



Unless otherwise noted, all classes held at the Twentieth Century Club, 84 South Lansdowne Avenue

SOUL LINE DANCE (BASIC)

Dancing with a Purpose! This is a beginners line dance exercise class. Line dancing provides low impact exercise, great fun and energy, and is a way to eliminate stress, meet new people and express yourself.

When: Second and Fourth Tuesdays, 7:00-8:30 pm;
Sept. 12, 26; Oct. 10, 24; Nov. 14, 28; Dec. 12, 26
Fee: \$10 for two consecutive sessions; Drop-in \$7/class
Instructor: Kathy Ausby
Contact: 267-251-0028

DANCEON

Come explore and connect with the joy of your body moving! No dance experience or skill needed; no steps or routines to follow – just let your body lead you. Join our group and share in the journey of self discovery and fun in a non-judgemental environment. Come enjoy the ever changing playlist and...dance.

When: Mondays, 7:15–8:30 pm; Sept. 18; Oct. 2, 16, 30;
Nov. 6, 20; Dec. 4, 18. You may join at any time.
Fee: First timers \$10; \$15 each class thereafter
No pre-registration needed
Facilitator: Melanie Lewis Rosalsky, Wellness Practitioner,
mlewisrosalsky@gmail.com, (610) 328-9293

ZUMBA® BASIC

Zumba® is a Latin-inspired dance-fitness PARTY that incorporates Latin and International world music and dance movements. It combines fast and slow rhythms that tone and sculpt the body, DO YOU AND DANCE AT YOUR OWN PACE. Dances include Salsa, Merengue, Reggaeton, Belly Dancing, African Dancing, Cumbia, Samba, aerobic moves and more. You will SHAKE, RATTLE AND ROLL. Come ready to party, dance, have fun and enjoy the music. Move your body according to the way the music makes you feel. I have no doubt you will laugh and smile all while having fun and getting fit. Please wear smooth bottom dance sneakers and bring plenty of water.

First class is \$10 and every class after is \$7. After 10th class, you earn a free class. Bring a friend, you get \$1 off. Meet me on the Zumba Party dance floor.

When: Saturdays, 10:30–11:30 am; Ongoing, begins Sept. 9
Fee: First class \$10; every class after \$7
Instructor: Vonda Pearson, Certified Zumba Instructor
267-902-9887 or vondad1961@gmail.com
Please call instructor for changes to schedule

FREE STREET TREES AVAILABLE

*Improve Your Life...
Improve Your Home...
Plant a Tree!*

This fall, the **Lansdowne Shade Tree Commission** is offering **FREE STREET TREES** to Borough residents.

For more information please contact Mary Lou Jennings, Commission President, at **610-622-0162**.




**Games!
Prizes!
Family Fun!**

SATURDAY, SEPTEMBER 16
1:00 – 4:00 PM



DRAGON SPIRIT ARTS with Gabrielle de Burke, Experienced/Certified Teacher

DRAGON SPIRIT YOGA

These classes bring together the Martial art movements of Vinyasa Flow Yoga with the Internal art meditation practices of Qi-gong. This fusion-style practice is rooted in traditional disciplines, exploring breath-work exercises, self-massage techniques, various sequences of still poses & rhythmic posture flows. Emphasis is placed on synchronized breathing and energizing sequences of flowing movement to cultivate the vital energy that aligns mind, body & spirit!

Wear comfortable/stretchy clothing. Bring your own yoga mat. Props (Blankets, Straps, Blocks, etc.) will be provided. Modified poses & posture flows will be offered as needed.

MOBILITY FLOW

Appropriate for adults w/ limited mobility & active seniors seeking a chair/standing practice

When: Tuesdays, 10:00 am – 11:00 am;
10 Weeks, Sept. 12 – Nov. 14
Thursdays, 5:15 pm – 6:15 pm;
10 Weeks, Sept. 14 – Nov. 16
Fee: \$120; Drop-in \$15/class

T'AI CHI CHUAN (YANG STYLE)

T'ai Chi Chuan is a moving meditation that sets into motion the internal energy traveling through the body known as "Chi." As a healing element this flow of "Chi" energy increases circulation, calms the mind, relaxes the muscles and heals nervous, organic and skeletal problems. This class introduces & drills the basic alignment, postures/ movement combinations of the Yang style "37 abstract-form" (based on the 108 long-form). We will practice breathing & moving meditation techniques to promote the flow of "Chi" energy through the body, plus partner exercises known as "push hands" (Tui Shou) to develop a deeper awareness summarized by the words "relax" & "sink."

Appropriate for all levels of experience.

When: Thursdays, 6:30 pm – 7:30 pm
10 Weeks, Sept. 14 – Nov. 16
Fee: \$125; Drop-in \$15/class

Instructor: Gabrielle de Burke, Experienced/Certified Teacher

TO REGISTER FOR CLASSES WITH GABRIELLE:
Please make fee(s) payable to "Dragon Spirit Arts."
info@dragonspiritarts.com or 215-914-5614
www.dragonspiritarts.com

Save \$20 when you sign up for more than one Dragon Spirit Arts class!

REGISTRATION FORM (Pre-registration is requested for for all classes) FALL 2017

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

PROGRAM(S): _____

FEE: _____ SIGNATURE: _____

NOTE: Please register early, as classes may be cancelled due to low participation. Make checks payable to the ***instructor listed for the class***. Return check **AND** fully completed registration form to **Lansdowne Parks and Recreation Department, 84 S. Lansdowne Avenue, Lansdowne, PA 19050.**

For additional information about classes or background on instructors, please visit www.lansdowneborough.com/recreation-newsletter or contact **Erica Sollberger** at **610-284-1493.**