

NEWS RELEASE

May be published when received.



September 12, 2017

603 West Park Street, Sheldon, Iowa 51201
Phone 712-324-5061 or toll free 1-800-352-4907, Ext. 105

Northwest Iowa Community College Life and Leisure Classes Starting Week of October 2

Want to learn a new hobby, improve your day-to-day life or experience a relaxing outing with friends? At Northwest Iowa Community College, we are striving to develop programming that is relevant, up-to-date, informative and FUN.

Enhancing Your Waltz Steps: Waltzes are common in both country and pop music. If you have a very basic knowledge of waltz, this class is for you! You will review basic waltz and new moves will be learned. Please wear smooth soled shoes. Instructor: Annie McCabe. Annie is an experienced dancer and has taught dance classes since 1995. This course will be on four Mondays, October 2, 9, 16 and 23 from 7 - 8 pm in the Northwest Iowa Community College Lifelong Learning Center aerobics room. Tuition: \$49/couple

Boost Your Swing Dance Skills: Would you like to dance casually or learn a great skill for a wedding dance? In this class you will be reviewing the basic East Coast swing -- a fast, fun, energetic dance popular starting in the 1940's. It is dance to big band, fifties rock and roll, and lots of other music. You will learn new moves, one of which is the triple swing --transferable to the jitterbug/single swing. Participants should have a basic knowledge of swing. Please wear smooth soled shoes. Instructor: Annie McCabe. Annie is an experienced dancer and has taught dance classes since 1995. This course will be on four Mondays, October 2, 9, 16 and 23 from 8:10 -9:10 pm in the Northwest Iowa Community College Lifelong Learning Center aerobics room. Tuition: \$49/couple

To register for this class, call Northwest Iowa Community College at 712-324-5061 or 800-352-4907 and ask for Continuing Education.