



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LINE DANCING FOR BEGINNERS

\$40 for Members/\$45 for Non-Members

Instructor: Arlene Jones

SMITH MOUNTAIN LAKE YMCA

This eight week program will provide a fun, low-impact introduction to some of the most popular county line dances in the world! Not only will participants have fun while exercising, they will experience benefits associated with: balance training, centralizing the body and increasing bone mass density. Participants are encouraged to wear flat rubber soled shoes or boots. Dances that may be covered include:

- Lonely Drum *Voted #1 Line Dance Worldwide!
- Boot Scootin' Boogie
- Cowboy Charleston
- Stroll Along Cha Cha

WHEN: April 1st—May 20th

TIME: Mondays 11:30 AM—12:30 PM

LOCATION: STUDIO A

SML YMCA
293 Firstwatch Dr.
Moneta, VA 24121
(540)721-9622
www.franklincountyyymca.org

Visit or call to get registered!