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## PRESS RELEASE

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### **COS Ballroom Dancing Class Scheduled to Begin Soon**

Weed / COS –Students who love to dance and who want to work on flexibility, strength and body control can register for **Ballroom Dance Survey (XFW 0310-01 / #3413)** at the Yreka Campus. The focus of this class will be on learning the Waltz, Samba, Swing/Jive, and Salsa. Class will meet on Tuesday evenings from 6:30 to 8:30 p.m. 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 this class beginning April 2. 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.

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, either of these classes are perfect for you. No previous dance experience is needed.

For more information, contact the instructors at (530) 853-4147 or send an email to [davisnixon@msn.com](mailto:davisnixon@msn.com). To register, visit either the Weed or Yreka Campuses or register online. Students must be registered prior to the first day of class.