

# Dance Classes for Adults & Teens

Creative Movement/  
Social Dance



## CREATIVE MOVEMENT

### Improvisation & Performance **\$250**

Annetta Dexter Sawyer

Class 1: W, Sep 6-Nov 29, 10:45am-12:15pm, Hall of Mirrors

Class 2: W, Dec 6-Feb 28, 10:45am-12:15pm, Hall of Mirrors

A wonderful class for those interested in improvisation that fuels creativity! Take time to hone your performance skills in dance in this improvisation class. Instructor will facilitate movement and acting techniques that foster creative exploration in physical expression. Move your body, change your mind. The instructor has an eclectic background in physical theater, dance, improvisation, and performance. Drop-in attendance is \$25. More info: [annetta20901@gmail.com](mailto:annetta20901@gmail.com). Minimum age 18. 13 sessions.



RUSSELL SAWYER

### Dance and Theatre Improvisation **Class 1: \$225** **Class 2: \$250**

Annetta Dexter Sawyer

Class 1: F, Sep 8-Nov 17, 10:45am-12:15pm, Hall of Mirrors, 11 sessions

Class 2: F, Dec 1-Feb 23, 10:45am-12:15pm, Hall of Mirrors, 13 sessions

Find expression through gesture and movement in this fusion of technique from the world of dance and theatre. This class is an interdisciplinary arts exploration in movement theatre specifically designed to provide innovative, creative experiences. The instructor facilitates explorations in improvisation and imagery that resonate with our lives. Open to all levels. Instructor addresses each person's specific, individual needs. All ages interested in theatre and dance. Drop-in attendance is \$25. More info: [annetta20901@gmail.com](mailto:annetta20901@gmail.com). Minimum age 18. 11 sessions.

## T'AI CHI

### T'ai Chi New Beginners **\$260**

Ellen Kennedy

Class: Sa, Sep 23-Dec 16; No Class Nov-25, 10-11am, Hall of Mirrors

An ancient Chinese exercise for health and conscious relaxation, T'ai Chi is a series of quiet, slow and connected movements which cultivate the spirit and nurture the body. Beginning instruction in the principles and postures of Cheng Man-Ch'ing 37 posture Yang Style Short Form. Class will cover 1st third of form. All students must be fully vaccinated. More info: [emearskenn@aol.com](mailto:emearskenn@aol.com). Minimum age 18. 12 sessions.

## T'ai Chi Form Corrections

Len Kennedy

Class 1: Su, Sep 24-Dec 17; No Class Nov 26, 9:30-10:30am, Hall of Mirrors

Class 2: Su, Jan 21-Mar 24, 9:30-10:30am, Hall of Mirrors, 10 sessions

For Intermediate and Corrections students: instruction and review of the 37-posture form with emphasis on individual corrections, body alignment, meditation and form flow. All students must be fully vaccinated and agree to comply with social distancing and other safety protocols. More info: emearskenn@aol.com or 301.320.9014. Minimum age 18. 12 sessions.

## T'ai Chi Tuesday Review Class

Ellen Kennedy

Class 1: Tu, Sep 26-Dec 12, 10:30-11:30am, Hall of Mirrors

Class 2: Tu, Jan 16-Mar 19, 10:30-11:30am, Hall of Mirrors, 10 sessions

Detailed instruction, refinement and practice of the Yang Style short form by Cheng Man-Ch'ing with two-three postures covered in depth each week. All levels are welcome. This is an ideal class for beginners to have a structured review each week. All students must be fully vaccinated and agree to comply with social distancing and other safety protocols. More info: emearskenn@aol.com. Minimum age 18. 12 sessions.

## T'ai Chi Continuing Beginners

Ellen Kennedy

Class: Sa, Jan 20-Mar 23, 10-11am, Hall of Mirrors

Continuing beginning instruction in the principles and postures of Cheng Man-Ch'ing 37 posture Yang Style Short Form. Requirement is to have taken at least one beginner class previously. All students must be fully vaccinated and agree to comply with social distancing and other safety protocols. More info: emearskenn@aol.com. Minimum age 18. 10 sessions.

