



West Coast Swing University

Dance With Me



2019

Fun Pro –Am Competition Days

Dances Edmonton

DWM & WCSU KEPHALL

7708 85th Street
Jan 26, 2019
7:30 WCS First Timers
8:15 WCS Fun Patterns
Dance till 12am

Club Du soleil Calder Hall

12721 – 120 Street

DWM & WCSU Teaching*

Jan 5:
Jan 19:
Feb 2:
Feb 16:
March 2: Rumba *
March 16: Rumba *
April 6: WCS *
May 11: WCS *

WCS Addicts Bonnie Doon Hall

January 11:
Feb 8:
Feb 22:
Mar 22:

On behalf of the WCS"U" and Dance With Me, we want to wish you an amazing New Year. Thank you for supporting us throughout 2018 and we look forward to more fun, friends and dancing in 2019!!!! May you have health, happiness, love and Dance!! Rob, Sherry, Dom, Rod, Crystal, Eric, Melissa and Elise. Some of the teachers have moved on to bring dance happiness in other areas but are always in our hearts!



WINTER SCHEDULE 2019
King Edward Park Community Hall
7708 85th Street, Edmonton
790-439-9773
info@wcsu.ca
Sherry Tovell / Dom Mannochio / Rod Higgins
Private Lessons
Individually booked - All Dances

TEACHERS PROGRAM
Intensive class to inform, interest and identify you as a teacher. Class structure, class plans, and a comprehensive approach to teaching "West Coast Swing or any Dance".

PRICING PER PERSON
1 - 6 WEEK SESSION \$85.00
2 - 6 WEEK SESSIONS \$160.00
"New Package Lesson"
1 - 6 week Sessions & 2 Private Lessons \$250.00
Private Lesson - 4 Lesson PKG \$350
1 Private Lesson \$90

JAN 2019						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		DANCE WITH ME 1 PRIVATE LESSONS	WCS WEDNESDAYS 2 PRIVATE LESSONS		4	5
6		PRIVATE LESSONS 8	PRIVATE LESSONS 9		11 WCS ADDICTS	12 SSB WKSP
13		PRIVATE LESSONS 15	PRIVATE LESSONS 16		18	19
20		PRIVATE LESSONS 22	7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	CLASS DESCRIPTION Timing-Partnership Patterns How to dance to the Music With Patterns	25	26 DWM DANCE 7:00-8:55pm Lessons 7:30 WCS 8:30 WCS MIXED DANCE MUSIC To 12 am
27		PRIVATE LESSONS 29	7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	Timing-Partnership Patterns How to dance to the Music With Patterns	31	1

FEB 2019						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3	CLASS DESCRIPTION Basic Patterns, Timing Patterns with Partnership	DANCE WITH ME 5 7:00pm RUMBA BASICS 8:00pm TWO STEP NOV - INT	WCS WEDNESDAYS 6 7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	CLASS DESCRIPTION Timing-Partnership Patterns How to dance to the Music With Patterns	WCS ADDICTS 8	9
10	Basic Patterns, Timing Patterns with Partnership	7:00pm RUMBA BASICS 8:00pm TWO STEP NOV - INT	7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	Timing-Partnership Patterns How to dance to the Music With Patterns	15	16
17	Basic Patterns, Timing Patterns with Partnership	7:00pm WALTZ BASICS 8:00pm TWO STEP NOV - INT	7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	Timing-Partnership Patterns How to dance to the Music With Patterns	WCS ADDICTS 22	23
24	Basic Patterns, Timing Patterns with Partnership	7:00pm WALTZ BASICS 8:00pm NIGHT CLUB NOV - INT	7:00pm WCS "GROUND WORK" 8:00pm WCS NOV - INT	Timing-Partnership Patterns How to dance to the Music With Patterns	1	2



2019 RESOLUTION
Suggestions for Dancers
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- Try a new style of dance
- Start cross training Routine
- Work on acting skills
- Make mental health a priority
- Improve your artistry
- Become Social Media savvy

NEW PRICING AND UPCOMING DANCES AND EVENTS

2019 is going to be an exciting time! **January 26th is our first dance** of the year. Held at King Edward Park Community Hall 7708 85th Street. We are doing a special time for the first timers to west coast swing. 7:30 pm . Then a more advanced class at 8:15 pm to run through a popular pattern.

