

Please note that pre-registration discount pricing is now if you register at least 3 days before workshop.

Pre-registration is highly encouraged and appreciated. This will help us in our planning of space needed for each workshop, and help prohibit the cancellation of any classes or workshops at the last minute. We want to offer topics and classes that you are truly interested in and feedback is always encouraged (info@ysbd.nyc)

Tuesdays
Apr 2nd - Apr 23rd

Special Tuesday 4wk Balboa Fundamentals

8:30pm - 9:30pm

with **Leslie deGiere**

This group class offering is starting April 2nd.

Dates: April 2nd, April 9th, April 16th & April 23rd

Don't forget our free Balboa Practice sessions the 3rd Tuesday of every month (April 16th)!



Level: *Beginner*

\$100 In Adv (by 3/30) **\$120** (after 3/30)

Monday
April 8th

Fast Lindy!

7:30pm - 9:30pm

with **Bobby White & Akemi Kinukawa**

Back by popular demand! Join ILHC fancy pants dancers and Harvest Moon Hoppers Bobby White and Akemi Kinukawa for more uptempo Lindy technique and high-level air steps. We will focus on moving through several great fundamental steps and stylings at higher speeds. (Bring your dance towels.)

Dancers must know fundamental 8-count Swing outs & 6-count moves & Charleston figures and transitions at 160bpm. For the air steps, we highly recommend that partnerships have done fundamental air steps before.

Level: *Intermediate+*

\$45 In Adv (by 4/5) / **\$50** (after 4/5)

Sunday
April 14th

Slow Dancing in Lindy Hop for Beginners

1:00pm - 3:00pm

with **Rafal Pustelny & Laura Glaess**

Learn how to groove to slow music in Lindy Hop. Practice how to connect with your partner and find musicality in basic rhythms. We will guide you through different patterns found in Jazz Dances and dance to music below 110bpm.

Level: *Beginner*

\$45 In Adv (by 4/11) / **\$50** (after 4/11)

Sunday
April 14th

Slow Dancing in Lindy Hop for Intermediates

3:30pm - 5:30pm

with **Rafal Pustelny & Laura Glaess**

Come and learn new ways of dancing to slow music. We will cover moves, dips, and rhythms that take inspiration from Lindy Hop and other Vernacular Jazz Dances. Learn to do less and get more out of it!

Level: *Intermediate*

\$45 In Adv (by 4/11) / **\$50** (after 4/11)

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Saturday
April 20th

Swing Crash Course

with **Elena Iannucci**

12:30pm - 2:30pm

Great for both newcomers and those looking for a refresher or to learn a new role! No partner necessary, we will rotate partners for those comfortable doing so! This one day workshop introduces you to the style of Swing that was born in Harlem during the 1920s & 30s. We'll cover partnering, rhythm and lead-follow techniques and will focus on 6-count patterns perfect for Big Band swing music and social dancing! Come ready for a great workout and a fun day!

Level: *Beginner*

\$35 In Adv (by 4/19) / **\$45** (Day of)

Saturday
April 27th

Solo Ballroom Choreography: Cha Cha

with **Zachary Bordonaro**

1:00pm - 2:30pm

No partner, no lead/follow, sometimes you need to just dance! This class will have some warm up exercises followed by Cha Cha choreography. By dancing solo, we can have some different expressions of movement and a focus on elements of our own dancing (without blaming our partner!)

Level: *Pre-Int and Up*

\$35 In Adv (by 4/24) / **\$40** (after 4/24)

Monday
April 29th

Fundamentals Lifts & Air

with **Bobby White & Akemi Kinukawa**

7:30pm - 9:30pm

Back by popular demand! Join ILHC fancy-pants dancers and Harvest Moon Hoppers Bobby White and Akemi Kinukawa for training in fundamental lifts and air step technique. Partners ARE required. This is a great class for those newer to air steps, or those just wanting some more supportive trick steps in their arsenal. Please wear non-baggy athletic clothing and cushioned sneakers with good grip. No jewelry or watches.

Level: *Intermediate*

\$45 In Adv (by 4/26) / **\$50** (after 4/26)

Tuesdays
Apr 30th - May 21st

Special Tuesday 4wk Balboa Fundamentals

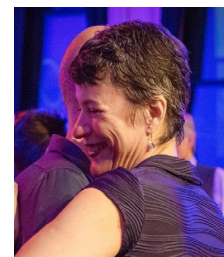
with **Leslie deGiere**

8:30pm - 9:30pm

This group class offering is starting April 30th.

Dates: April 30th, May 7th, May 14th & May 21st

Don't forget our free Balboa Practice sessions the 3rd Tuesday of every month (May 21st)!



