

Clog Dancing at the Rochester Area Family Y



Clogging is one of America's oldest folk dances, originating in the Appalachian Mountains as early immigrants blended the step dances from their home nations. Intricate steps of this dance combine shuffles, kicks, and stomps with a rapid fire double toe to create an especially energetic and high spirited dance. It continues to evolve today being influenced by tap, Irish, jazz, hip hop, and other folk dances. Today, some cloggers wear taps on their shoes to produce the rhythmical sound that was originally created in heavy work shoes. It is a fun, challenging and healthful activity for every age. Come join in for some handclappin', toe-tappin' fun as you share in this exciting journey in learning the basic steps and easy folk dances of our American Heritage! Bring a water bottle & any style of tap/clogging shoe, low heeled dress shoe or athletic shoes.

*Classes open to kids age 8 – adult

**Location :Balfour Hall

Clogging 2 Wednesdays 3:30-4:25pm Balfour hall

Previous experience is needed! We will go at a faster pace reviewing & learning new dances.

Session 1- January 18th-February-22nd

Session 2-March 7th-April 11th

Session 3-April 18th –May 23rd

Members \$30.00 Non-Members \$60.00

Register Today at www.rochfamy.org/registration

Rochester Area Family Y - 709 First Avenue SW
(507) 287-2260 - www.rochfamy.org



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FOR HEALTHY LIVING
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