

health &
wellness

at the
Sabes JCC



Swing Dance Class

DATES: Thursdays, November 1st – December 13th (no class 11/22)

TIME: 6:00-7:15 PM

LOCATION: Sabes JCC West Studio

INDIVIDUAL COST: \$55 Member price

\$72 Non-Member price (6 sessions)

COUPLES COST: \$100 Member price

\$130 Non-Member price (6 sessions)

Registering as a couple? Contact Jessica Jacobs at (952) 381-3385 for discount rate.

Join us for this NEW six week course that will take you from toe taping to working the floor. You will experience the art of east coast swing dancing at a basic level while in a safe and social environment! This course is designed to be a progressive course starting at ground zero and working up from there. It is open to all levels and no previous experience required. Encourage your friend, family, significant other to come swing along.

Please wear indoor-only shoes with non-marking soles. To enhance the learning curve and get to know others in the class partners will be encouraged to rotate. However, if you come with a partner you are not required to rotate.

Questions: contact Rachel Fager rfager@sabesjcc.org or Jena at 952-381-3418

sabesjcc.org



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minneapolis