



# BALLROOM BASICS *for* BALANCE

Offering a fun way to improve balance and prevent falls through the basics of dance!

**NO EXPERIENCE OR PARTNER NEEDED!**

**When:** Fridays, 10:30am- 11:30am

Dates: 23 October - 04 December  
(skipping 27 November).

**Cost:** \$35 for 6-week class. Assistance is available. Ask when registering.

**Location:** Virtual - on Zoom!

**Sponsor:** Madison Senior Center

**Instructors:** Krista Spiro & Atala Nicole Mitchell

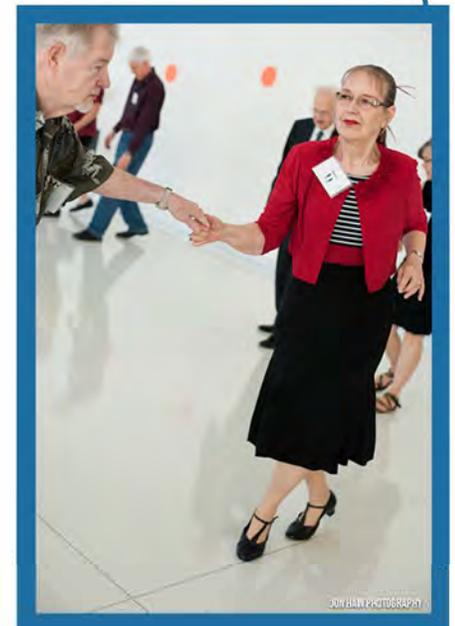
**\*\*FREE 2 open-air sessions:** Yahara Place Park  
Date: Friday 9 Oct. & Friday 16 Oct., 10:30am.



To register (virtual or open-air) contact the Madison Senior Center at 608-266-6581 or [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## This class is for you if:

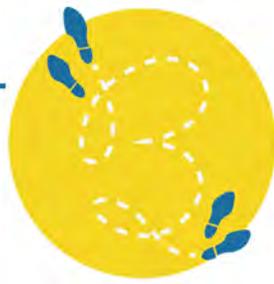
- You want to get better at walking or moving around on various surfaces and in various environments, both inside and outside: Carpets, grass, and snowy walkways; among crowds, at theaters, and in your living room!
- You want to challenge yourself in a safe environment.
- You are able to participate in medium-difficult activity without major health symptoms (like chest pain, shortness of breath, or dizziness).
- You are able to move about on your own with or without a device to help you.
- You can hear and see well enough to participate in a group class.
- You'd like to decrease your risk of falls.
- You are interested in having fun!



**Taught by physical therapists and other health care professionals.  
Spotting is provided for those who need or would like it.**

Registration Required for All Classes

More Information: [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org)



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## Special notes about classes this season:

There will be no contact during any of these events (open-air or virtual) – which means we cannot provide direct help with guarding at this time.

### Open-air only – Please do NOT COME IF YOU:

- Have or have had (in the past two weeks) any symptoms of or have an active coronavirus infection. Symptoms list is [here](#).
- Are considered at high risk of complications of a COVID-19 infection because of health complications. See the list, [here](#).

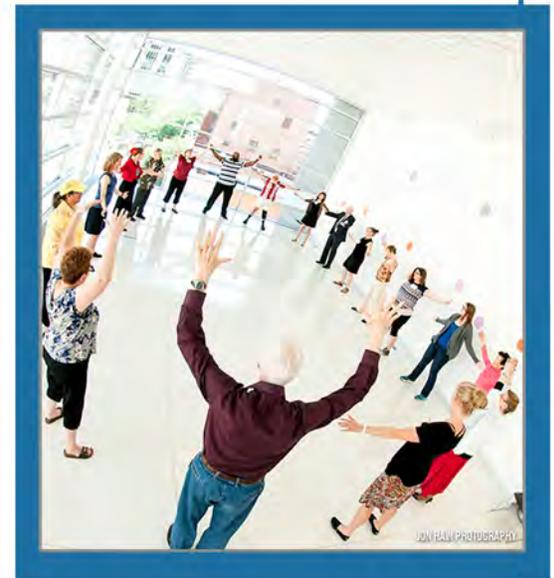
### MANDATORY

Masks: Please wear a 2-ply (or more) face covering – which fits well and stays put over your mouth and nose. See how to wear one [here](#).

### All classes:

To register you must be able to answer “Yes” to all the questions below:

- Are you able to see well enough for your comfort level to participate without assistance?
- Are you able to hear well enough/have support for you to participate in a spoken instruction class with music at this time?
- Are you able to have someone present in your home or someone you will alert when you are in class?
- Are you able to move independently, meaning you do not need a cane, walker, or other assistance to stand or walk?



**Once you register, an instructor will contact you to schedule a special one-on-one appointment to get you set up for success with this class!**

Registration Required for All Classes

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