**Class 1: \$260**

**Class 2: \$230**

**Class 1: \$260**

**Class 2: \$230**

**\$230**

## YOGA

### Yoga for All Levels

Dena Kahn

Class 1: Su, Sep 10-Nov 19; No Class Sep 24, 6pm-7:15pm, Hall of Mirrors

Class 2: Su, Dec 3-Feb 11; No Class Dec 24, 31, Jan 14, 6pm-7:15pm, Hall of Mirrors, 8 sessions

This open level yoga class incorporates breath and movement to create a deeply transformative practice. Beginners build strong awareness and understanding of the fundamentals of yoga poses while more seasoned yogis take their practice to new depths. In a nurturing and safe environment, everyone gains strength, balance, flexibility and relaxation. Bring a yoga mat and props. Drop-ins welcome: \$23. More info: yogawithdena@gmail.com. Minimum age 14. 10 sessions.

**Class 1: \$190**

**Class 2: \$152, 8 sessions**



## IRISH DANCE

### Beginning & Intermediate Irish Dance Solos & Figures for Adults **\$530**

Culkin School of Irish Dance

Class: M, Sep 11-Feb 26; No Class Dec 4, 25, Jan 1, 6-7pm, Hall of Mirrors

Open to students who are new to Irish dance and those who have completed at least one year of beginner class. Irish Dance is a jumping, stamping, fast moving, fun traditional dance form with intricate footwork. Students must adhere to CDC and local health and safety guidelines. No experience necessary! Info: [culkinschool.com](http://culkinschool.com). Minimum age 16. 22 sessions.

### Advanced Irish Dance Solos & Figures for Adults **\$600**

Culkin School of Irish Dance

Class: M, Sep 11-Feb 26; No Class Dec 4, 25, Jan 1, 7-8:15pm, Hall of Mirrors

Open to students who have progressed beyond the intermediate level. The class focuses on advanced soft shoe dances, and slow speed hard shoe dances, as well as figures. Students must adhere to CDC and local health and safety guidelines. PREREQUISITE: Existing Culkin Adult dancer or permission of instructor. Info: [culkinschool.com](http://culkinschool.com). Minimum age 16. 22 sessions

## SOCIAL DANCE

### BLUES

#### Beyond Beginner Blues Dance **Classes 1, 2, 4, 5: \$48** **Class 3: \$36**

Capital Blues Faculty

Class 1: Th, Sep 7-28, 8-9pm, Arcade Bldg., Rms 202/203

Class 2: Th, Oct 5-26, 8-9pm, Spanish Ballroom

Class 3: Th, Nov 2-16, 8-9pm, Spanish Ballroom, 3 sessions

Class 4: Th, Dec 7-28, 8-9pm, Spanish Ballroom

Class 5: Th, Feb 1-22, 8-9pm, Spanish Ballroom

If you're already familiar with the basics of blues dance, come refine your skills and learn new techniques to relate to your partner and the music. No partner required.

Additional details and prerequisites for each class will be posted at [capitalblues.org/classes/](http://capitalblues.org/classes/). Tuition includes free admission to Blues dance immediately following the class from 9-11:30pm. More info: [capitalblues.org/classes/](http://capitalblues.org/classes/) Minimum age 18. 4 sessions.

### SWING

#### Beginning Swing Dance **Class 1: \$40** **Class 2: \$30**

Ellen Engle

Class 1: M, Sep 11-Oct 2, 6:30-7:30pm, Spanish Ballroom

Class 2: M, Jan 8-29; No Class Jan 15, 6:30-7:30pm,

Arcade Bldg., Rooms 202/203, 3 sessions

Learn 6-count fundamentals, get a solid grounding in swing rhythm and movement, and master a range of moves like underarm or cross body turns, free spins and more. Emphasis on technique, moves/style, leading/following, musicality and fun! No partner/experience required. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. Minimum age 13. 4 sessions.

