

## Progressive Approach

Students learn sets of figures that fit together ('amalgamations') in group classes which build each week. Material is reviewed, so drop-ins are welcome.

## Certified Instructors

PHD employs instructors that are professionally certified by DanceVision, ISTD or IDTA—organizations recognized throughout the world. This sets us apart from dance franchises which emphasize sales training. Our highly skilled and personable instructors are equipped with the material you need to know.

## Independent Instructors

PHD strengthens its community with excellent independent instructors who teach and organize their own dance events here. With two ballrooms, we can share the studio any time of day.

## Parties and Showcases

PHD organizes dance parties on Friday nights for students, guests, and colleagues to enjoy ballroom dancing. The more you learn, the more you will enjoy yourself. Showcases are longer events that include performances students prepare in their group classes or private lessons. Pro performances are also part of showcases.

## Competitions

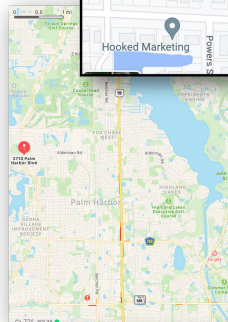
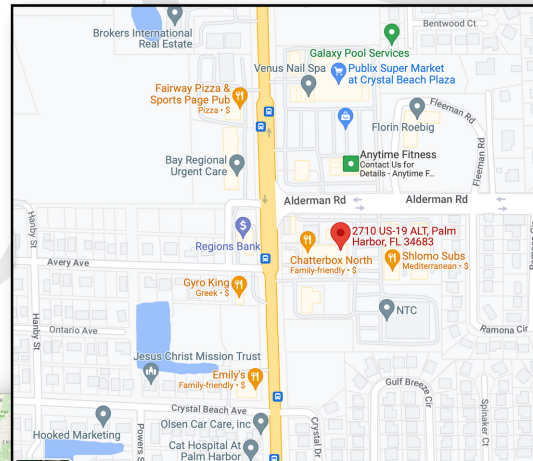
PHD participates in NDCA and USA Dance dancesport events.



## Find Us

**Palm Harbor Dancesport** is located in the Key West Center on the corner of Alt.19 and Alderman Rd. in Palm Harbor, FL. We are central to Innisbrook, Crystal Beach, Ozona, historic downtown Palm Harbor, and all of the neighborhoods in this beautiful coastal area of Pinellas County. We are less than 5 minutes from Highway 19, and only 10 minutes from Oldsmar, Tarpon Springs, and Dunedin.

**PHD & She's Got It Boutique**  
at the Key West Center  
2710 Alt. 19N, Unit 201  
Palm Harbor, FL 34683  
tel. 727-239-7007



## PHD Dance Programs

**Palm Harbor Dancesport (PHD)** offers dancers of all ages a comprehensive variety of programs in the form of private lessons, group classes, practice parties, dance performances, and opportunities to compete. Our student body consists of social dancers, youth and adult dancesport competitors, belly dancers, ballet dancers, fitness enthusiasts, wedding couples, quinceanera princesses, and more. From children to seniors, everyone loves dancing here.



## Group Classes

**PHD** offers a large selection of group classes such as youth dancesport, Intro to Social Dancing, East and West Coast Swing, Salsa & Bachata, all of the International and American ballroom, smooth, rhythm, Latin, and club dances. We also offer ballet, yoga, tap, Teacher Training, Show Choreography, Daddy-Daughter class and drills. Group classes are where you have fun, make friends, and get great exercise. Students rotate so **NO PARTNER IS NECESSARY!**



### Absolute Beginners

Classes for beginners aim to help new dancers feel comfortable leading and following with a partner and moving their feet in time to the music while learning basic step patterns. Every dancer started as a beginner. Intro to Social Dancing and Daddy-Daughter Dance Class are two favorites.

### Day-time Adult Series

The Day-time Bundle offers adults a variety of affordable group classes that scratch every dance itch. Tap, Ballet, Yoga, and Show Choreography are some current offerings. All levels welcome.

### Latin Social Dances

Shake your stuff in Salsa, Bachata, and Merengue—the FUN Latin dances. Learn leading and following patterns, Cuban motion, and styling. In Solo Salsa, challenge yourself to perfect the moves that the best Latin dancers in the world use. All levels welcome.

### Nightclub

Enjoy the best dance music and the most fun party dances ever! New York Hustle, East Coast, and West Coast Swing can get you through any party anywhere anytime.

### Ballroom & Latin

These two classes cycle through the syllabi of the elegant international ballroom (Waltz, Tango, Fox Trot, Quickstep, Viennese Waltz) and the fierce international Latin (Cha Cha Cha, Samba, Rumba, Paso Doble, Jive) that you can enjoy on the social and competition floor.

### Smooth & Rhythm

These two classes cycle through the syllabi of jazzy American Smooth (Waltz, Tango, Fox Trot, Viennese Waltz) and easy-going American Rhythm (Cha Cha Cha, Rumba, Swing, Bolero, Mambo) while teaching technique that matters in every dance.

### Solo Drills

Get your cardio workout while drilling technique. You build muscle memory and stamina that brings immediate results in the partner dances. All levels welcome.

### Youth Dancesport

Learning ballroom dancing has enormous benefits for children. It builds self-esteem, teaches respect, improves social skills, discipline, sparks cognitive development, and is great exercise! Ask us more about our robust Youth Program.

### Teacher Training

Professional and aspiring dancers who want to gain a valuable credential while learning strong dance and teaching technique enroll in one of PHD's 4-month intensive programs for Rhythm, Smooth, Latin, or Ballroom which prepares them to pass an internationally recognized dance teacher certification exam. Inquire if interested.



## Private Lessons

**PHD** offers some of the best individual attention in the region. Private lessons encourage you to focus on areas that will make you an excellent dancer. Private lessons are available to individuals or couples. Please ask for details.

