

## Adults

### Parent's Night Out

Pizza, games, movies and friends...what more could a kid ask for?! Parents can drop their children off for age-appropriate, supervised games, crafts, activities and a whole lot of fun. This program will give you the opportunity to run errands, enjoy a nice dinner or just have some quiet time. Pizza and juice will be provided. Children must be potty trained. Instructors: Recreation Staff. MB

Program #	Day	Date	Time	Location
12420A1	F	Sep. 10	6-9 pm	STREA
12420B1	F	Oct. 15	6-9 pm	STREA
12420C1	F	Nov. 19	6-9 pm	STREA
12420D1	F	Dec. 17	6-9 pm	STREA

Ages 4-11

R \$25/NR \$37.50

R Sibling \$10/NR Sibling \$22.50

Min. 10/Max. 25

### DANCE

#### Mini Ballroom I Workshop

Discover the wonderful world of ballroom dancing in this introductory class. Improve your skills, learn new steps, and how to lead and follow. You will have fun dancing the Waltz, Cha Cha, and Swing with just a few hours of enjoyable instruction. Couples are recommended. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. CK

Program #	Day	Date	Time	Location
14301A1	Tu	Sep. 28-Oct. 26	7:30-8:45 pm	STREA

Ages 16 & up

R \$46/NR \$69

Min. 8/Max. 16

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### Adult Hip Hop

Adults of all ages will learn hip hop steps and combinations. Please wear comfortable clothing and clean gym shoes. Instructor: Jeri.

Program #	Day	Date	Time	Location
18320A1	W	Sep. 15-Dec. 15	8-8:45 pm	STREA

Ages 18 & up

R \$86/NR \$129

Min. 5/Max. 10

### Belly Dancing

Tone up your body while enjoying an ancient art form combined with modern and trendy dance flair! The grace and fluidity of belly dancing is an excellent tension reliever and fantastic for toning your body from head to toe and improving flexibility. Choreographer and professional dance instructor Daisy Raihani studied this diversified cultural feminine mystery in Egypt, Saudi Arabia and Morocco and taught dance classes in California for more than 15 years. KW

#### Beginners

Program #	Day	Date	Time	Location
14314A1	Tu	Sep. 21-Oct. 19	7-8 pm	STREA
14314B1	Tu	Nov. 2-30	7-8 pm	STREA

#### Intermediate

Program #	Day	Date	Time	Location
14315A1	Tu	Sep. 21-Oct. 19	8-9 pm	STREA
14315B1	Tu	Nov. 2-30	8-9 pm	STREA

Ages 16 & up

R \$52/NR \$78

Min. 5/Max. 12

#### Adult Location Key

CENSQ	Central Square Gym * 222 E. 9th St., Lockport
CHARL	Charles Reed E.S. * 2110 Clublands Prkwy.
EAGLE	Eagle Pointe E.S. * 24562 Norwood Dr.
FOURS	Four Seasons Park * Lockport St. west of I-55
GLISS	Glisson's Archery * 22900 E. Main St. (Rt. 126)
INDTR	Indian Trail M.S. * 14723 S. Eastern Ave.
STREA	Streams Rec. Center * 24319 Cedar Creek Ln.
VHWE	Van Horn Woods East * I-55 Frontage Rd. north of Caton Farm Rd.
WGES	Walker's Grove E.S. * 24810 W. 135th St.