

People of all ages, abilities and marital statuses gather together to take group ballroom dancing classes that are far more fun than you might imagine. Fundraisers for Keep Winter Park Beautiful, the classes are hosted by the talented, enchanting and very entertaining Stuart Nichols. He's a gifted instructor who makes everyone feel at ease and will have you gliding around the floor in no time. Even if you have difficulty telling your right foot from your left, Stuart has a secret method for helping you keep them straight.

For the nominal fee of \$70, you're invited to attend a series of seven classes, followed by a pot luck *prom* where everyone dresses up, brings a favorite food or beverage and has a great time dancing the night away. Beginner classes are held on Tuesday evenings at 7 pm. No advanced registration is required, and you don't need a partner to join the fun. The beginner classes will introduce you to the basics of the fox trot, rumba, waltz and cha-cha. During my session, we also learned to swing dance. Intermediate classes are held at 8:45 pm and again on Thursday evenings. Some classes offer more advanced dance instruction, while others include challenging dances, such as the tango.

It took me 20 years of marriage to finally persuade my husband to take dance lessons with me. He was hesitant at first, but by the third week, he couldn't wait to go to class, even when I wasn't able to join him. My daughter had such a great time at our graduation dance that she and her friends signed up for the next session.

What makes the classes so enjoyable is the combination of a relaxed yet supportive atmosphere and Stuart's friendly, inclusive style. From the first steps to the final waltz, the room is filled with joy, laughter and the rhythms of dance music from around the world. So, if you're looking for a fun way to stay active, an opportunity to meet new friends or a chance to glide across the dance floor with your sweetheart, visit everybodydance.com to see when the next session begins or to learn more about private instruction.

Stuart can be reached via email at snichols@rollins.edu or by calling 321-662-5565.

having a BALL

**EVERY TUESDAY AND THURSDAY EVENING,
THE WINTER PARK FARMER'S MARKET
TURNS INTO ONE OF THE HAPPIEST
PLACES IN TOWN.**

by Cindy Heroux

Stuart Nichols with Mary Ladish
of Longwood Ballroom