

Specials /NEW classes for 2011. February to April, Semester 1.

(All rights of admission and price or class changes are reserved by DFLA).

Monthly fees –Group classes: (4 lessons -1 month notice compulsory).

- 1) **SALSA** = R 250 /person. **R450/couple discount #**
- 2) **Zumba** = R 260 /person.
- 3) **Break dance** = R 500 /person. **(1,5 hour class). To be confirmed.**
- 4) **Solo Energy** = R 250 /person.
- 5) **Argentine Tango** = R 350 /person. **R650/couple discount #**
- 6) **Sokkie/Langarm.** = R 250 /person. **R450/couple discount #**

PENALTY FOR LATE PAYMENTS APPLIES to these specials:

R10 penalty per class / student /week will be levied IF fees are NOT paid before the 1st of every month. The 30 or 31st thus being the due date. -NO EXCEPTIONS. #NB Discounts apply to registered couples only.

Other DANCE or FITNESS styles possible on request. E.g. Tap, Contemporary, Rock 'n Roll etc.

Description of these Dance styles offered:

SALSA Fusion classes. Cuban, LA and other styles. Includes Lambda, Merengue, Patchanga, Zouke, Batchata, Rueda, Regaton, etc.

Zumba: A blend of fitness, dance and martial arts, and even line dancing for the fitness and dance FUN fanatic.

Zumba seems to be an optimal fitness choice, mixing cardio intervals with resistance training. Many experts believe that an interval /resistance combination maximizes caloric output, fat burning, and total body toning. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps. People seem to forget about working out during a Zumba session, allowing them to exercise longer, and burn even more calories.

A typical Zumba session lasts about an hour and incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso and Salsaton. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Depending on the instructor, you may even get a taste of belly dancing, line dancing & hip-hop dancing, too.

Break dance: Street breaking, with popping and locking and tricks by 2 guys (teachers) who have a Hip Hop crew And competed overseas in LA.

Solo DANCE: NO partner required. For the singles (girls/women, guys/men) who don't have or want a partner.

Consists of various styles, age category's and levels:

1. **Classical: Ballet, Slow style, Modern Spanish, & Jazz.**
2. **Energy: Energy (Disco) & Hip Hop & Bhangra (i.e. Bollywood).**
3. **Latin: Samba, Cha Cha, Paso Doble, Swing Jive.** (Rhumba is introduced at higher levels).

NB: 1 to 3 above will be offered as a combined class in level 1, i.e. Beginner, starting February 2011.

Can be done competitively (Solo) or just for toning, fitness, or as Technique class for those wanting to eventually Compete in the International couple competitions.

Argentine Tango: Level 1 the basics. 4 weeks, with option to continue to level 2 and higher 8 to 12 weeks.

Sokkie/Langarm: This is for those who want to learn various forms of Sokkie + other popular party dances, For GAT party's or dance socials, year end functions, weddings etc. NO partner required, SS couples welcome.



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