#### More Swing Dance **\$30**

Ellen Engle

Class 1: M, Oct 16-30, 6:30-7:30pm, Spanish Ballroom

Class 2: M, Feb 5-26; No Class Feb 19, 6:30-7:30pm,

Arcade Bldg., Rooms 202/203

Every good dancer needs a solid foundation to build on! We'll work with the basic styles for 6-count and 8-count swing, and introduce some standard moves/rhythms/ patterns that every swing dancer should have in their vocabulary. Emphasis on technique, moves, style, leading/ following, musicality and FUN! No partner/experience required. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. 3 sessions.

## Get Ready for the Holidays Swing Sampler \$30

Ellen Engle

Class: M, Nov 6-20, 6:30-7:30pm, Arcade Bldg., Rooms 202/203

Get ready for the holidays! Learn the basics of multiple swing styles which will allow you to swing to the slow, romantic songs like ballads or blues, and also how to dance to the fast songs that make you want to boogie! Focus on connecting to your partner, playing with rhythms, and having fun! No partner or experience required. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. Minimum age 13. 3 sessions.

## Ballroom Dance Sampler Class 1: \$40 Class 2: \$30

Ellen Engle

Class 1: M, Sep 11-Oct 2, 7:30-8:30pm, Spanish Ballroom  
Class 2: M, Jan 8-29; No Class Jan 15, 7:30-8:30pm, Arcade Bldg., Rooms 202/203, 3 sessions

Elegantly glide around the floor dancing Foxtrot, Tango, Waltz or add some sizzle with a little Salsa, Mambo, Merengue, Cha Cha or Rumba-it just takes a little know-how! Emphasis on leading/following, steps, having fun! No partner/experience required. Different dances/unique skills/steps taught in each series. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. Minimum age 13. 4 sessions.

## More Ballroom Dance Sampler \$30

Ellen Engle

Class 1: M, Oct 16-30, 7:30-8:30pm, Spanish Ballroom  
Class 2: M, Feb 5-26; No Class Feb 19, 7:30-8:30pm, Arcade Bldg., Rooms 202/203

Dazzle on the dance floor with an elegant Foxtrot, a tempting Tango, or a lilting Waltz. Turn up the heat with a little Salsa, Merengue, Cha Cha or Rumba! A different dance each night to solidify the foundation steps and expand your dance vocabulary. No partner/experience required. Dances, steps and skills vary in each session. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. Minimum age 13. 3 sessions.

## Get Ready for the Holidays Dance Sampler \$30

Ellen Engle

Class 1: M, Nov 6-20, 7:30-8:30pm, Arcade Bldg., Rooms 202/203

Get ready for the holidays! Learn the basics of multiple ballroom and latin styles which will allow you to dance no matter what music is played! Focus on connecting to your partner, playing with rhythms, and having fun! No partner or experience required. More info: [flyingfeet.org](http://flyingfeet.org) or 301.448.0066. Minimum age 13. 3 sessions.

## WALTZ

### Folk Waltz Beginner/Intermediate Class 1: \$40

Katherine Anderson & Tony Treston

Class 2: \$45

Class 1: Th, Sep 7-28, 7:30-8:45pm, Spanish Ballroom

Class 2: F, Jan 5-26, 6:30-7:45pm, Ballroom Back Room

This 4-class series is for both beginners and dancers with some folk waltz experience. After introducing/reviewing basics, we focus on partnering skills for leads and follows as well as expanding your repertoire. Learn skills that make waltzing in a social dance setting more fun! No partner required but encouraged to enable ample practice opportunity. Each class includes 1 hour instruction plus 15 mins practice. Drop ins welcome. More info: [WaltzTimeLessons@gmail.com](mailto:WaltzTimeLessons@gmail.com). 4 sessions.



WALTZ TIME

### Folk Waltz Intermediate/Advanced \$40

Katherine Anderson & Tony Treston

M, Oct 30-Nov 20, 7:30-8:45pm, Ballroom Back Room

If you are comfortable with the skills and moves taught in our beginner/intermediate waltz series, or have attended at least four of our regular Sunday waltzes (lessons and dancing), this series will help you to the next level. You will focus on more challenging moves, learn 2-way communication between follows and leads, explore how to achieve greater musicality, and build a repertoire to interpret different tempos and styles of music. No partner required but encouraged to enable ample practice opportunity. Each class includes 1 hour instruction plus 15 mins practice. Drop ins welcome. More info: [WaltzTimeLessons@gmail.com](mailto:WaltzTimeLessons@gmail.com). 4 sessions.

