



# JANUARY 2018

## STARLIGHT DANCE STUDIO CLASS SCHEDULE



	TIME	STUDIO ONE	STUDIO TWO
MONDAY	12:00pm	BEG - WEST COAST SWING BRANDY RICHEY <i>No Class Jan 1st</i>	
	1:00 PM	BEG - NIGHT CLUB 2-STEP BRANDY RICHEY <i>No Class Jan 1st</i>	
	6:30pm	BEG - COUNTRY WESTERN 2 STEP DAVID & TRISH <i>No Class Jan 1st</i>	
	7:30pm	INT - COUNTRY WESTERN 2 STEP DAVID & TRISH <i>No Class Jan 1st</i>	BEG/INT SALSA MICHAEL SALTUS <i>No Class Jan 1st</i>
	8:30pm	BEG/INT - HUSTLE DAVID & TRISH <i>No Class Jan 1st</i>	BEG/INT BACHATA MICHAEL SALTUS <i>No Class Jan 1st</i>

	TIME	STUDIO ONE	STUDIO TWO
THURSDAY	12:30pm	INT - AMERICAN CHA CHA CHA JASON RIVERS	
	1:30pm	INT - EAST COAST SWING JASON RIVERS	
	6:30 PM		
	7:30 PM	BEG - WEST COAST SWING ROTATING INSTRUCTORS \$10 - LESSON & DANCE	BEG - HIP HOP MATT PHELPS
	8:30 PM	8:30 - 10:30 PM SWING SOCIAL - \$5 ROTATING DJ'S	9 - 11PM CLOSED HIP HOP TEAM PRACTICE

	TIME	STUDIO ONE	STUDIO TWO
TUESDAY	12:30pm	BEG - AMERICAN WALTZ JASON RIVERS	ARM STYLING FOR PARTNER DANCING MEG MCNASH
	1:30pm	INT - AMERICAN WALTZ JASON RIVERS & MEG MCNASH	
	2:30pm	INT - AMERICAN FOXTROT TECHNIQUE JASON RIVERS	
	7:00 PM	INT/ADV - WEST COAST SWING BRANDY RICHEY <i>No Class Jan 2nd</i>	ALL LEVELS ZOUK BRUNNO & PAULA
	8:00	BEG - NIGHT CLUB TWO STEP JASON RIVERS	8:00PM - 9:30 PM ZOUK SD TEAM

	TIME	STUDIO ONE	STUDIO TWO
FRIDAY	9:00am		INT - ADULT BALLET DEBBIE TORGESON
	8:00pm		

	TIME	STUDIO ONE	STUDIO TWO
SATURDAY	10:00am	10 - 11:30 - BEG - JAZZ CLASS DEBBIE TORGESON CALL (619) 602-7223	10 - 11 AM CARDIO GROOVES
	1:00pm		
	2:00pm		
	3:00pm		

	TIME	STUDIO ONE	STUDIO TWO
WEDNESDAY	9:00am		ALL LEVELS - ADULT BALLET DEBBIE TORGESON
	11:00am		BEG - BALLROOM ACTIVE SENIORS STEPHEN SHOWERS
	6:30pm	BEG/INT - WEST COAST SWING TONY & LARISA	BEG - ARGENTINE TANGO PATRICIA BECKER <i>No Class Jan 3rd</i>
	7:30pm	INT/ADV - WEST COAST SWING TONY & LARISA	INT - ARGENTINE TANGO PATRICIA BECKER <i>No Class Jan 3rd</i>
	8:30pm	INT - QUICKSTEP JASON RIVERS	

	TIME	STUDIO ONE	STUDIO TWO
SUNDAY	5:00 PM	5 - 6:30 PM BEG - HIP HOP - \$15 MATT PHELPS	

\* Check the back for details

CLASS PRICING
\$15 - Drop In / \$7 w/ valid student ID (student discount on 60min classes only)
\$10 - When paying for the month



# JANUARY 2018 STARLIGHT DANCE STUDIO



<b>PARTIES</b>		
<b>6</b> Sat	<b>INNOVATIONS</b>	
	7:00 - 8:00pm	BEG WEST COAST SWING WORKSHOP
	8:00 - 11:30pm	OPEN DANCING
		HOST: INNOVATIONS
		www.innovationsdance.org
\$10 NON-MEMBERS/ \$5 MEMBERS, FULL-TIME STUDENTS, MILITARY		
<b>BALLROOM</b>		
<b>13</b> Sat	6:30 - 7:30pm	BALLROOM WORKSHOP
	7:30 - 10:00pm	OPEN DANCING
		www.starlightdance.com
\$10 ADMISSION		
<b>INNOVATIONS</b>		
<b>20</b> Sat	7:00 - 8:00pm	BEG WEST COAST SWING WORKSHOP
	8:00 - 11:30pm	OPEN DANCING
		www.innovationsdance.org
\$10 NON-MEMBERS/ \$5 MEMBERS, FULL-TIME STUDENTS, MILITARY		
<b>PROJECT SWING</b>		
<b>27</b> Sat	7:30 - 8:30pm	WEST COAST SWING WORKSHOP
	8:30 - 11:30pm	OPEN DANCING
		Facebook: Project Swing
\$10 Admission		
<b>LABLAST FITNESS CLASS &amp; CERTIFICATION COURSE</b>		
<b>28</b> Sun	9:00 - 10:00am	LABLAST FITNESS CLASS - \$20
	10:00am - 6:00pm	LABLAST FITNESS CERTIFICATION
		\$99 FOR CERTIFICATION COURSE
\$10 Admission		

<b>CLASS DESCRIPTIONS</b>	
Beg - West Coast Swing	Getting you started
Beg/Int - West Coast Swing	Making you comfortable
Int/Adv - West Coast Swing	Popular variations and styling
Adv - West Coast Swing	Upper level patterns and musicality
Latin X	Full body workout with 32 count choreographed routines - Samba, Cha Cha, Rumba
Ladies Movement & Technique	Open to all levels,
Beg - Brazilian Zouk	Learn the basics of the dance, WITHOUT body waves, head movements.
Int - Brazilian Zouk	Learn the flow of the dance, body waves, head movements, etc.
Int/Adv - Brazilian Zouk	Learn all the fun patterns.

<b>CLOSED CLASSES</b>	
* Zouk SD Dance Team	Every Tuesday of the month. To join the team contact Bruno (619) 592-9635
19 ** Ladies Movement & Technique	Level 2 (Must complete Level 1 first)
***Ladies Movement & Technique	Level 3 (Must complete Level 1 and Level 2 first)

<b>WEEKLY SOCIALS</b>		
<b>SWING THURSDAYS NIGHT</b>		
7:30 - 8:30pm	Beginning Lesson	Host: Rotating Instructors
8:30pm	Open Dancing (WCSwing music)	
\$10 for Lesson & Dance. \$5 for just the dance.		