



-San Mateo Parks & Recreation Department
ADULT DANCE PROGRAM
Spring 2020
(March 16 – June 13)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			American Line Dancing Level 1 9:30-10:30am <i>Senior Ctr.</i> Allen I.		WOD U-Jam/POUND Fusion 9:30-10:30am <i>SMHS</i> Chilou B.
	Tap Into Joy 11:30-12:30pm Daphne W.		Jazz Dance 12:15-1:30pm Tamara S.		Hip Hop 10:00-11:00am Gina L.
American Line Dancing Level 1 2:00-3:00pm <i>Senior Ctr.</i> Allen I.					
	Argentine Tango I Beg. 7:30-8:30pm David & Nancy M.	WOD U-Jam Fitness 6:30-7:30pm Stephanie C.	Tap II 5:45-6:45pm <i>SMHS</i> Melissa C.		
Hip Hop 6:00-7:00pm <i>SMHS</i> Deb S.	Argentine Tango II - Continuing 8:30-9:30pm David & Nancy M.	Mexican Folkloric Dance 7:00-8:00pm <i>King Ctr.</i> Martin C.	Belly Dance Level I 6:50-7:50pm Level II 7:50-8:50pm <i>SMHS</i> Malia D.		
WOD U-Jam Fitness 6:30-7:30pm Chilou B.		Ballet: Combined Levels 7:30-8:45pm <i>SMHS</i> Leslie M.	Flamenco 6:30-7:30pm <i>King Ctr.</i> Marco O.		
Ballet: Beg. 7:00-8:15pm Cariad T.	Tap I 7:30-8:30pm <i>SMHS</i> Laura M.	Line Dance – Beg. 7:30-8:30pm Line Dancing-Next Steps 8:30-9:15pm Cathy D.	Hula 7:30-8:30pm Valentina L. <i>Senior Ctr.</i>	Social Ballroom Basic 7:45-8:45pm Judy & Bart L.	
	Tap Progressions 8:30-9:00pm <i>SMHS</i> Laura M.	Line Dancing Combo 7:30-9:15pm Cathy D.	Salsa 7:30-8:30pm Ernesto C.	Social Ballroom Int. 8:45-9:45pm Judy & Bart L.	

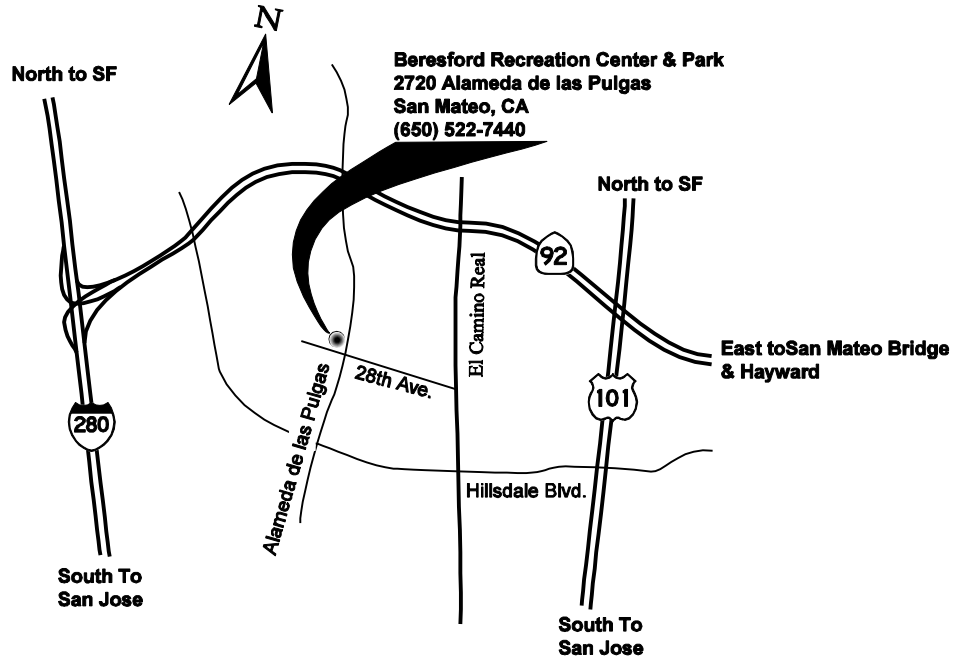
Classes held at Beresford unless otherwise listed

About Our Program:

Our goal is to provide a fun and challenging dance experience in a safe and supportive environment. Our strengths are that we have the highest quality of instruction with professionals who are highly skilled in the Dance or Fitness specialty. Each class is more than just a dance or fitness class. Participants will be motivated, educated and inspired and, regardless of your level of experience, you will receive a great dance experience focusing on not only learning a dance form but having fun as well.

Dance Instructors:

Ernesto Caballero
Melissa Cheu
Martin Cruz
Malia DeFelice
Allen Isidro
Judy & Bart Lewis
Valentina Linsangan
Gina Lorton
Laura Marsh
Leslie Marx
Nancy & David Mendoza
Marco Ogo
Tamara Shuttle
Deb Stevens
Cariad Thronson
Daphne Wong



Dance Classes:

Argentine Tango (Beginning & Intermediate)
Ballet (Beg. & Interm. levels)
Bachata Social Dance
Jazz Dance
Tap I & II
Tap Into Joy!
Belly Dance (Levels I & II)
Flamenco
Hula
Mexican Folkloric Dance
Line Dancing (Beg. & Next Steps)
Social Ballroom Dance (Basic & Inter.)

LOCATIONS:

Beresford Recreation Center
2720 Alameda de las Pulgas, San Mateo
650-522-7440

Central Recreation Center
50 E. 5th Ave., San Mateo
650-522-6730 or 650-522-7400

Martin Luther King, Jr. Community Center
725 Monte Diablo, San Mateo
650-522-7470

San Mateo High School (Dance Studio)
506 North Delaware St.
650-522-7560

Senior Center
2645 Alameda de las Pulgas

**Schedule may change during the first 3 weeks of session. Updated schedules are available on our city website:*

www.cityofsanmateo.org or check with Front desk staff.

Unless otherwise listed, classes are held at the Beresford Ctr.

For more information, call the San Mateo Parks & Recreation Department

Dance Program at 650-522-7444 or 650-522-7448

www.cityofsanmateo.org

<https://www.facebook.com/smparksandrec>

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