

SSDS
presents

West Coast Swing Workshops with **Joe Palmer and Autumn Bear**

Saturday, December 9, 2006

Syracuse Polish Home, 915 Park Ave

Workshop Schedule

- 2:00-3:00pm The Three T's
Timing, Technique & Teamwork
All Levels
- 3:15-4:15pm Spins and Turns – “Mo is Betta”
Improving and adding spins and turns to
your dancing
Beginner/Intermediate Level
- 4:30-5:30pm Free & Fancy Footwork
Add Syncopations and Style to your
footwork!
Intermediate Level

Register Early!!

Private Lesson Information

Private lessons are first come, first served. Please call 315-882-2263 or email swingkid300@yahoo.com to request a lesson.

Please dress in layers – room temperature will be cool.



Syracuse, NY

Sponsored by the

Syracuse Swing Dance Society

www.syrswingdance.org

315-882-2263 (Paul Nuzzo, event coordinator)

The SSDS Holiday Dance will follow the workshops. The cost is \$5 or bring a dish to pass.

Joe Palmer has been competing and teaching ballroom, Latin and swing for over ten years. He majored in dance education at New York University. He is a well-known teacher and judge for Ballroom and Swing dance competitions. His wide range of dance styles, as well as his strength in those styles, have helped to form a very unique dancer, teacher and choreographer. Joe's choreography and dancing has won him numerous awards throughout America, Canada and England. Joe is also co-founder and Creative Director for Palmer Arts Collaborative.

Autumn Bear uses a fusion of art and science to create a fun and dynamic experience. Autumn has a degree in Exercise Physiology and a passion for dynamic movement and alignment. She incorporates her knowledge of biomechanics and kinesiology to give better understanding and ease of movement to her students. Understanding the difficulties of lead and follow, Autumn breaks down movement in fun and exciting ways to enhance all her student's abilities for creativity, play and enjoyment. With an energetic style and a contagious smile, her classes and workshops are an experience you don't want to miss!

Autumn and Joe currently teach at Dance Manhattan in NYC.

To learn more about Joe and Autumn, visit the Dance Manhattan web site at:

www.dancemanhattan.com

Directions
Polish Home
915 Park Ave
Syracuse, NY 13204

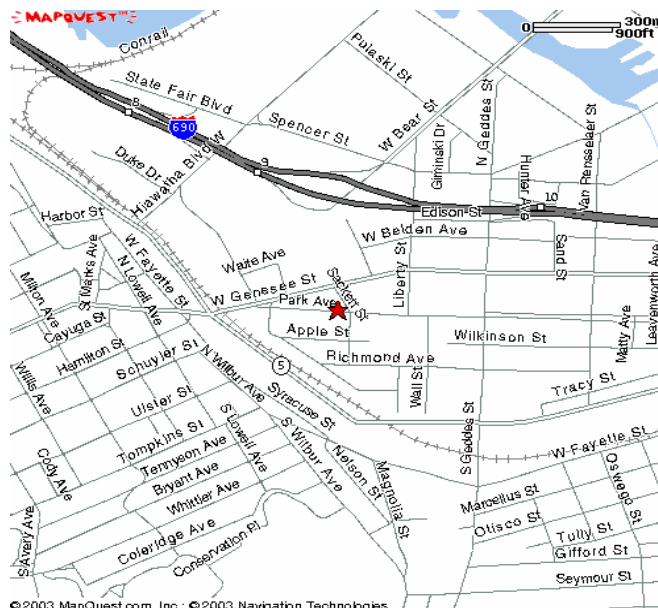
From the South: Take route 81 North to 690 West around downtown Syracuse. Get off route 690 at North Geddes Exit, turn left. At the second light turn right onto W. Genesee St. Take second left onto Sackett St (street across from the Volvo Dealership) and 1st right onto Park.

The Polish Home is on the left.

From the East or West: take route 90 to 81 South. Follow directions from the North.

From the North: Take route 81 South to the Franklin St exit. Turn Right onto W. Genesee Street (just past Dinosaur BBQ). Stay on W. Genesee for a little over a mile. Turn left onto Sackett St (near the Volvo Dealership on W. Genesee) and make the 1st right onto Park. The Polish Home is on the left.

Air Conditioned, Smoke Free Environment



Billeting

If you are interested in staying in the home of a Syracuse Area Dancer, please contact Alice by December 1st at Chico421@twcny.rr.com with the following information:

- Name
- contact phone number and e-mail address
- nights you are going to be in Syracuse (Friday and/or Saturday)
- number of people (singles and/or couples)
- special circumstances such as allergies, smoking preference etc.

Hotel Information

Here are hotels in close proximity to the venue:

Super 8 Motel
 421 7th North Street, Liverpool, NY 13088
 (315) 451-8888 (3-5 miles)

Comfort Inn Fairgrounds
 7010 Interstate Island Rd, Syracuse, NY 13209
 (315) 453-0045 (8 miles)

Hampton Inn
 417 7th North St, Syracuse, NY 13088
 (315) 457-9900 (3-5 miles)

Pre-Registration Form – Must be postmarked before December 1st to get the discounted rate

Saturday, December 9 th , 2006			
W/S 1	W/S 2	W/S 3	Total Amount _____ Check # _____
The 3 T's	Spins & Turns	Free & Fancy Footwork	
Circle the amounts for the workshops you are pre-registering for....then total.			
\$12	\$12	\$12	
Below are the prices on or after December 1 st and at the door			
\$15	\$15	\$15	

Make Checks Payable to: **Syracuse Swing Dance Society**. Send to Mary Ellen Datta, 401 Thurber Street, Syracuse, NY 13210

Name _____
 Address _____

 Phone _____
 E-mail _____

- Add me to your electronic mailing list
- Add me to your snail mailing list
- Remove me from your snail mailing list