

# Swing Dancing -

Jitterbug, Lindy Hop and More

## Grossmont Adult Education Foothills Adult Center



**FEES** and schedules are subject to change. Please see the website for the most accurate cost of classes.

This class is held at: **La Mesa Adult Enrichment Center**  
8450 La Mesa Blvd, La Mesa, CA 91942

### Schedules

#### Fall 2025

**8/11 - 9/29**

Intermediate

7:00 pm – 8:00 pm Mon

Beginning

8:00 pm – 9:00 pm Mon

**10/13 - 12/8**

Intermediate

7:00 pm – 8:00 pm Mon

Beginning

8:00 pm – 9:00 pm Mon

#### Spring 2026

**1/12 - 3/2**

Intermediate

7:00 pm – 8:00 pm Mon

Beginning

8:00 pm – 9:00 pm Mon

**3/9 - 5/11**

Intermediate

7:00 pm – 8:00 pm Mon

Beginning

8:00 pm – 9:00 pm Mon

#### Beginning Swing Dance:

Are you 'hep to the jive'? Would you like to 'swing on a star'? Are you 'in the mood' to dance? Have fun learning to swing dance to great music from the 1930's-1950's! Swing dancing is popular with all ages in San Diego; we will have opportunities for field trips to local dances. No partner needed; we will change partners during the class.

#### Intermediate Swing Dance:

This is when swing dancing really gets fun! If you can do a swing out, you are ready for the Intermediate Swing Dance. If you can rock-step, triple-step, triple-step in your sleep, you are ready for Intermediate Swing Dance. Learn more Lindy Hop moves and improve your musicality and partner connection. We will have opportunities for field trips to local dances. No partner needed; we will change partners during the class.

Sign up for classes today!



**GROSSMONT  
ADULT EDUCATION**

  
EAST REGION  
ADULT EDUCATION