

Gift certificates  
available!



## Ballroom Dancing Benefits

- *Great exercise! Dancing works muscles in many different parts of the body*
- *Sharpens your balance and coordination*
- *Challenges your mind as well as your muscles*
- *Teaches effective communication*
- *Great way to spend time with your partner*
- *Great opportunity to make new friends and socialize*
- *Last but not least...*

IT'S JUST FUN!



## Contact Us!

### Mailing Address

Sarnia Ballroom Dancing Club  
P.O. Box 12  
Sarnia, Ontario, Canada  
N7T 7H8

### Email Address

[sarnia.ballroom.dancing.club@gmail.com](mailto:sarnia.ballroom.dancing.club@gmail.com)

### Website

[sarniaballroomdancingclub.ca](http://sarniaballroomdancingclub.ca)

Check us out on Facebook  
@ Sarnia Ballroom Dancing Club!

Thank you to our sponsors:

- Artist: Tatyana Markovtsev of Feel the Line
- Artist: Julie Luke of Luke Design
- Shell Canada Ltd.
- Store-N-Save Self Storage

# SARNIA BALLROOM DANCING CLUB

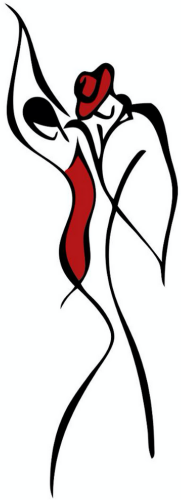


**Come dance with us!**

# HISTORY

---

The Sarnia Ballroom Dancing Club is a non-profit organization that was started in 1982. Shirley Elbourne approached the city of Sarnia to present the concept of starting a modern ballroom dancing club to strict tempo ballroom dancing music (Quickstep, Slow Waltz, Viennese Waltz, Slow Foxtrot, Tango, Rumba, Cha-Cha, Samba, and Jive). The club began with a sponsorship and loan from North Sarnia Parks and Recreation Committee.



This is your opportunity to enjoy recreational ballroom dancing in the Sarnia-Lambton County area.

# LESSONS

---

Yearly membership fee is \$30 a couple starting Sept. 1st to Aug. 31st, which entitles members to lessons and pay reduced fees to club events. Lessons are \$100 per couple for a 9-10 week session.

- Dance lessons are taught in 3 sessions over the course of a year
  - Fall - September into November
  - Winter - January into March
  - Spring - March into May
- Each session includes two types of ballroom dances
- Lessons are one night a week with 60 minutes of instruction
- As a bonus to members, each week there is a free group practice night with instructors to assist with steps and routines
- Every Friday there is a second free practice night to members, without instructors
- Monday nights there are Sequence Dance lessons/practices for members who have had a minimum of beginner level lessons

# DANCES

---

## **Regular Monthly Dances for both members and non-members**

- Dances may include themes such as Hallowe'en, Mardi Gras, Valentine's, Spring Fling, Hawaiian Luau, Summer Sock Hop, St Paddy's, and Christmas
- \$20/couple for members, \$30/couple for non-members
- Regular Dances are 8:00pm to 11:00pm

## **Twice a year the Club holds Dinner Dances**

- A Dinner Dance is held in May in conjunction with the Annual General Meeting
- A Christmas Dinner Dance with entertainment is held in December
- Dinner Dances are 6:00pm to 12:00am

