What Will You Get Out Of Taking Dance Classes?

Beyond the obvious creative outlet that dance provides, other immediate benefits would be having fun and meeting new people. Dancing seems to put people at ease with each other and gives them a chance to talk and get to know one another.

Another advantage would be the seemingly effortless exercise. Dancing helps the heart work better and brings stress levels down. It helps in building endurance and muscles. Dancing also sharpens reflexes, exercises the lumbar joints and helps to strengthen your back, which lessens backaches and reduces leg cramping.

Dancing sharpens your mind by memorizing patterns. Social dancing strengthens memory response and hand-eye coordination.

Ballroom dancing also helps you to gain confidence and knowledge, so you won’t feel out of place dancing, even for the first time.

Introductory Coupon

$49

2 Half-Hour Lessons
1 Group Lesson
1 Tuesday Party

New students only • Expires 12/31/05

Learn to Dance With

Mario Moreno

MARIO is at
Dianna’s Studio of Dance
826 N. Fulton
Fresno, CA
Easy Freeway Access!

I am also available to teach at
your own home or recreation room.
Flexible appointments to meet your needs.

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Dancing...
For the Fun of It!
What Dances Are Considered Ballroom Dances?
Just a few of the dances are Swing, Salsa, Night Club 2-Step, Waltz, Tango, Hustle, Foxtrot, Cha Cha, West Coast Swing, Jive, etc.

What Is A Dance Lesson?
Private Lessons:
Private lessons are with an individual student or couple and their teacher. It's one-on-one teaching of syllabus and technique that is specific to your needs, so you can receive focused help to learn what you need. You will work at your own pace on one or all of the dances during your lesson. This is a must for all beginners.

Group Lessons:
A group lesson is one instructor and a group of people, singles or couples. Everyone will change partners at intervals while learning the dance. This gives everyone a chance to dance and introduces you to other people who share your interest.

Practice Parties?
Dance Party... Gives everyone who takes lessons a chance to practice what they have learned by dancing and mixing with other students. This helps you to sharpen your dance skills with other people while enjoying an evening of socializing.

What Should I Look For In A Qualified Instructor?
There was a time when the answer was simple, look for a certified ballroom dance instructor. But these days not all “Certification Programs” are made equal. So inquire more deeply into the potential instructors background. The more years of experience in ballroom dancing the better.

Look for an experienced instructor who possesses the ability to teach basics skills all the way through advanced.

What Questions Should I Ask A Potential Instructor?
If it's an instructor: How long have they been instructing in ballroom dance specifically?
If it's a dance school; How long have they been in business as a ballroom dance school?

How many dances can they teach and what are they?
What are the prices, for group and individual lessons? (Be sure to shop around for competitive pricing.)
How long is an individual or group lesson?
Do you have a contract, can I read it?

What Is A Certified Ballroom Dance Instructor?
A certified dance instructor is one who has been certified through a major franchised studio, such as, Arthur Murray or Fred Astaire. (There are well established studios who have been in business for over half a century.)

All certified instructors go through rigorous and extensive training and testing, which takes many years to complete. This certification process is done in all levels of dance, beginning with Social to Bronze (I, II, III, IV) Silver (I, II, III, IV) and Gold (I, II, III, IV)

The applicant is tested by certified credentialed teachers and examiners at each level, on their ability to dance and teach both the man and the woman’s dance patterns. These dance elements include lead, follow, universal technique, music count breakdown, theory and finally troubleshooting problems.

How Long Will It Take Me To Dance?
Unlike other modern dances, “Ballroom” requires just a few basic patterns to get you on the dance floor.

I Am Single, Who Would I Dance With?
Ballroom dancing is very social and there are always many partners for you to dance with.

What Ages Do You Teach?
If you can walk, I can teach you to dance.

How Difficult Is It To Learn To Ballroom Dance?
Learning to dance is easier than you think. Each dance starts with a basic pattern that keeps time with the music. The basic patterns contain six or eight steps to learn which can be quickly mastered.

Will I Have Fun Learning?
Dancing by it’s nature is fun. Both the group and the individual classes are geared to get the most fun out of your lesson.

Is It Affordable?
Yes, with me, there is a plan that will fit your financial requirements and help you get the most for your money.

Why Take Ballroom Dancing Lessons From Me?
I have been teaching Ballroom Dance for over 27 years.

I am a Certified Gold Arthur Murray Ballroom Dance instructor. Certified in both major dance styles, American as well as International.

I was a dance director at both Arthur Murray and Fred Astaire dance studios. As dance director my duties included training the dance staff.

I am well versed as a performer and have competed on a professional basis. I have done countless exhibitions for non-profit and commercial organizations.

I also choreograph and I love to create dances, for weddings, exhibitions, shows and other performers. I also work with college and university dance clubs, teaching and creating formation dances.

Mario’s Beginnings
My dance career started at age 7 with ballet. Later joined the civic ballet club where I tore a hamstring muscle from not warming up properly. My doctor suggested a low aerobic exercise, such as swimming or ballroom dancing, would be good. Since my doctor was a ballroom dancer that was his preference for my rehabilitation.

Back then I saw ballroom dancing as a place where my grandparents would go. I thought that the music would be old and boring. I quickly discovered that people of all ages were there. They were dancing to current music as well as big band music. Plus, there were a lot of girls. It was fun and exciting. A place where cool people hung out.

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