

DANCE CLASSES

TWINKLE TOES- MOMMY AND ME PRE-BALLET

Bring your little one and enjoy a fun-filled class learning ballet basics together! Designed for moms wanting to spend quality time with their child. Create special memories, and instill the importance of healthy exercise, rhythm, coordination, balance, artistic expression and a love for music and dance. **Class will prepare child for My First Dance class. Required dress for child: Pink tights, leotards, and ballet shoes. For Mom: Comfortable clothing (ballet shoes optional). Please bring an exercise mat or towel. *Purchase of baton ribbon required and may be purchased for \$3 from instructor first day of class. **001 No Class on 2/02 & 2/09.**

2-3 yrs.
Instructor: Humbles *\$22(R)/\$27(N)
001 Tu 10:00-10:30 AM **01/19-02/23 VMCC
002 Tu 10:00-10:30 AM 03/02-03/23 VMCC
003 Tu 10:00-10:30 AM 04/06-04/27 VMCC

MY FIRST DANCE CLASS

Basic dance steps in ballet with techniques designed to develop coordination skills and an interest in dance. **Required dress: Pink tights, leotards, and ballet shoes. *Purchase of baton ribbon required and may be purchased for \$3 from instructor first day of class. **001 No Class on 2/02 & 2/09.**

3-4 yrs.
Instructor: Humbles *\$22(R)/\$27(N)
001 Tu 3:15-4:00 PM **01/19-02/23 VMCC
002 Tu 3:15-4:00 PM 03/02-03/23 VMCC
003 Tu 3:15-4:00 PM 04/06-04/27 VMCC

New Class!

BALLET PETITE AND BASIC TAP

Introduction to basic ballet and tap steps. Your child will begin to learn to express their creative abilities, coordination, rhythm, and movement preparing them for Beginning Ballet and Tap. **Required dress: pink tights, leotards, tap and ballet shoes. *Purchase of baton ribbon required and may be purchased for \$3 from instructor first day of class. **001 No class 2/02 & 2/09.**

5-6 yrs.
Instructor: Humbles *\$22(R)/\$27(N)
001 Tu 4:00-4:45 PM **01/19-02/23 VMCC
002 Tu 4:00-4:45 PM 03/02-03/23 VMCC
003 Tu 4:00-4:45 PM 04/06-04/27 VMCC

BEGINNING BALLET AND TAP

Fun-filled class of music and movement focusing on balance, coordination, and body alignment setting the stage for future instruction and instilling the love of dance! **Required dress: Pink tights, leotards, tap shoes, and ballet shoes. *Purchase of baton ribbon required and may be purchased for \$3 from instructor first day of class. **001 No Class on 2/02 & 2/09.**

7-10 yrs.
Instructor: Humbles *\$22(R)/\$27(N)
001 Tu 4:45-5:30 PM **01/19-02/23 VMCC
002 Tu 4:45-5:30 PM 03/02-03/23 VMCC
003 Tu 4:45-5:30 PM 04/06-04/27 VMCC

**CLICK HERE FOR A PRINTABLE
REGISTRATION FORM**

Bilingüe!

MOVE 'N DANCE FOR KIDS

Have fun warming up with yoga and learning the basics to fun dances like Hip-Hop, Latin, Hula, and Tahitian while developing flexibility, strength, grace, and coordination.

5-10 yrs.

Instructor: Mercado \$27(R)/\$33.50(N)
001 Tu 4:00-5:00 PM 03/02-03/23 MMP

MOVIMIENTO Y BAILE PARA NIÑOS

Obtenga diversión calentando con yoga y aprendiendo las bases de divertidos bailes tales como Hip-Hop, Latinos, Hula y Tahitiano mientras desarrolla flexibilidad, fuerza, gracia, y coordinación.

Bilingüe!

LYRICAL MODERN HIP-HOP

Basic dance movements that will improve body posture and alignment. Box steps to traditional positions will be taught to music from R&B, Electro House, and Hip-Hop. Class will include improvisation that will help students feel more comfortable and promote self confidence.

8-12 yrs.

Instructor: Mendoza \$22(R)/\$27(N)
001 Th 4:30-5:30 PM 03/25-04/15 VMCC

HIP-HOP LIRICO MODERNO

Movimientos básicos de baile que mejorarán la postura y alineamiento del cuerpo. Desde pasos básicos a posiciones tradicionales le serán enseñados con música desde R&B, Electro House, y Hip-Hop. La clase incluye improvisaciones que ayudarán a los estudiantes a sentirse cómodos siendo ellos mismos y promoviéndoles confianza.

Bilingüe!

BALLROOM FOR BEGINNERS

Shall we dance? Gain the confidence to answer that question with a 'YES!' Learn foot placement, frame, style, and recognize different rhythms of music while dancing the Waltz, Fox Trot, American Tango, Rumba, Cha-cha, Salsa, Merengue, and Samba. Join us for a unique form of exercise providing heart and brain healthy benefits, creative release, a fascinating program of self-improvement, and genuine fun!

