

*"I love my Salsa classes. I have such a passion for dance — it makes me happy. I am in love with dance."*

**-Francine Peters, Class Participant**

## Adult Dance

### BEGINNING SALSA

Our popular Beginning Salsa class will teach you foundational concepts and patterns of Salsa dancing along with proper lead and follow technique, timing, and spin technique. Learn to dance with feeling, love what you are doing, and have a great time. Dancing is you—expressed!

Age: 15 and up; W; 7:15 - 8:15 PM; \$69(R)/\$79(NR)

Jan 6-Feb 17; Course #12907

Instructor: Jemadean Dobrosielski; Location: Community Center

### INTERMEDIATE SALSA

Our popular Intermediate Salsa class will teach you Intermediate level concepts and patterns of Salsa dancing, as well as shines (freestyle footwork), proper lead and follow technique, spin technique, and styling. Learn to dance with feeling, love what you are doing, and have a great time. Dancing is you—expressed!

Age: 15 and up; W; 8:15 - 9:15 PM; \$69(R)/\$79(NR)

Jan 6-Feb 17; Course #12908

Instructor: Jemadean Dobrosielski; Location: Community Center

### ADVANCED SALSA

This is an advanced Salsa class that includes advanced partnering, styling, and musicality! To ensure the advanced level and pace of this class, instructor permission is required to enroll. Please visit [www.salsapasiondance.com](http://www.salsapasiondance.com) for more info. The Spin Technique & Body Movement class is highly recommended for anyone taking this class.

Age: 15 and up; Tu; 8:45 - 9:45 PM; \$69(R)/\$79(NR)

Jan 5-Feb 16; Course #12917

Instructor: Jemadean Dobrosielski; Location: Community Center

### SALSA: SPIN TECHNIQUE & BODY MOVEMENT! \*NEW\*

This class focuses on Spin Technique for Salsa dancing and Body Movement/Isolations—important things you need to know in Salsa, Cha Cha, and Bachata! This class is highly recommended for anyone taking those classes, especially the Advanced Salsa class. Spins and isolations are an integral part of Advanced Salsa.

Age: 15 and up; Tu; 7:45 - 8:45 PM; \$69(R)/\$79(NR)

Jan 5-Feb 16; Course #12916

Instructor: Jemadean Dobrosielski; Location: Community Center

### BELLY DANCE - BEGINNING

Wake up on Saturday morning to this sensuous ancient dance form! Class includes introduction of isolations, circulations & rotations; hand gestures and snake arms; Turkish & Egyptian travel step. Find yourself behind the veil and get your rhythm with zills provided.

Age: 14 and up; Sa; 10:00 - 11:00 AM; \$56(R)/\$66(NR)

Jan 9-Feb 20; Course #12909

Instructor: Nicki Vaccar; Location: Community Center

### BELLY DANCE - BEGINNING / INTERMEDIATE

Open up your senses to this ancient art form. Nicki, who has studied and performed in Egypt, brings her technique of isolations, undulations and rotations to you with the posture of queens of the Nile. Veils, zills and combinations of Middle Eastern Dance included.

Age: 14 and up; Sa; 11:00 AM - 12:00 PM; \$59(R)/\$69(NR)

Jan 9-Feb 20; Course #12910

Instructor: Nicki Vaccar; Location: Community Center



### INTERMEDIATE LEVEL INTERNATIONAL RUMBA

Join the fun learning different ballroom dances with exciting choreography, lead and follow technique, and styling. This session focuses on a Latin American Dance, an International Style Rumba. Requires Intermediate/Advanced Level experience. Pre-requisite: Course #12468 or completed beginning level Rumba course(s). Partners are not required.

Age: 13 and up; Su; 3:30 - 4:30 PM; \$69(R)/\$79(NR)

Jan 3-Feb 14; Course #12911

Instructor: Irina Friedhof; Location: Community Center

## BEGINNING SAMBA

Join the fun learning different Ballroom dances with exciting choreography, lead and follow technique and styling. This session focuses on a Latin American Dance, the Samba, a famous Brazilian Dance of Joy. The course is for beginning- level students. Partners are not required.

Age: 13 and up; F; 7:00 - 8:00 PM; \$69(R)/\$79(NR)

Jan 8-Feb 19; **Course #12912**

Instructor: Irina Friedhof; Location: Community Center

## CLUB STYLE CHA CHAI **\*NEW\***

Come learn to dance Club Style Cha Cha! You'll learn how to Cha Cha on time, starting with the basics and moving into Intermediate patterns with styling. This is a 2 hour class for 3 weeks, for a total of 6 hours of class.

Age: 15 and up; Th; 7:45 - 9:45 PM; \$69(R)/\$79(NR)

Jan 7-21; **Course #12913**

Instructor: Jemadean Dobrosielski; Location: Community Center

## SEXY BACHATA! **\*NEW\***

Our Sexy Bachata class is back with new patterns! Six Hours of Sexy Bachata from Jemadean of Salsa Pasión taking you from the Basic Step through Intermediate turns with slow rotations, quick rotations, pace and level changes and dips! Take your Bachata dancing to the next level!

Age: 15 and up; Th; 7:45 - 9:45 PM; \$69(R)/\$79(NR)

Feb 4-18; **Course #12914**

Instructor: Jemadean Dobrosielski; Location: Community Center



ADULTS

## Adult Fitness

### FREE SPIRIT YOGA - ANAHATA INSPIRED

Balance, attitude and energy are different every day, and not everyone is a pretzel. Come experience Free Spirit Yoga. Just as your body is different everyday, Free Spirit Yoga honors where you are every day. Connect with your body, spirit and energy. Experience what it feels like to be where your body is in the moment. Course fee covers 8 classes and is ongoing. \*No class 1/18 and 2/15/10.