Level: *Beginner*

\$100 In Adv (by 4/27) **\$120** (after 4/27)

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Saturday
May 11th

Solo Ballroom Choreography: Waltz

2:00pm - 3:30pm

with Zachary Bordonaro

No partner, no lead/follow, sometimes you need to just dance! This class will have some warm up exercises followed by Waltz choreography. By dancing solo, we can have some different expressions of movement and a focus on elements of our own dancing (without blaming our partner!)

Level: Pre-Int and Up

\$35 In Adv (by 5/8) / **\$40** (after 5/8)

Friday
May 17th

History of Lindy Hop Film Party

7:30pm - 9:30pm

with Bobby White

An ALTERNATIVE History of Lindy Hop on Film party with Bobby White! Grab some food and come on down to YSBD for a night of Lindy Hop history. You'll get a full, fun commentary while watching both famous and rare clips of Lindy Hop that we did NOT show in our recent 2023 talk! ALL NEW clips! same beautiful history.



-Popcorn and lemonade provided.

Pricing: \$25 (pre-registration encouraged)

Saturday & Sunday
May 18th & May 19th

Balboa Solo Series

Saturday

1:00pm - 3:00pm

with Yurina Shin

A dynamic workshop series where you will immerse yourself in solo footwork exploration. From fundamental textures to advanced ideas, enhance your body awareness, balance, posture, and stylized footwork.

Sunday

2:00pm - 4:00pm

Benefits: No dance partner required. Enabling practice anywhere, while also providing a workout that keeps you in shape. As you integrate these solo skills into your social dancing, expect your movements to take on a more playful and creative dimension.

Saturday- Part 1: Dissect and master solo footwork

Sunday- Part 2: We will weave the steps from Part 1 into a fun routine to music



Level: Ideal for Beginners mastering fundamentals or Advanced dancers refining artistry

Both Parts: \$60 In Adv (5/16) / **\$70** (after 5/16)
Saturday Only: \$35 In Adv (by 5/16) / **\$40** (after 5/16)

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2 Workshops with Elena Iannucci

Solo Jazz/ Moves Swing Dancers Should Know!

6:00pm - 7:30pm

We will introduce/familiarize students with as many jazz movements as possible...not a deep dive into a few! There will be a few repeats of Lindy Hop "staples" that were introduced in prior workshops, followed by a lot of new material.

Level: Newbies to Pre-Int+ (depending on how much you know about jazz movements)



Combining Jazz Moves into Your Social Dancing

7:30pm - 9:00pm

Combining Jazz Moves into your Social Dancing

Level: Pre-Int+ (must be comfortable with 6ct & 8ct basics, plus knowledge of basic Charleston & Swingout. It is recommended, but not necessary, to have taken the 6pm class)

We'll incorporate common swing jazz movements (some from the 6pm class) into social swing dancing.

Must be comfortable with 6ct & 8ct basics, plus knowledge of basic Charleston & Swingout. It is recommended, but not necessary, to have taken the 6pm class.

Level: Pre-Int+

Both Parts: \$50 In Adv (5/25) / \$60 (after 5/25)
1 Part Only: \$30 In Adv (by 5/25) / \$40 (after 5/25)

Tuesday
May 28th

Saturday
Jun 1st

Thursday
May 30th

Swing Crash Course

12:30pm - 2:30pm

with Elena Iannucci

Great for both newcomers and those looking for a refresher or to learn a new role! No partner necessary, we will rotate partners for those comfortable doing so! This one day workshop introduces you to the style of Swing that was born in Harlem during the 1920s & 30s. We'll cover partnering, rhythm and lead-follow techniques and will focus on 6-count patterns perfect for Big Band swing music and social dancing! Come ready for a great workout and a fun day!

Level: Beginner

\$35 In Adv (by 5/31) / \$45 (Day of)

Swing Dance Injury Prevention Workshop

7:00pm - 8:30pm

with Adrian Miranda, PT

This workshop aims to equip participants with the knowledge and skills to optimize their physical health and performance in swing dance. By focusing on assessment, communication, muscle activation, stretching, strengthening, and mobility exercises, attendees will learn how to prevent injuries and improve their dance experience. With a comprehensive approach to addressing key areas of the body, participants will leave feeling empowered to dance stronger and safer. *Adrian Miranda, PT, is a Physical Therapist and a Swing Dancer. He has been practicing orthopedic physical therapy in NYC for 13 years and has been dancing swing dance for 8 years. He is currently a member of the Big Apple Lindy Hoppers.*



\$30 In Adv (by 5/27) / \$40 (after 5/27)

Register Online: www.YouShouldBeDancing.nyc