



LINE DANCE CLASS SCHEDULE - 2026

Session: I	January 6th - February 10th
Session: II	February 17th – March 24th
Session: III	March 31st – May 5th
Session: IV	May 12th -- June 16th
Session: V	June 23rd –July 28th
Session: VI	July 4th --September 8th
Session: VII	September 15th - October 20th
Session: VIII	October 27th – December 1st

Class Dates & Times :
Tuesday - 6:00-7:00 pm
Location: Multi-Purpose Room

Line Dance 6-Week Session Price List			
	<i>Regular Member</i>	<i>Non-Member</i>	<i>Drop-In</i>
<i>Class Price</i>	\$30	\$40	\$7.00



**Please plan to arrive
at least 10 minutes before your
scheduled class time.**

CLASS DESCRIPTIONS

Health benefits of dancing:

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

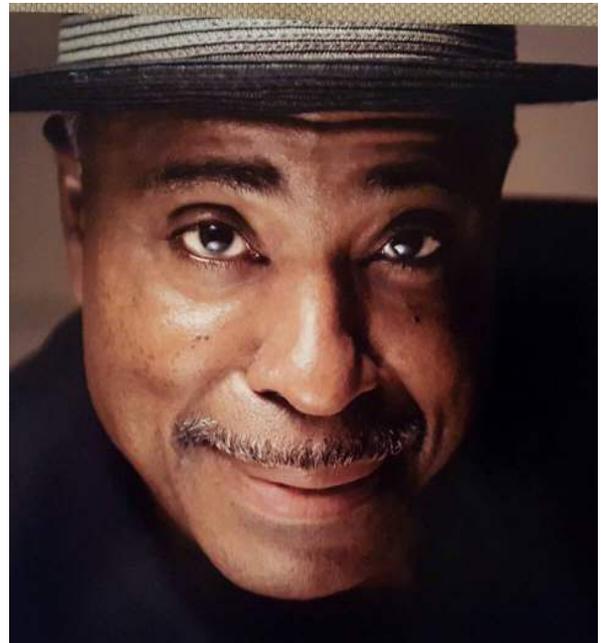
- * **Improved condition of your heart and lungs**
- * **Increased muscular strength**
- * **Improved muscle tone and strength**
- * **Weight management**
- * **Stronger bones and reduced risk of osteoporosis**
- * **Better coordination, agility and flexibility**
- * **Improved balance and spatial awareness**
- * **Increased physical confidence**
- * **Improved mental functioning**
- * **Improved general and psychological wellbeing**
- * **Greater self-confidence and self-esteem**
- * **Better social skills**

Learning Objective:

Sailor, weave, grapevine, jazz box, lock step, triple step, salsa, Mumbo and more

Get your sense of direction with your left and your right

Quarter turn, half turn, full turn to dances like B'more Cowboy, A1 Love, Wooble, Fireball and more



Randy Dennis, Line Dance Instructor

Randy loves line dancing, he teaches line dancing to people of all ages at The League Wellness Centers, Colleges and Corporate events for team building.