

A Step to Gold International Ballroom

Last Updated 12/14/09

UPCOMING EVENTS



Valentines Dinner Dance & Showcase **THE PERFECT DATE NIGHT OPPURTUNITY!**



Sunday, February 14, 2010
6:30-10:00 PM- \$45 Per Person
Dinner, Student & Instructor Showcases, & General Dancing!

Student Appreciation Day

Sunday, March 21, 2010
2-4 PM

*****FREE!!*****

General Dancing, Student please bring finger food to share, FUN & LAUGHTER!
Please bring your family & friends to share in the dancing pleasure.
It's a great way to spread your love of dancing.

UPCOMING DANCE PARTIES & WORKSHOPS

Friday, December 18– **Private Rental**

*****Friday, January 1– WORKSHOPS– 7:30-10 PM- \$20*****
Workshop: Beginning/Intermediate International Foxtrot

*****Friday, January 15– WORKSHOPS– 7:30-10 PM- \$20*****
Workshop: Beginning/Intermediate International Cha Cha

Friday, January 29– General Variety- \$10
Lesson: Foxtrot

Friday, February 12– General Variety- \$10
Lesson: Tango

*****Friday, February 19– WORKSHOPS–7:30-10 PM-\$10****
Workshop: Beginning/Intermediate International Rumba

Friday, December 25– **NO PARTY!**
Happy Holidays!!!!

Friday, January 8– General Variety- \$10
Lesson: Waltz

Friday, January 22– General Variety- \$10
Lesson: Rumba

*****Friday, February 5– WORKSHOPS– 7:30-10 PM-\$20****
Workshop: Beginning/Intermediate International Viennese Waltz

****Sunday, February 14– Valentine's Showcase– 6:30-10 pm**
Dinner, Showcases, General Dancing- \$45 per person

Friday, February 26– General Variety- \$10
Lesson: East Coast Swing

Changes to Party Schedule for 2010

1st & 3rd Fridays of the Month we will hold Workshops in International Style Dances & American Random Dances- \$20

This will be 1 1/2 hours of instruction on one dance from 7:30-9:00 PM and we will keep the doors open for Practice from 9:00-10:00 PM

Please Register if you are attending by the Wednesday before. Thank You !

2nd & 4th & 5th Fridays of the Month will be General Variety- \$10 8:00-10:30 PM

****Dances have a Lesson from 8:00-8:30pm with Admission of \$10**

(1st-TIME GUESTS ARE FREE), unless otherwise noted

*The Wasser Ballroom will be available from 8:30-9:30pm for Beginner's only, an ASTG staff member will be available for help with the basics (Beginners are Intro I or II students or guests)***

9:30pm Mixer 9:45 til 10:30pm \$1 Dance With the Teachers

(Mini-Private Lesson for those who want to participate)

Please feel free to bring snacks!!!

ZUMBA—Our Fitness Program of Choice for Latin Dancers

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. It's fun! It's different! It's easy! It's effective!

Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but just as much fun!

Mondays– Zumba Gold– 50+ yrs

Wednesdays

Saturdays

Check out the Schedule

