

Welcome to a Gualala Art's workshop

Workshop name	Swing Dance
Dates	Tuesday evenings, October 3,10,17,24, 2017

- Payments can be refunded until the "register by" date; after that date, no refunds
- If the class does not fill, you will receive a full refund.

Please check that your class has filled before the first meeting date.

If you would like to receive monthly workshop email announcements, please go to our website, GualalaArts.org. Go to the left menu and click "Email sign up." After signing in with your current email address, instructions will be mailed to you for updating your email choices. If you need information on food and lodging in the Gualala Area, go to our website and look under "Visitor Info".

Shoes are important for the Coleman Auditorium floor here is the GAC requirement:

For women:

- **Avoid high heels or spikey heels.** Pick a shoe with **flat sole or medium heel** that is thick (large diameter).
- **Leather soles are best.** Avoid rubber – it's too hard to spin on.
- **Avoid sandals or slippers.**

For men:

- Similarly, pick **shoes with leather soles.** Avoid rubber soles (i.e., avoid sneakers, unless they have been modified to have leather soles).
- **Men's leather dress shoes with work fine as long as they don't have rubber soles.** I like to put Dr. Scholl's padding inside these type of shoes, since they typically don't have much padding.

If you don't have any shoes with leather soles, a really ghetto way to make your existing rubber-soled shoes danceable is to put duct tape on the bottoms to make them more slippery. I mention this only as a **last resort**. Use at your own risk! (I probably shouldn't have even mentioned this.. Please don't blame me if the tape sticks to the floor and you fall!)

Women's Swing Dancing Shoes

Okay, let's say you're a bit more committed and want to get "real" shoes for Swing dancing. In Los Angeles/Orange County, I would say **the de-facto standard shoes for women Swing dancers are Keds with chrome leather soles.** The problem with Keds, though, is that they come with rubber soles. So, if you get Keds to dance in, **you'll have**

to take them to a shoe repair shop and get chrome leather (similar to suede) glued to the bottom of your shoes.