18 yrs. & up

Instructor: Mercado \$27(R)/\$33.50(N)
001 W 6:45-7:45 PM 03/03-03/24 EMSC
002 W 6:45-7:45 PM 04/07-04/28 EMSC

BAILE DE SALON- PARA PRINCIPIANTES

¿Bailamos? Obtenga la confianza para contestar esa pregunta con un ¡SÍ! Aprenda la colocación de los pies, encuadre, estilo, y reconozca los diferentes ritmos de música mientras que baila el Vals, Fox Trot, Tango Americano, Rumba, Cha-cha-cha, Salsa, Merengue y Samba. ¡Únase a nosotros para una forma única de ejercicio que provee beneficios saludables al corazón y cerebro, un relajamiento creativo, un programa fascinante de mejoramiento personal y diversión genuina!

DANCE CLASSES

GRAFFITI REMOVAL PROGRAM



Call the hotline to report vandalism.

SHOPPING CART RETRIEVAL PROGRAM



Call the hotline to report abandoned shopping carts that have been removed from the merchants' premises.

NEIGHBORHOOD RESTORATION PROJECT HOTLINE
(805) 925-0951, ext. 667

Graffiti is a violation. It must be removed from your property within 10 days in order to avoid fines. Abandoned shopping carts remain the responsibility of the retailer and may result in fines.

NOTICE OF REGISTRATION PROCEDURES

Registrations must be received at least three days before the first class start date and have a minimum of six participants for the class to be a "GO". Otherwise, the class may be cancelled.

[CLICK HERE FOR CITY RESIDENT DISCOUNT INFO](#)

iBilingüe!

CARDIO DANCE FUSION

Who said exercise has to be like work? This is a workout for people who want to have fun! This dance-packed cardio workout is taught dance-class style while you learn basic steps to the most popular Latin rhythm like Salsa, Cha Cha, Samba etc., ending with some dancer's stretches. Count on breaking a sweat while getting in shape. No partners required.

18 yrs. & up

Instructor: Mercado

\$27(R)/\$33.50(N)

001	Tu	5:45-7:00 PM	01/05-01/26	EMSC
002	Tu	5:45-7:00 PM	02/02-02/23	EMSC
003	Tu	5:45-7:00 PM	03/02-03/23	EMSC
004	Tu	5:45-7:00 PM	04/06-04/27	EMSC

FUSIÓN DE CARDIO BAILE

¿Quién dijo que el ejercicio tiene que ser como el trabajo? ¡Este es un desarrollo para la gente que quiere tener diversión! Este es un paquete de baile para desarrollo cardiovascular que se enseña en un estilo de clase de baile mientras que usted aprende los pasos básicos de los más populares ritmos Latinos como, Salsa, Cha Cha Cha, Samba, etc. terminando con un estiramiento de los músculos. Tómelo por seguro, usted sudará, y se pondrá en forma. No se necesita pareja.

SANTA MARIA FOLK DANCE

Learn international dances that will take you around the world! Circles, lines, couples, sets and solo dances will be taught from different cultures: Balkan, Turkish, Israeli, Asian, some African, Canadian, European, U.S. and Latin American. Easier dances taught first hour of class. No partners needed.

Extra practice time held on Thurs. from 2:30-4:00 p.m. at the EMSC. *002 First class held at EMCS.

18 yrs. & up

Instructor: Wheeler

\$12.50(R)/\$15(N)

001	M	7:00-9:00 PM	01/04-01/25	VMCC
002	M	7:00-9:00 PM	*02/08-02/22	VMCC
003	M	7:00-9:00 PM	03/01-03/29	VMCC
004	M	7:00-9:00 PM	04/05-04/26	VMCC

HEALTH TIP

Use the buddy system when exercising to keep up your routine!

FEES

When two fees are quoted (i.e., \$29.50(R)/\$36.50(N), the first is the discounted rate for City of Santa Maria Residents, and the second is the standard fee for Non-residents.

iBilingüe!

ONE-DAY DANCE WORKSHOP

TANGO/WALTZ

This one-day workshop is a great introduction for anyone who wants to learn basic steps to this popular dance - or take as a refresher course if you have not danced for awhile. No experience or partners necessary! **SIGN UP EARLY! Pre-registration is required. Registrations not accepted at class.**

18 yrs. & up

Instructor: Mercado

\$12(R)/\$14.50(N)

001	Th	6:00-7:30 PM	02/25	EMSC
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BAILE POR UN DÍA

Una gran introducción para cualquiera que desea aprender los pasos básicos de los bailes más populares o tome un curso refrescante si usted no ha bailado por un tiempo. ¡No se necesita experiencia o pareja! ¡INSCRIBASE TEMPRANO! La pre-inscripción es requerida. Las inscripciones en la clase no serán aceptadas.

BELLY DANCING - BEGINNING

Experience this fun and popular way to exercise! Become physically fit forgetting you are actually 'working out'. Increase stamina, muscle tone, inner and outer self-expression, and reduce stress by learning Belly Dance techniques from Cabaret to Egyptian Styles. This class is a great introduction to prepare you for the intermediate level. ****No class March 23.**

13 yrs. & up

Instructor: Draper

\$43(R)/\$53.50(N)

001	Tu	6:00-7:30 PM	02/16-04/13	VMCC
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FITNESS BELLY DANCING FOR MOMS

This class is designed to tone up those hard- to-reach areas especially the abdominal after recent or past childbirth. Also focusing self expression, growth, and esteem with techniques from world renowned instructors both in belly dance as well as classical disciplines.

18 yrs. & up

Instructor: Perihan

\$43(R)/\$53.50(N)

001	Th	6:00-7:00 PM	03/18-05/06	VMCC
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