

Ballroom Dancing Returns

First Class Free

As the Lyttelton Recreation Centre evolves into a community centre, more and more diverse activities are becoming available locally to harbour residents. The latest is Ballroom Dancing. Janita Clark is to start teaching in our Port township from October 19th. The first class is free.

The Review team sent her some questions to find out all about her new classes.

How long have you been teaching dancing?

I have been teaching since 2018 and have qualified in Ballroom and New Vogue styles, currently studying to qualify in Latin. I adjudicate at local competitions and am also a qualified scrutineer through the British Dancesport Council.

How do the classes work?

Ie: do you need a partner? What age group are you targeting? Do you need special shoes? Is the dancing purely social? Do you need to book for a term, or can you do one off classes?

We cover mainly ballroom and Latin in the classes with a little bit of New Vogue. Ballroom covers Waltz, Tango, Foxtrot, Quickstep and Viennese Waltz. Latin covers Cha Cha, Samba, Rumba, Jive and Paso Doble. New Vogue is sequence dancing using ballroom figures and ballroom music, so based on the Waltz, Tango, Foxtrot. We teach at the pace that the student learns at in a fun friendly environment.

The class is aimed at adults so anyone from the age of 16 can come along. Most of our students are 35+ and we even have some students in their 80's.

You don't need special shoes to start with but if you want to develop your dancing further down the track it is advisable to get some proper dance shoes. These can be purchased at reasonable prices these days starting from about NZ\$40 up to top of the range ones that cost about \$260.

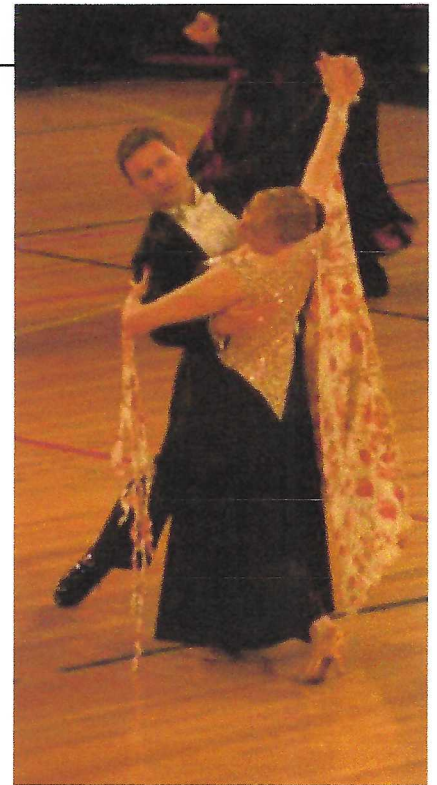
The classes that we are starting are for those interested in purely social dancing, however for those interested in further development we offer private lessons by arrangement. I can also do coaching for competitive dance and there is the opportunity available for amateur dancers to sit a medal exam. Medal exams give feedback to dancers on their progress, these are entirely optional, and I don't put any pressure on anyone to do these.

Recreational competitive dance is becoming popular in NZ as it doesn't require the expensive dresses and suits and



beginner dancers can enter to these competitions to get a feel for competing and see if they like it or not. The recreational events can be danced in normal tidy street attire.

You don't need a partner to come along to the class, but it is good if you have one. I have my husband come along who also has a lot of dance experience who helps partner those who don't have a partner.



Date and Time of the classes.

The class starts on Monday 19th October 7.30pm at the Lyttelton Rec Centre in the Trinity Hall.

Fees plus do you need to book for a term, or can you do one off classes?

The cost is \$15 per person per class or you can prepay for a 10-class concession card which is \$120. If a couple is purchasing a concession card, then they can share the card and not have to purchase 2 cards. You don't have to book for a term, and we do run classes during the school holidays and on public holidays if the class participants want the class to run.

Anything else you would like potential students to know?

I have 27 years dance experience and love the reward that I get from teaching people to dance. It is a real reward for me when I see my students happy and smiling and enjoying their dancing. I see dancing as something for everybody, no matter your age, shape or size. If you are happy then that is all that matters. Dancing is great for your mind and body and dancing has been proven to help reverse signs of aging in the brain. We break down figures into bite size pieces so that they are easy to learn and in every class I like to give some one on one tuition to each student so that we can work on anything that they need help with. I also teach classes in Prebbleton and Russley. I am passionate about ballroom dancing, it is a beautiful art and I want to spread my knowledge to help build this beautiful, graceful form of dancing in Canterbury.

If you'd like to sign up for classes or want further information Janita's details are:

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