Age: 15 and up; M; 6:00 - 7:20 PM; \$85(R)/\$95(NR)

Jan 4-Mar 8; **Course #12925**

Instructor: Melissa Rubin; Location: Community Center

### FELDENKRAIS® METHOD OF SOMATIC EDUCATION

Does pain keep you from doing what you want? Would you like to move more gracefully and effectively? Awareness through movement lessons are a simple series of guided movements designed by Dr. Moshe Feldenkrais to scientifically improve human function. No previous experience required. Everyone is welcome.\*No class 1/18 and 2/15/10.

Age: 18 and up; M; 7:30 - 8:30 PM; \$59(R)/\$69(NR)

Jan 4-Mar 1; **Course #12926**

Age: 18 and up; Sa; 8:00 - 9:00 AM; \$59(R)/\$69(NR)

Jan 9-Feb 20; **Course #12928**

Instructor: Anita Noone; Location: Community Center

### JAZZERCISE

A 60-75 minute total body workout that lifts your spirits while conditioning your body. Class includes warm-up, an aerobic segment, muscle toning and strengthening, and a stretch cool-down. Registration & fee information handled by Jazzercise staff in the classroom. Payment options include Electronic Funds Transfer, monthly and drop-in payments. Visit [www.jazzercise.com](http://www.jazzercise.com)

Age: 16 and up; M - Th, Sa; 8:30 - 9:45 AM

Jan 2-Feb 27; **Course #12930**

Instructor: Jazzercise; Location: Community Center

## PILATES MAT CLASS

This class is for anyone with or without previous Pilates mat class experience. The exercises are designed to condition the whole body, strengthening abdominal and spinal muscles. Build a body that is strong, supple and toned while improving posture, flexibility, and reducing stress. \*No class 1/18 or 2/15.

Age: 14 and up; M; 7:15 - 8:15 PM; \$70(R)/\$80(NR)

Jan 4-Mar 1; Course #13001

Age: 14 and up; Th; 6:00 - 7:00 PM; \$70(R)/\$80(NR)

Jan 7-Feb 18; Course #13000

Age: 14 and up; Th; 7:15 - 8:15 PM; \$70(R)/\$80(NR)

Jan 7-Feb 18; Course #12999

Instructor: Sandra Schroeder; Location: Community Center

## THE ART OF STRETCHING

Stretching for health and fitness is a wonderful complement to all your physical activities. You will improve your flexibility while reducing muscle tension. This class will help your body feel more relaxed. \*No class 1/18 or 2/15.

Age: 14 and up; M; 8:15 - 8:45 PM; \$35(R)/\$45(NR)

Jan 4-Mar 1; Course #13002

Instructor: Sandra Schroeder; Location: Community Center

## Adult Special Interest

### ACTING WORKSHOP FOR ADULTS

Learn versatile, core acting techniques in a fun and comfortable atmosphere. Coursework includes: improvisational exercises, Meisner technique and scene study from contemporary and classical texts. All levels welcome.

Age: 18 and up; Th; 7:15 - 9:15 PM; \$86(R)/\$96(NR)

Jan 7-Feb 18; Course #12980

Instructor: Aleta Barthell; Location: Community Center

### ACTING WORKSHOP FOR ADULTS - LEVEL II

Hone versatile, core acting techniques in a fun and comfortable atmosphere. Coursework includes: improvisational exercises, Meisner technique and scene study from contemporary and classical texts. This class is designed for students who have completed the Acting Workshop for Adults. \*No class 1/18 and 2/15/10.

Age: 18 and up; M; 7:30 - 9:30 PM; \$86(R)/\$96(NR)

Jan 4-Mar 1; Course #12982

Instructor: Aleta Barthell; Location: Community Center

### INTRODUCTION TO MAGIC! \*NEW\*

Learn about the secret world of Magicians, their fascinating history and tricks. Magician Michael E. Johnson will bring rare items from his magic museum for show-and-tell. Students will also learn magic tricks with coins, cards, rope and paper. Magician Michael is a member of Hollywood's Magic Castle.

Age: 18 and up; Tu; 7:30 - 8:30 PM; \$84(R)/\$94(NR)

Jan 5-Feb 9; Course #12981

Instructor: Michael Johnson; Location: Community Center

### CAKE DESIGN 101! \*NEW\*

Ro Zinniger, Owner and Cake Stylist for Ro Z's Sweet Art Studio, will be teaching the fundamentals of cake decorating. Students will apply their techniques to cake and cupcakes. This class is a mix of demonstration and hands-on. Supplies are not included. A supply list will be given out the first night of class.

Age: 18 and up; Th; 6:00 - 8:00 PM; \$175(R)/\$185(NR)

Jan 14-Feb 11; Course #13120

Instructor: Rosanne Zinniger; Location: Community Center



# GIFT CERTIFICATES

*Just in time for the Holidays!*

Looking for that perfect birthday gift or holiday gift? Purchase an Encinitas Parks & Recreation Gift Certificate, just in time for the holidays. **Certificates are Non-Refundable.** Purchase in person or online. Certificates purchased online will be mailed. Certificates are redeemable in person for Encinitas recreation classes and redeemed for the full value at the time of use. Unused balances will be applied as a credit to your account. To purchase online, visit [www.EncinitasRecReg.com](http://www.EncinitasRecReg.com).

**\$25.00** — use course #13155 | **\$50.00** — use course #13156 | **\$100.00** — use course #13157