## Dance Events

### Spanish Ballroom, Bumper Car Pavilion, & Ballroom Back Room [glenechopark.org/social-dances](http://glenechopark.org/social-dances)

All social dances are open to the public with no prior experience or partner required. New dancers are always welcome, and a pre-dance, introductory lesson is included with admission. Most of the dances feature live music by renowned local and national bands. Cost varies from \$5-\$30 depending on the dance presenter and the occasion. Dress is casual and “layers” are recommended because two of the dance halls are neither heated nor air-conditioned. Outside alcohol is prohibited on Park grounds. Smoking is strictly prohibited inside and within 50 feet of all Park structures.

Dances take place year-round and occur regularly on Thursdays, Fridays, Saturdays and Sundays, with occasional midweek dances. Frequently, two or three different dances are presented at the same time, one in each dance hall, offering greater variety to the public.

**Dances are subject to change, and new dances are added, so visit [glenechopark.org](http://glenechopark.org) for the latest information.**

### Thursday Night Dances

Ballroom Back Room: Capital Blues ([capitalblues.org](http://capitalblues.org)) is a local blues dance organization that promotes blues music and social dance and hosts DJ-ed Blues dances every Thursday night. A beginner lesson from 8:15-9pm is followed by dancing until 11:30pm. DJs and instructors are rotated each week. \$8. Check their Facebook Group (Capital Blues) for special events!

### Friday Night Dances

Ballroom: Friday Night Dancers ([fridaynightdance.com/](http://fridaynightdance.com/)) and Folklore Society of Greater Washington ([fsgw.org](http://fsgw.org)) team up to offer an evening of traditional American contra and square dances with a caller and live music. No partner necessary and all dances are taught! Gender-free terms are used for all dance calls. A pre-dance lesson from 7:30-8:00pm is followed by dancing until 11:00pm. \$15.

Bumper Car Pavilion: Friday nights feature occasional Swing, Blues, or Cajun/Zydeco dances hosted by a variety of presenters.

Ballroom Back Room: Enjoy monthly DJ Balboa dances hosted by American Swing and occasional Blues or Cajun/Zydeco dances hosted by a variety of presenters.

### Saturday Night Dances

Ballroom: Most Saturdays feature Swing dances that begin with an introductory lesson from 8-9pm followed by dancing to live music from 9pm-midnight. Admission ranges from \$15-\$30.

Swing dances are produced by Gottaswing ([gottaswing.com](http://gottaswing.com)) DC Lindy Exchange ([dclx.org](http://dclx.org)), New Columbia Swing ([newcolumbiaswing.org](http://newcolumbiaswing.org)), and the Glen Echo Park Partnership. Waltz Time ([waltztimedances.org](http://waltztimedances.org)) produces the annual Strauss Ball in late April/early May, an evening of Viennese waltzes and the Grand March.

### Sunday Afternoon Dances

Ballroom: Waltz Time ([waltztimedances.org](http://waltztimedances.org)) sponsors an afternoon Waltz on the first and third Sundays of the month, though the schedule occasionally varies. Waltz admission is \$15 (\$5 for students). Other Sundays include social ballroom dancing with live music. All of these Sunday afternoon dances include a pre-dance lesson and feature live music.

Ballroom Back Room: The Folklore Society of Greater Washington ([fsgw.org](http://fsgw.org)) presents monthly Family Dances comprised of easy contra (partnered dances), circle dances, and live music for kids and their siblings, parents, and caretakers. The Family Dance allows you to experience the joy of dancing with your children and your community. No experience necessary, all ages are welcome, just come out and dance! Our caller will get everyone onto the floor to have fun. Admission is \$5/person.

### Sunday Night Dances

Ballroom Back Room: Tango Brillante DC hosts weekly tango workshops followed by a DJ Milonga. The dance will feature live Tango music once each month and additionally, Tango Brillante will host two large Tango events with live music annually, one in Fall and one in Spring.