



# Workshop Day

with renowned UK Balboa teachers

Mel and Jo Calanglang

Saturday 14<sup>th</sup> April 2012

Marks Tey Parish Hall

Old London Road

Colchester CO6 1EJ

10.30-12.30 Beginner/Improver Workshop (not for total beginners)

12.30-13.30 Music to practise or relax. Light refreshments provided

13.30-14.30 Lunch Break (Lunch is not included)

14.30-16.30 Intermediate Workshop

16.30-17.30 Music to practise or relax. Light refreshments provided

*[We suggest that for the Beginner level you should have done a few previous Balboa lessons, and that for the Intermediate level you should be comfortable with dancing combinations of:- uphold & downhold basics, paddles & side-scoots, transitions, out-out-ins, come-arounds, send-outs, lollies]*

*£12 per workshop or £18 for both.*

*[Intermediate dancers – make the most of this chance to enhance your dancing]*

**Advance booking essential** – please complete one form per person

Booking Form: BALBOA WORKSHOPS Saturday 14<sup>th</sup> April 2012, Marks Tey Parish Hall

NAME: ..... Leader/Follower (delete as appropriate)

TEL: ..... EMAIL: .....

ADDRESS: .....

**Beginner/Improver (£12)**    **Intermediate (£12)**    **Both Sessions (£18)**    (circle as required)

Make cheques payable to: - **Balboatime**    (please email or phone if you wish to pay by other means)

Send form and cheque to: - **Caroline Hall, 44 Fingringhoe Road, Langenhoe, Colchester, CO5 7LB**

[caroline@balboatime.co.uk](mailto:caroline@balboatime.co.uk)

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