

Dance & Dine

A 6-week social skills introduction for students in grades 9-12 to Swing dance, formal and casual social etiquette and dining skills followed by a student Dance and Dine Gala. Each session includes 30 minutes of social etiquette followed by one hour of dance instruction. Classes start January 20, 2019. Class size is limited. Cost of class includes all student related supplies and activities including the Dance and Dine Gala at Lo Sole Mio.



Cost: \$155.00 (payment options available)

Where: La Vista Recreation Center, 8116 Park View Bl, La Vista, NE

When: Sunday's, 2:00-3:30 p.m.

January 20 – February 24, 2019

Dance and Dine Gala: Saturday, March 2, 2019 (time tbd)

January 20 Introductions & Greetings/Review Syllabus
Intro to Swing

January 27 Art of Conversation
Swing

February 3 Formal event etiquette
Swing

February 10 Social Media and General Communication Etiquette
Swing

February 17 Dining Etiquette only
1-2:30 P.M. NO DANCE

February 24 Dance Review (1 hour)
2-3:00 P.M.

March 2 Lo Sole Mio Gala

Registration is on <https://app.simplyafterschool.com/CourteousKids> after October 1. Program policies and guidelines are also available on that site. For questions, please call (402) 651-1696 or email info@courteouskids.org

Courteous Kids/Life Launch

courteouskids.org  [courteouskidsomaha](https://www.facebook.com/courteouskidsomaha)  [courteouskids_lifelaunch](https://www.instagram.com/courteouskids_lifelaunch)

Meet the Instructors

The Dining

Mary Beth Budz has been in the education field for over 25 years. She started Courteous Kids and Life Launch in an effort to teach the everyday importance of social skills and make it affordable to all. Since its inception, she has instructed thousands of students in all aspects of social skills. She teaches in an interactive style and believes learning in a fun environment helps students to retain skills...for life!!

The Dancing

Dan Wondra began his dancing career with ballroom dance over 20 years ago. Dan is a former student of Frankie Manning, creator of the Lindy Hop (the original swing style). Dan has been teaching dance all over the city since 2009. Most Friday nights you can find him dancing at the Jitterbugs Club. Plan on having a lot of fun in this class!!

LIFE LAUNCH
Character Counts

Courteous Kids is a 501 C-3 whose mission is cultivating confidence, character and compassion in young people.

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