

College of the Siskiyous

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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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COS Ballroom Dancing Classes Scheduled for November

Weed / COS –Students who love to dance and who want to work on flexibility, strength and body control can still register for late-starting Ballroom Dance classes to be held in Weed. Instructors Rick and Peggy Nixon, professional Ballroom Dancers and former ballet dancers, who have taught and performed on the Queen Elizabeth (QE) 2 cruise ship, will instruct two classes beginning in November. As former ballet dancers, the Nixons have a firm belief in the basics. If you master the basics and gain an understanding of the basics, the more complex steps will be easy for you in the future. Both of the classes to be offered will meet from 6 to 8 p.m.

- **Waltz & Quickstep (XFW 0318-01 / #7464)** - Deadline to register for this class is November 7
Mondays, November 14, 21, 28 and December 5 (Weed - Location TBA)
- **Salsa & Zydeco (XFW 0319-01 / #7465)** - Deadline to register for this class is November 10
Fridays, November 18, December 2, 9, and 16 (360 College Avenue in Weed)

Whether you are a Theater Major interested in gaining a greater control over your body for the purpose of character development and performing in musicals, a PE major looking for a deeper understanding of movement principles and how to apply them to athletic performance or anyone else who simply wants to improve flexibility, balance, coordination, posture and control for the purpose of better health and general well-being, this class is for you. No previous dance experience is required.

For specific class information, contact the instructors at (415) 215-2652 or send an email to davisnixon@msn.com. To register, visit either the Weed or Yreka Campuses. Students must be registered prior to the first day of class. Students who wish to save on gas and time may also register online at www.siskiyous.edu and click on the Navigator Logo.