### EAST-WEST CULTURAL AND EDUCATIONAL CENTER

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### **Class Description:**

Ballroom dancing is a great way to get fit, have fun, and improve your social skills. It is a low-impact and high-energy activity that provides a good workout. Ballroom dancing also helps to improve your flexibility, balance, coordination, posture, and confidence.

In our **Better Together** Ballroom dancing classes for couples, you will learn the basic steps of a variety of ballroom dances and will spend the best time together with your friends. You will also learn how to lead and follow, which is essential for successful ballroom dancing.

Our **Ladies' Latin Dance** class is a fun and empowering way to learn Latin dances. It is perfectly suited for women who would like to dance by themselves (without a partner), increase their body awareness, gain confidence on the dance floor, and spend the hour enjoying themselves! Our classes are taught by experienced and knowledgeable instructors who are passionate about helping their students learn and improve in a relaxed and supportive environment. Our fees are affordable and will fit into your budget.

**Increased flexibility:** Ballroom dancing helps improve your flexibility. As you learn the different dance steps, your muscles and joints will stretch and move in new ways.

**Better balance:** Ballroom dancing helps improve your balance. As you learn to move your body in time with the music, you will develop a good sense of balance.

**Reduced stress:** Ballroom dancing is a great way to reduce stress. The combination of exercise and lively beautiful music will help you relax and clear your mind. Additionally, you will burn calories and improve your cardiovascular health.

**Improved posture:** Ballroom dancing helps improve your posture. As you learn to move your body in a coordinated and graceful manner, you will develop better posture.

**Increased confidence:** Ballroom dancing helps to increase your confidence. As you learn to dance and perform in front of others, you will develop a sense of confidence and self-assurance.

**Improved communication skills:** Ballroom dancing is a great way to improve your social skills. You will learn how to communicate effectively with your partner, as well as how to work together as a team. This can be helpful both in personal and professional settings.

## 2023-2024 SCHEDULE OF BALLROOM AND LATIN DANCE CLASSES FOR ADULTS

Class	Age	Day and Time
Ladies' Latin Dances	Adults - Ladies' Group	Mondays, 7:45 - 8:45 pm
Ballroom: Better Together	Adults - Couples	Thursdays, 7:45 - 8:45 pm

#### Anna Arutunyan - instructor

Anna Arutunyan is a European and World championship finalist, as well as a professional dance instructor and choreographer with 20 years of experience. She is the organizer of numerous dance-related showcases and competitions and works with children and adults of all ages and levels.

Anna's students regularly participate in dance competitions throughout the US, including Kings Ball Dancesport Championships in New York, Platinum Dancesport Classic in Miami, and Atlantic Dancesport Challenge in Baltimore.

#### **East-West Cultural and Educational Center**

### BALLROOM AND LATIN DANCE CLASSES TUITION & REGISTRATION FEES 2023-2024

#### **Tuition**

East-West Cultural and Educational Center (EWCEC) *Ballroom and Latin Dance* instructional season runs throughout the academic year: **September 7, 2023 - June 2, 2024.** 

Class Duration	Total Payment
60 minutes-class paid in 10 lesson-installments	\$300 <b>per 10 lessons</b> + registration fee \$30-\$50 if applicable

#### **TUITION and FEES**

Tuition is collected **for 10 classes** taken consecutively for 10 weeks, starting with the first class of the session, and includes the **Registration fee for New students** of \$50.

Upon completion of the 10-class session, if the student is interested in continuing lessons, they can enroll in the next 10-class session for the same tuition fee. However, with continuous session enrollment, subsequent registration fees will be waived.

If there is a break between 10-week sessions, the registration fee of a returning student (\$30) will be charged. New students can be accepted **to participate in the final performance** no later than 4 weeks before the **final performance**. **Participation in the final performance is optional**.

#### All fees are non-refundable and non-transferable.

**The grace period** for all payments and fees is 13 (thirteen) calendar days. A late fee of \$20 is charged after 14 calendar days; a late fee of \$40 is charged after 21 calendar days.

