



& PARA4Life invite you to our

Spring 2025 Ballroom Dance Classes

The following ***Introductory Ballroom Dance Classes*** will be held at **PARA McAbee Center** (3801 Loop Road, Tuscaloosa):

***Slow Dance, Hustle, Rumba,
Swing, Foxtrot, Waltz***



This **12-week** introductory ballroom dance course will be held on **Tuesday nights, 6:30-7:30pm, January 14 - April 1, 2025**. The course will be taught by TBDC past-presidents, **Scott Hestevold** and **Regina Noland**.

Six dances will be taught, covering two dances during each 4-week period. On January 14th, please arrive early to complete the registration process. Partners are preferred but not required; TBDC volunteers will assist those without partners. Wear shoes that will allow your feet to slide on the floor.

Cost of this entire course is \$70 for non-members; \$45 for current TBDC members; \$30 for students. ~ (Non-member fee includes **free** TBDC Membership through December 31, 2025) ~ **Drop-in participation** is welcome at a cost of **\$10 per lesson.** ~ **Cash or Check Only** Please.

Questions? Contact Regina Noland, Lessons Coordinator, at: regina001@aol.com or 205-242-7485

Visit our **website:** www.tbdc.org

Also, click **Like** to follow our **Facebook** page: **Tuscaloosa Ballroom Dance Club**