



# West Coast Life for Life!

An innovative 6 week progressive series for learning to dance West Coast Swing.

## West Coast Swing For Life at Sangha Space 116 West Baltimore Ave, 2nd Floor, Media, PA

Sign up **NOW** and really learn how to dance West Coast Swing (WCS)!  
Tell your friends about it too!

This is how it works: Preregister and make sure you have a slot. up at the Once you graduate from our 6 week progressive series you will be able to to any of our beginner classes at Sangha FREE - that's right at no charge. series starts no new dancers will be added to that particular series but you can sign up for the next one!

These classes are fun and filled with information to help you learn the dance skills you need to know to be able to get out on the social floor and have fun dancing.

Cost: \$90 for 6 week series - must be paid in full by 2nd class by cash or check.

**Check our website for our 2013 Schedule and reserve your spot!**

## West Coast Swing Every Tuesday with Rob and Sheila

**7:30-8:30 West Coast Swing Intermediates** - cool stuff - bump up your dance skills! Must know your 6s and 8s for this one. Not sure, ask us!

**8:30-9:30 West Coast Swing for Life** - Meet new people and have fun while learning cool dance skills, learn. Just *DO IT! Progressive 6 week series*.

**9:30-11:00ish FREE WCS practica.** Stay after class and practice what you are learning or just come out and join in the fun of the dance and be a part of this cool community.

Everyone welcome. No partner needed. Free parking on the streets and in the garage on the corner of Olive St. and Baltimore Av.e

## WCS Bridge Workshops - OPEN LEVEL - our ongoing continuous education

**Workshops** are designed to build on the basics and elements of dance. Boost your dance skills and improve your execution. These **OPEN level workshops** are the PERFECT "next step" for beginners, as well as the PERFECT "fit" for more experienced dancers to improve on what you now do and add to your skills and execution. Participating in these workshops will help you become much more comfortable and more knowledgeable of and comfortable with the dance. In our Bridge workshops we focus on: Partnering, connection, dance flow, turns, musicality and so much more. Come try one out and you'll be hooked! **MUST** know your 6s and 8s for these workshops.



[www.robandsheiladance.com](http://www.robandsheiladance.com)

Got questions? Call or text 609-519-0793/0078 or email us at [robandsheiladance@yahoo.com](mailto:robandsheiladance@yahoo.com)

**Check our  
website for  
start dates!**