



& PARA4Life invite you to TBDC's

Fall 2023 Ballroom Dance Classes

The following *INTRODUCTORY* BALLROOM DANCE classes will be held at 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, Sept 5- Nov 21, 2023.*** The course will be taught by current TBDC president, ***Scott Hestevold,*** and past-president, ***Regina Noland.***

Six dances will be taught, covering two dances during each 4-week period. On September 5, 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, 2023) ~ Drop-in participation is welcomed at a cost of \$10 per lesson. ~ Cash or Check Only Please.

Questions? Contact Regina Noland at: reginao01@aol.com or 205-758-4567

Visit our website www.tbdc.org

Also, like and follow our [Facebook page: Tuscaloosa Ballroom Dance Club](#)