Join us! **Special programs** this year!! 6 week sessions and special pricing for sessions on different days or in a succession of weeks. (per person)

Special offer for anyone who would like to do a private lesson to work on dances before our

group classes or to refine your style and improve. (private lessons can be up to two people)

Doing a Private Lesson Package (\$350 for 4 lessons—up to two people)

Commit to your dance goal!!

Thoughts for 2019 and Your Dancing Dream!

Dance Spirit

Yes, New Year's resolutions are still a thing! As obnoxious as it is to be constantly bombarded by "What's your New Year's resolution this year?," this goal-setting tradition can actually be the first step in making healthy changes that will help you improve as a dancer. But in order for those changes to occur you have to have a plan. That's where goal setting comes in. Well-thought-out goals will help set you up for success—so we've come up with a few ideas for you to adopt into your own list of resolutions this year.

Try a New Style of Dance

What's a dance genre you've always been curious about, but never had the guts to try? Decide that this year you're going to give it a shot. You may have been a bunhead all your life or a contemporary kween, but there might be another dance style out there that you were born to try. You'll never know if you don't branch out and give it the old college try. Make 2019 the year that you step out of your comfort zone and try a new style. Go easy on yourself and take a beginner class, or use your summer program as an opportunity to make the stylistic change. You'll be glad you took a chance and tried something new, even if it only further proves that you're on track with your current style of choice.

Develop A Cross-Training Routine

A cross training routine that focuses on your own strengths and weaknesses can mean the difference between a strong dancer and an injury-prone one. Use the new year to find another form of exercise that will help improve your dancing. If you're looking to strengthen your core than Pilates might be the way to go. If you're looking to loosen up then swimming could be beneficial. Whatever you decide to do make sure that you tailor your training to your body and its needs.

Work on Your Acting Skills

Dancing is all about telling a story. Whether you're a Broadway dancer playing a character in a musical, or a commercial dancer breaking it down on a T.V. show, acting is an important craft to learn. Acting gives you another tool to help you portray a story with your body. Whether you decide to take acting classes or observe your favorite dancers portraying new characters, make a conscious effort to improve your acting within your own style of dance and see what happens when you do.

Make Your Mental Health a Priority

As dancers, we tend to spend a lot of time focusing on injury prevention and other physical health issues—and a lot of times, mental health is put on the back burner. Make your mental well being a priority. The brain is an essential organ in the body, and it's important to give it the attention it deserves. Whether you're struggling with depression, anxiety, an eating disorder, or any other mental illness don't be shy about talking about it and/or asking for help. Many people struggle with mental health so you don't need to feel like you're alone. Let these dancers who've opened up about their personal struggles with mental health inspire you to make 2019 your happiest and healthiest year yet.

Improve Your Artistry

One of the major things that makes dance different from sports is the fact that artistry is required. On top of demonstrating speed, precision, balance, and endurance dancers are also required to show emotion and feeling. A dancer may have technique for days, but if they lack artistry, their performance can often feel dead and a little boring. A dancer who performs with artistry, on the other hand, can take the audience on a journey and allow them to experience the emotions they are portraying. 2019 could be the year you get in touch with your inner artist and find ways to unlock the emotion within your dancing.

Become Social Media Savvy

You may see social media as something fun you do in your free time, but did you know it could actually help make or break your dance career? Instagram and Twitter are great tools that can give you visibility and can even help you land your dream gig. But they also have downsides in that too much screen time can cause unhealthy comparisons and anxiety. Use 2019 to find your social media Zen.