Fox Trot (3)
Jun 26	Open Dance Floor