

## About the Instructors

Frank and Sandy have been Round dancing for over 39 years. They started teaching others to dance in 2007 after Frank retired from teaching in the public school.

They live in Montoursville and are the proud parents of 3 children who have given them 7 wonderful grandchildren.

## About the Classes

Round dancing is kin to Square Dancing in that there is a Cuer who tells the dancers the figures to do. The dancing uses International Ballroom figures and everyone does the same figure as they progress around the dance floor.



## WHERE CAN YOU LEARN?

### Thursday Evenings

Hartzel's Ballroom

2328 Warrensville Road

Montoursville, Pa 17754

Classes start at 6:00 p.m.

### Session fees:

\$10.00 per couple per night

*Fall/Winter Classes beginning*

*September 8th*

### Instructors:

Frank and Sandy Hartzel

570-220-4806

### Email:

[fhartzel2328@comcast.net](mailto:fhartzel2328@comcast.net)  
[shartzel78@comcast.net](mailto:shartzel78@comcast.net)

### Web Site:

[rivervalleydance.com](http://rivervalleydance.com)



Cha Cha

Bolero

Waltz

Rumba

Slow Two Step

Tango

Jive

Foxtrot

Quickstep

Free Style

Mambo

Dance  
Sessions

## What You Will Learn

- ◆ **Basic Ballroom Figures**
- ◆ **Variety of Rhythms**
- ◆ **Leading and Following**
- ◆ **Styling and Technique**
- ◆ **Dance Sequences that can be used in a social setting**
- ◆ **How to dance without stress**
- ◆ **The Fun of Dancing**



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## Health Benefits

- **The value of dancing as exercise is becoming widely recognized.**
- **Recommended by Physical Therapists for agility and balance**
- **Good for your cardiovascular system**
- **Dancing burns calories**
- **Dancing strengthens bones**
- **Keeps you mentally alert & active**
- **You can't dwell on worries or concerns when you are dancing**

## Social Interaction

- ◆ **Every dance is a party**
- ◆ **Friendships are created**
- ◆ **Everyone fits in**

River Valley Dance

[rivervalleydance.com](http://rivervalleydance.com)

## Reserve a Place

- Please send information**
- Not able to attend now, keep on list for the future classes**

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Name/s

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Address

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Phone

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Email

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Send To:

**Frank & Sandy Hartzel**  
2328 Warrensville Rd  
Montoursville, PA 17754

shartzel78@comcast.net