

ADULT - DANCE

Allegro Dance Classes

Allegro Dance Studios has been a Mukilteo fixture since 1995. Our instructors mix quality dance education with recreational time commitments. Our choreography is family friendly.

Jazz

A fast paced class with popular dance music. Students learn contemporary dance styles with the focus not on just learning the steps but technique, body awareness, and proper alignment as well. Wear jazz shoes, jazz pants. Various levels. 1 hour. (Min 3/Max 15)

Code:	Age:	Day:	Date:	Time:
1302	18&up	Mon.	Sept. 13-Oct.18	9:15am-10:15am
1305	18&up	Mon.	Oct. 25-Nov. 29	9:15am-10:15am

Fee: \$75

Location: Rosehill Comm. Ctr., Room 209

Instructor: Teaching Hip Hop and Jazz classes is Nicole Gochnour. Nicole grew up dancing in California at Freddy Fin Dance Studios and later studied at The Turning Pointe in Mill Creek. Nicole has taught with Allegro for 4 years.

Hip Hop

Funky street style dance to hip hop and rap music. Wear baggy clothes, no jeans, clean tennis shoes. 1 hour. (Min 3/Max 15)

Code:	Age:	Day:	Date:	Time:
1303	18&up	Wed.	Sept. 8-Oct.13	9:15am-10:15am
1304	18&up	Wed.	Oct. 20-Nov. 24	9:15am-10:15am

Fee: \$75

Location: Rosehill Comm. Ctr., Room 209

Instructor: Nicole Gochnour

Belly Dance Basics

Whether you're just looking for a creative way to stay in shape, looking for a new hobby, or hoping to be that next belly dance superstar, belly dance is for you! This fun, low-impact course will allow you to express yourself creatively, while increasing flexibility, core strength, coordination, confidence and poise. Learn Egyptian belly dance in a non-threatening environment from Seattle's award winning belly dancer. Classes are designed to meet the needs of the individual students, from beginners to those with some experience. Wear comfortable clothing, such as an exercise top and yoga pants. All ages and sizes are welcome. Belly dancers dance barefoot but shoes are acceptable. Students need to bring a yoga/floor mat to class. Contact Mellilah for more information. www.mellilah.com or 206.370.2881. (Min 5/Max 20)

Code:	Day:	Date:	Fee:
1308	Mon.	Sept. 20-Oct. 25	\$72 (6 wks)
1309	Mon.	Nov. 8-29	\$48 (4 wks)

Drop-in Fee: \$15

Time: 5:00pm-6:00pm

Location: Rosehill Comm. Ctr., Room 201

Instructor: Mellilah is an intuitive and generous instructor with a strong background in movement and fitness. She also teaches through the City of Bothell. She has completed Hadia's Middle Eastern Teacher Training Level 1, Level 2, and Level 3, Sahra Saeeda's Cairo Style 1 & 2, and is a certified fitness instructor with the Fitness Institute International of Florida. Additionally, she has a B.S. in Education and Minor in Music. Learn more at www.mellilah.com.



Tap Dance

Learn tap basics in this class designed for beginning tap enthusiasts to folks who are just curious, or former tap students interested in refreshing their skills. Tap is a great low-impact workout for both the body and mind. Students will be introduced to fundamental tap steps and will also work on sequencing steps together from week to week. Come with a willingness to learn and be prepared to have fun! Beginners welcome. Don't have tap shoes? Come to the first class without your tap shoes and get advice on style and best place to purchase. (Min 3/Max 15)

Age:	Code:	Dates:
Adult	1306	Sept. 14-Oct. 19 (6 wks)
	1307	Oct. 26-Nov 30 (6 wks)
Day:	Tuesday	
Time:	6:00pm-7:00pm	
Fee:	\$50	

Location: Rosehill Comm. Ctr., Room 201

Instructor: Suzy Oversvee brings over 20 years of dance experience to her classes. Growing up in Everett, Suzy received the majority of her training, including ballet, tap, and jazz, from instructor, Mike Jordan, at Betty Spooner's School of Dance. Suzy is excited to share her lifelong interest in dance through teaching tap.