

# Albemarle County Parks & Recreation

## Winter/Spring Guide 2012

(Dance, Yoga, Exercise, Karate, Sports, Special Interest, Parks & Trails, Etc.)

\*Please visit the Albemarle County Parks & Recreation website for additional information on all programs.

[www.albemarle.org/parks](http://www.albemarle.org/parks)

Alb. Co. Res. = Albemarle County Residents  
NCR = Non Albemarle County Residents

### DANCE

#### West Coast Swing

WCS is the modern-day swing, seen recently on the reality TV dance shows. Born in the 1940's from lindy-hop, it evolved through the decades, influenced by popular music. WCS is smoother, slower, and sensual, with an emphasis on footwork and musical interpretation. Danced to a wide variety of contemporary music including rhythm and blues, country, jazz, funk, soul, hip-hop, and contemporary pop. This is NOT your father's swing dance!

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

**Fee:** \$59 Alb. Co. Res. \$69 NCR

*(All sessions include minimum of 20 minutes of practice time with the opportunity for individual attention and feedback from the instructors.)*

**Session 1: WCS Level 1 (Beginner)**

January 10 – February 14  
Tuesdays 6:00 – 7:30pm

**Session 2: WCS Level 2 (Intermediate)**

March 6 – April 17, (No class April 3)  
Tuesdays 6:00 – 7:30pm

**Session 3: WCS Advanced "new moves"**

April 24 – May 29  
Tuesdays 6:00 – 7:30pm

#### WCS Technique: Better Building Blocks

The most beautiful house in the world will fall down if it isn't built on a solid foundation. In this class we will focus on good WCS technique to help build confidence and enhance dance skills. Laughter, success, and a few "A-ha!" moments guaranteed. Appropriate for any dancer who knows basic WCS, from advanced-beginner to advanced.

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

**Fee:** \$59 Alb. Co. Res. \$69 NCR

*(All sessions include minimum of 20 minutes of practice time with the opportunity for individual attention and feedback from the instructors.)*

**Tuesdays 7:30 – 9:00pm**

**January 10 – February 14**

#### Country Western Two-Step: Level 1

Country Western Two-Step is a smooth, joyful, quick-paced dance. Couples spin and turn and glide their way around the dance floor to modern country music. Made popular by the movie Urban cowboy, its roots go all the way back to the 1800's and is now enjoyed worldwide. Cowboy boots optional!

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

**Fee:** \$59 Alb. Co. Res. \$69 NCR

*(All sessions include minimum of 20 minutes of practice time with the opportunity for individual attention and feedback from the instructors.)*

**Tuesdays 7:30 – 9:00pm**

**March 6 – April 17, (No class April 3)**

#### Night Club Two-Step: Level 1

'NC2' was invented 20+ years ago by a professional dancer frustrated that modern slow pop and country ballads did not match well with traditional slow dances like waltz and foxtrot. NC2 is a graceful, romantic slow dance that is easy to learn. It is currently experiencing soaring crossover popularity in the swing dance, country western dance, and ballroom dance circles. *(Hint for the fellas: Ladies LOVE this dance!)*

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

**Fee:** \$59 Alb. Co. Res. \$69 NCR

*(All sessions include minimum of 20 minutes of practice time with the opportunity for individual attention and feedback from the instructors.)*

**Tuesdays 7:30 – 9:00pm**

**April 24 – May 29**



# Albemarle County Parks & Recreation

## Registration Form 2012

### Registration Information:

- Please plan to register for programs at least 5 days prior to the 1<sup>st</sup> class. There will be a minimum number of enrollment to hold each class. If the Parks & Recreation Department cancels a class you will receive a full refund.
- **Registration will only be taken at the Albemarle County Parks & Recreation Office by mail or in person. Please do not bring money to class.** Full payment for classes must be made at time of registration, checks and cash are accepted. Sorry we are not able to take credit cards.
- There will be no prorated fees if you register late for a class.
- No refund after 2<sup>nd</sup> class of session. If there is a refund a \$5 administrative fee will be deducted.
- Class schedules subject to change or cancel due to insufficient participant levels or for unforeseen circumstances.
- If schools are closed early or all day due to weather, all departmental programs are canceled.
- No classes on school holidays, teacher work days, or any day the schools are closed to students.
- Baby-sitting is not provided; please do not bring children to class.

**Make checks payable to:**  
Albemarle County

**Mail registration form and payment to:**  
Albemarle County Parks and Recreation  
401 McIntire Road  
Charlottesville, VA 22902

**Questions call Albemarle County Parks and Recreation (434) 296-5844**

**Please mail Registration Form below and payment to Albemarle County Parks & Recreation**



### Registration Form 2012: Albemarle County Parks & Recreation

Participant / Parent's Name (If under 18 years old)		Email		
Address		City	State	Zip Code
Home Phone	Work Phone	Mobile Phone		

Participants Name	Class Name	Class Location	Start Date	Start Time	Fee

**Liability Release: Albemarle County Parks and Recreation**

I, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against Albemarle County, its officers, agents or assigns for any and all injuries suffered by me at this event or while traveling to or from this event. I give Albemarle County permission to photograph or videotape the above named participant while participating in the recreation program. These pictures maybe used on Albemarle County's website, within other materials publicizing the recreation programs, or on television or in the newspaper. "Albemarle County does not discriminate on the basis of race, creed, sex, national origin, age, military service or disability. Reasonable accommodations will be provided to persons with disabilities, if requested"

\_\_\_\_\_  
Participant Signature (Parent if participant is under 18 years old)

\_\_\_\_\_  
Date