

# Jitterbug Swing

## Dance Class



Starts: Feb 24th  
7pm

### 5 week Jitterbug Single Swing Class

Starts: Tuesday, February 24, 2026  
(meets Feb. 24, Mar. 3, 10, 17 & 24)

Length: 5 sessions, 7:00-8:30 pm

Fee: \$59 per person



**Northwest Technical School**  
**1515 S Munn Ave**  
**Maryville, MO 64468**  
**Call to Enroll: (660) 671-1283**

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for  
Info



- 1. Boosts your confidence
- 2. Reduces stress
- 3. Cardiovascular endurance
- 4. Dance promotes flexibility
- 5. Improve coordination
- 6. Dance improves memory
- 7. Dance boosts cardio health
- 8. Improves cognition
- 9. Social interaction, find new friends
- 10. Dancing is just plain fun to do.