



Metropolitan Community College
40 YEARS OF EXCELLENCE

mccneb.edu | 402-457-2400

Feb. 7, 2014

FOR IMMEDIATE RELEASE

CONTACT:

Sheila O'Connor
Executive Director, Office of Public Affairs
402-457-2733
soconnor7@mccneb.edu
www.mccneb.edu

Dance and iPad classes offered at the Fremont Area Center

FREMONT, Neb.—Metropolitan Community College's Fremont Area Center, 835 N. Broad St., is offering community members the opportunity to learn ballroom dancing and discover the basics of the iPad this March and April. To register for classes, call 402-721-2507.

Ballroom Dance for Beginners

Tuesdays, March 11–April 15 (six weeks)
7–8 p.m., \$44 per person

Get moving and have fun learning ballroom dancing in this six-week class. Learn the basics of the three most popular ballroom dances: Foxtrot, Waltz and Swing. With music from the 1940s through today's hits, you will have a great time doing easy patterns that move you smoothly around the dance floor and give you a great sense of rhythm. Partners are recommended; hard-soled shoes are required.

Ballroom Dance – Intermediate

Tuesdays, March 11–April 15 (six weeks)
8–9 p.m., \$44 per person

Move your Foxtrot, Waltz and Swing to the next level in this six-week class. Learn patterns that give you more variety, highlighting how simple it is to lead/follow a partner. Get an introduction to the great Latin dances: Cha-Cha and Rumba. Plus, to round out the most popular dances, get ready for some Tango! Showcase your sharp footwork and dance with your whole body. Partners are recommended; hard-soled shoes are required.

Explore the iPad

Saturday, April 26 (one session)
9 a.m.–noon, \$39

Learn the basics of the iPad and discover its unique functions and features. Explore a variety of apps and learn how to download them. Also learn how to browse the Web using Safari and use iBooks to download and read books. Find methods for using the iPad in everyday life. iPads are not provided. Students need to obtain their username and password by logging on to mccneb.edu/password before they come to class.

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Metropolitan Community College, accredited by the Higher Learning Commission of the North Central Association, is a comprehensive, public community college that offers affordable and quality education to all residents of Dodge, Douglas, Sarpy and Washington counties. Founded in 1974, MCC has the largest enrollment out of six community colleges in Nebraska and is the second largest postsecondary institution in the state. MCC serves more than 40,000 students annually.