

2012 January - June DancExercise Schedule

"DancExercise" ~ HIGH energy BEGINNER line dancing.

Fun way to help maintain fitness and a great way to deepen your practice.

Instructor walks thru with step patterns for each dance. Music plays continuously throughout the whole session.

*** 活力排舞運動 * (定期進行體力活動及運動, 對健康有長期裨益)**

Day 日間	BH	Bayview Hill Community Centre	114 Spadina Road, Richmond Hill (16 th Ave./between Bayview/Leslie)
Night 晚間	CP	Central Park Public School NEW	100 Central Park Dr, Markham (McCowan Rd. /S. of 16 th Ave.)
Night 晚間	RS	Redstone Public School NEW	235 Redstone Road, Richmond Hill (W. of Leslie St./N. of Major Mackenzie)
Night 晚間	RW	Rouge Woods Community Centre	110 Shirley Drive, Richmond Hill (E. of Bayview Ave. /N. of Major Mackenzie)

Location	January - June (一月 > 六月)						Day	Time 上課時間	Instructor	OFF 假期	
	Jan 一月	Feb. 二月	Mar. 三月	Apr. 四月	May 五月	Jun 六月					
BH C.C. Bayview Hill Comm. Centre	9, 16, 30	6, 13, 27	5, 19,	2, 16, 23, 30	7, 14, 28	4, 11	Mon 一	11:15 am -12:25am	1:10	Hilda / Winnie H.	Jan 23, Feb 20, Mar 12, 26 Apr 9, May 21
	9, 16, 30	6, 13, 27	5, 19, 26	2, 16, 23, 30	7, 14, 28	4, 11	Mon 一	12:30 pm -1:40 pm	1:10	Hilda / Winnie H.	Jan 23, Feb 20, Mar 12, Apr 9, May 21
	13, 27	3, 10, 17, 24	2, 23, 30,	13, 20, 27	4, 11, 18, 25	1, 8, 15	Fri 五	1:00 pm - 2:10 pm	1:10	Dodo W. Hilda K. Maphine	Jan 20, Mar 9, Mar 16, Apr 6
CP Central Park	9- Open House 16, 30	6, 13, 27	5, 19, 26	2, 16, 23, 30	7, 14, 28	4, 11	Mon 一	8:30 pm - 9:40 pm	1:10	Hilda K.	Jan 23, Feb 20, Mar 12, Apr 9, May 21
RS Redstone P.S.	19-Open House 26	2, 9, 16, 23	1, 8, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14	Thu 四	7:00 pm - 8:10 pm	1:10	Winnie Ye	Mar 15
RW C.C. Rouge Wood	12, 19,	2, 9, 16, 23	1, 8, 22, 29	5, 12, 19, 26	Sessions Cancelled Change to Regular Class		Thu 四	8:15 pm - 9:25 pm	1:10	Dodo W.	Jan 26 Mar 15

***DancExercise-- FUN to participate & EASY to follow for BEGINNERS**
Comfortable clothing and smooth-soled shoes are highly recommended.