Accepted forms of payment include cash, check (written to EWCEC), and Zelle (pay@eastwestschool.org). Please allow 48 hours after enrollment for tuition & registration fees to be posted to your account. A statement will be sent to the email address on file. A \$35 fee will be charged for all returned checks.

#### **Registration and Trial Class Fees:**

New Ballroom and Latin Dance students: \$50, due September 7, 2023.

Returning *Ballroom and Latin Dance* students: \$30, due September 7, 2023.

East-West Educational & Cultural Center Students: registration fee for *Ballroom and Latin Dance* is **waived** for the students who are registered at EWCEC and are enrolled in the school's other classes.

**Trial Class Fee:** \$50 for 60 mins class (due the day of class). The **trial class fee** will be applied to the registration if the attendee registers and pays before the next class.

#### **East-West Cultural and Educational Center**

## DANCE CLASSES POLICIES 2023-2024

#### **ATTENDANCE & CLASS MAKE-UP POLICY**

Consistent attendance is the key to success, as practice makes everything better. Regular attendance will help you grow and improve your musical and dancing abilities and will allow you to perform at your best.

Make-up classes are not available. Missed classes may not be deducted from tuition payments.

However, we do understand that sometimes unexpected things happen, and if you need to miss a class, we would appreciate an e-mail or a phone call to let us know.

Email: admin@eastwestschool.org

East-West Cultural & Education Center Phone number: (410)205-6002

#### **CLASS WITHDRAWALS**

**Ballroom and Latin Dance** students **can** withdraw from classes if they have a serious prolonged illness (longer than 3 weeks) accompanied by a doctor's note. The prorated refund will be calculated based on the date of the withdrawal notice.

#### **END OF THE YEAR SPRING PERFORMANCE**

**Important: Participating in the Spring Performance is optional for all dancers**. The date for the Spring Performance is June 1 or June 2, 2024. The exact date will be confirmed by the beginning of Spring semester.

## DANCE CLASSES SCHEDULE 2023-2024

#### **CLASS CANCELLATIONS**

- The instructor is allowed up to four sick days a year (maximum 1 per 10-class session) for her sick leave. An email will be sent to students in the event the instructor must take a sick day.
- EWCEC will make every attempt to assign a substitute teacher but there will be no reimbursements or make-up classes available for canceled classes due to the instructor's illness.

#### **FALL SEMESTER 2023**

#### Mondays and Thursdays:

2023-2024	Mondays	Thursdays
September	11,18,28 - 3 classes	7,14,21 - 3 classes
October	2,9,16,23,30 - 4 classes	5,12,19,26 - 4 classes
November	6,13,20,27 - 4 classes	2,9,16,30 - 4 classes
December	4,11,18 - 3 classes	7,14,21 - 3 classes
Fall semester total	14 classes	14 classes

### WINTER/ SPRING 2024

#### Mondays and Thursdays:

2023-2024	Mondays	Thursdays
January	4,11,18,25 - 4 classes	8,15,22,29 - 4 classes
February	5,12,19,26 - 4 classes	1,8,15,22,29 - 5 classes
March	4,11,18 - 3 classes	7,14,21 - 3 classes
April	1,8,15,22,29 - 5 classes	4,11,18,25 - 4 classes
May	6,13,20 - 3 classes	2,9,16,23,30 - 5 classes

Winter/Spring semester total	19 classes	21 classes
Fall+Winter/Spring class total	33 classes	35 classes

# IMPORTANT DATES 2023-2024

Sep 6, 2023	First day of classes
Sep 25, 2023	School is closed, No classes, Yom Kippur
November 23-26, 2023	School is closed, No classes
December 22-January 1	Closed for winter vacation, No classes
January 2, 2024	Classes resume
March 25-29, 2024	Spring Break
April 01, 2024	Classes resume
May 27, 2024	School is closed, No classes
June 1 OR June 2,2024 (TBD)	Spring Performances