



INTRO TO BALLROOM DANCING



Introduction to ballroom dancing provides participants with valuable skills, including teamwork, social etiquette, discipline, and a boost in self-confidence. For the Spring 2026 session, students will focus on the basics of the Cha Cha and Waltz. Future sessions will introduce Single Rhythm Swing, Triple Rhythm Swing, and Fox Trot with details to be announced later. No experience necessary.

Grades:
4th - 6th Co-ed (Ages 10-12)

Spring Session (February-April)

Cost (monthly):
\$75 members/\$85 non-members
\$50 for 2nd child

Start Date:
Feb 2, 2026

Class:
Mondays from 4:30-5:15 PM
Everett-Milton YMCA Community Room



Instructor: Elizabeth Allen is a ballroom dance instructor originally from Macon, Georgia. She spent seven years as the lead instructor for Dance League of Macon, LLC, honing her skills and sharing her passion for ballroom dancing. Currently, she teaches the ballroom component of the Thomas County National League of Junior Cotillions. In addition to this role, Elizabeth offers private lessons for adults and hosts large group classes for events such as birthday parties and community gatherings.

**FOR MORE INFORMATION CONTACT ELIZABETH AT
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