

Live & Learn Spring Workshops

Latin & Ballroom Dancing

Date

May 24-26, 2010

Location

Painter's Lodge in Campbell River (3 hours north of Victoria)

Price

\$199 per person, including two nights accommodation, based on double occupancy

Skill Level

Beginner to intermediate levels

Three days of latin and ballroom dance. Jive & Swing is the all-time dance favorite that rocked the world dance and enjoyed by all ages. The Jive & Swing workshop will consist of some easy basic steps and end with fun variations and turns. The Latin Fever sessions will introduce a variety of dance rhythms including the Mambo/Salsa/Cha-Cha/Rumba for absolute beginners for both partnered and single line dances. We'll also through in some foxtrot and Waltz for those looking for ballroom dances. All sessions will emphasize on fun, social and body work-out in an easy going and pleasant atmosphere.

About your instructor: Nelson Wong – ballroomdance@shaw.ca

Nelson has been teaching Ballroom and Latin dances for over 20 years. He established the Swing Kids in earlier years and his teaching efforts produced many up and coming young Championship competitors who went on to become BC's top dancers including his son, Zillion, who is the current and 4-Time undefeated BC Standard and Latin Champion. Nelson received his Professional Licentiate certification from the Canadian DanceSport Federation and his Associate certification from the Canadian Dance Teachers Association.

About Painter's Lodge

Nestled on the picturesque shores of Discovery Passage, Painter's Lodge is a renowned **adventure resort** in a spectacular natural setting. Life at the resort centres around outdoor adventures, including fishing, wildlife viewing, kayaking and much more. Guests also enjoy the amenities of April Point Resort & Spa on Quadra Island, including the new **Aveda spa**. The resorts are joined by a complimentary scenic water shuttle.

For reservations or more information, please call 1-800-663-7090
or visit www.obmg.com/learn

Live & Learn Spring Workshops Latin & Ballroom Dancing Itinerary

(Please meet in Salons A&B)

Monday, May 24

- 3:00 pm Resort check in
- 7:00 – 7:45 pm Jive & Swing
- 8:00 – 8:45 pm Cha Cha
- 9:00 – 9:45 pm Salsa & Mambo
- 9:45 – 10:00 pm Questions and practice

Tuesday, May 25

- 10:00 – 10:45 am Jive & Swing 2
- 11:00 – 11:45 am Cha Cha 2
- 12:00 – 12:45 pm Rumba
- 3:00 – 3:45 pm Jive & Swing 3
- 4:00 – 4:45 pm Samba
- 7:30 – 8:15 pm Foxtrot & Waltz
- 8:15 – 9:30 pm Social Dance Party (Optional Semi-Formal Dress)

Wednesday, May 26

- 10:00 – 11:30 am Review of all dances
- 11:30 – 11:45 am Questions and practice
- 12:00 pm Resort check out

*Please note that 15 minute breaks will be provided between dances