

Jitterbug Swing

Dance Class



**Starts: Oct 6th
7pm**

5 week Jitterbug Single Swing Class

**Starts: Tuesday, October 6, 2026
(meets Oct 6, 13, 20, 27 & Nov 3)**

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**

**Scan
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.