



ADULT 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 2025 session, students will focus on the basics of the Fox Trot and Triple Rhythm Swing.

Spring Session (February-April)

Cost (monthly per couple):
\$100 members/\$120 non-members

Start Date:
Feb 3, 2025

Class:
Mondays from 6:30-7:30 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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