

ADELPHI UNIVERSITY

DEPARTMENT OF Health and Sport Sciences

Fall 2025 CONTINUING EDUCATION APPLICATION for NON CREDIT BALLROOM DANCING CLASS

Name: _____

Address: _____ Tel: (Eve) _____

Tel: (Day) _____

1. Please fill out one form per each attendee.
2. Mail or hand in completed form and payment to Adelphi University, Health and Sport Sciences, Garden City, NY 11530 (Woodruff Hall Rm 184) Attn: Noreen.

NOTE: You will not receive university credit for these courses.

Dates for all sessions: Fridays – 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14 and 11/21.

Description: This course will offer an opportunity to gain experience in social / ballroom dancing. It is an excellent choice for those looking to develop fundamental skills as well as building on previous experience. The instructor will break down and demonstrate all dance figures and combine them to form concatenated routines. This class is suitable for first-time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor.

All sessions will be held in Woodruff 304. The class will be kept to a maximum of 24 registrants. Please note the following. The studio is equipped with a special floor. Only non-marring dance shoes (not used for street wear) can be worn on that surface. A suede sole is preferred and no heel above 2 inches. Socks are permissible as an alternative. Dance shoes can be purchased from Applause Dancewear, 1602 Hillside Avenue, New Hyde Park (488-7404) or ordered from Showtime Dance Shoes, www.showtimedanceshoes.com, 800-433-5541, or from any other dance-shoe source. A ballet slipper or dance sneaker is acceptable, as long as it is not for street wear. No food or drink is to be brought into the room, other than bottled water.

_____ BALLROOM DANCING - 7:00-8:30 pm

Make all checks payable to ADELPHI UNIVERSITY. Fees: \$75/person for all 11 sessions for AU community members and partners of members only; \$125/person for all 11 sessions for NON-AU community members. It should be noted that there will be **no refund of this fee, unless the course is cancelled. Also, the payment for non-credit courses cannot be applied to courses taken in the future for university credit.**

For further information call Noreen DeNicola at: (516) 877-4260, or FAX (516) 877-4258.