Tapping into the New Year!

☆ Tap Dancing at UCAR/NCAR ☆

Ready to follow through with that New Year’s resolution to start exercising?

This is your chance to discover the joy and rhythm of tap dancing while improving your health. The benefits of tap dancing are extraordinary - feel better physically, experience more energy, enhance your brain in a new and creative way, increase bone density and stamina, and above all have fun!

January 23 - March 19, 2012
Beginner Tap
Learn the fundamentals of this magical art form and explore the body’s connection to the principals of movement while making music with your feet.

INSTRUCTOR: ELLIE SCIARRA
DAY/TIME: Mondays 11 am -noon
LOCATION: Foothills Lab Exercise Room
SESSION FEE: $96 ($12/class)

To register for this eight-week session and for information about purchasing tap shoes contact Brigitte Baeuerle - 303.497.2061 or baeuerle@ucar.edu

Ellie has been a teacher and guest artist for 30 years both nationally and internationally. She founded Taps AreTalking, Inc., a 501(c) 3 organization devoted. Ellie is passionate about creating a fun and joyful experience for students through exploration of tap as a unique art form. www.tapwithellie.com

FOR INFORMATION ABOUT ELLIE
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