

Yemaya Salsa Dance Company
2724 24th Street
Sacramento, CA 95818

Winter Schedule 2010

(Classes are subject to change)
January 2010

Monday Classes

5:30-6:30pm	Zumba	Instructor – Abraham
7:00-9:00pm	Tango	Instructor – Paul and Rita

Tuesday Classes

4:15-5:30pm	Yoga for Dancers	Instructor – Nick
5:45-6:30pm	Kids' Salsa Level 1 & 2	Instructor – Angelica
6:30-7:30pm	Beginner	Instructor – Emelie and Angelica
7:30-8:30pm	Beginner/Intermediate	Instructor – Emelie
8:30-9:30pm	Intermediate	Instructor – Emelie

Wednesday Classes

5:30-6:30pm	Zumba	Instructor – Abraham
7:30-8:30pm	Beginner 2	Instructor – Emelie
8:30-9:30pm	Footwork and Styling	Instructor – Emelie

Thursday Classes

6:00-7:15pm	Yoga for Dancers	Instructor – Nick
7:30-8:30pm	Open for Privates	Please see Emelie

Friday Classes

5:30-6:30pm	Zumba	Instructor – Abraham
7:00-8:00pm	Bachata / Cha-Cha-Cha Series	Instructor – Emelie

Sunday Classes

12:15-1:00pm	Kids' Salsa Level 2	Instructor – Emelie
1:00-2:00pm	<i>Salsa Libre</i> **	Instructor – Emelie
2:00-3:30pm	<i>Yemaya</i> **	Instructor – Emelie
3:30-5:00pm	<i>Ladies of Yemaya</i> **	Instructor – Emelie
5:00-6:30pm	<i>Training Team</i> **	Instructor – Emelie

<http://www.yemayasalsa.com>

916-524-0211

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DRESS CODE*

All team members are required to wear the correct dance apparel and appropriate shoes required for their particular class.

** Team Practice/Rehearsal

Description of Classes

Beginner (Progressive – Begins on the first Tuesday of each month)

This is the very beginner salsa class for those students who have never taken a salsa class before or want to improve their basics before advancing.

Beginner 2 (Wednesdays at 7:30pm)

The beginner 2 class is for beginners who more but not yet ready for the Beginner/Intermediate class. In this class we cover more basic patterns.

Beginner/Intermediate

This class is an extension of the Beginner class with the introduction of basic footwork/shines and more patterns for the beginner's repertoire. Students must complete at least one Beginner monthly series or have been dancing salsa for at least three months.

Intermediate

The Intermediate class is for students who have completed the Beginner/Intermediate class or know most of the footwork/shines terminology. Students will learn more footwork along with some styling. The patterns in this class will include styling and turns for a more challenging experience.

Zumba*

Zumba is a fusion of Latin and International music. The class features aerobic fitness with a combination of fast and slow rhythms. You don't need to be a dancer or know how to dance. It is an exciting workout for everyone. It's fun, different, easy and effective.

* Zumba is taught by Abraham. Contact him at zumba.pakko@yahoo.com for class information and prices.

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