



& PARA4Life invite you to our

Introductory Ballroom Dance Classes, *Part II*

Beginning September 2, 2025

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

***Triple-Step Swing, Cha Cha
Rumba, Waltz, Foxtrot***



TBDC & PARA4Life are offering Part II of the Introductory Ballroom Dance Classes. The twelve classes will be taught on

Tuesday nights, 7:45-8:45 pm, Sept 2 - Nov 18, 2025

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

Prerequisites: (a) Those who enroll in Part II must have completed TBDC's Introductory Ballroom Dance Classes. Part II focuses on two new dances and on new patterns for dancers' basic repertoire. (b) You will need a dance partner for Part II; there will be no volunteers to assist. (c) Please 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, Check, or Venmo

Questions? Contact Regina Noland, Lessons Coordinator: reginao01@aol.com or 205-242-7485

Website: 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)