



& PARA4Life invite you to our

## Introductory Ballroom Dance Classes

**Beginning January 13, 2026**

at the **McAbee Center** (3801 Loop Road, Tuscaloosa)

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



This **12-week** Introductory course will be held on  
***Tuesday nights, 6:30-7:30 pm, Jan 13-March 31, 2026***

The instructor will be TBDC past-president, Scott Hestevold,  
assisted by his wife, Nita

**Six dances** will be taught, covering two dances during each 4-week period. On January 13, 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, 2026) ~ **Drop-in participation** is welcome at a cost of **\$10 per lesson** ~ **Cash, Check, or Venmo**

**Questions?** Contact Regina Noland, Lessons Coordinator: [reginao01@aol.com](mailto:reginao01@aol.com) or 205-242-7485

**Website:** [www.tbdc.org](http://www.tbdc.org) ~ **Instagram:** [tusc\\_ballroom\\_dance\\_club](https://www.instagram.com/tusc_ballroom_dance_club)

**Facebook:** [Tuscaloosa Ballroom Dance Club](https://www.facebook.com/TuscaloosaBallroomDanceClub) ~ **Tuscaloosa Patch** (announcements)