



Aug. 18, 2015

FOR IMMEDIATE RELEASE

CONTACT:

Sheila O'Connor

Executive Director, Office of Public Affairs

402-457-2733

[soconnor7@mccneb.edu](mailto:soconnor7@mccneb.edu)

[mccneb.edu](http://mccneb.edu)

### **Ballroom dance, dog training highlight noncredit courses at MCC Fremont location**

OMAHA, Neb. — Area residents can touch up on their dance skills as well as better train their dogs with noncredit courses Basic Dog Obedience and Ballroom Dance-Intermediate at Metropolitan Community College's Fremont Area Center, northwest corner of 9<sup>th</sup> and Broad streets.

Basic Dog Obedience with Kristin's Big Moose Dog Training is designed for dogs more than 16 weeks old. Dogs will practice recalls, leash manners, sit and down on command, and staying in a sit and down position with controlled distractions. All dogs under a year of age are automatically eligible for the AKC S.T.A.R. Puppy Certification. Dogs at the first class meeting must wear a collar, and owners must bring a four- to six-foot leash (flexi-leads, chain leashes and harnesses are not permitted). Owners are also encouraged to bring plenty of their dog's favorite treats. To remain in class, owners must bring proof that their dog has had rabies, distemper and parvo vaccinations. The course runs Sept. 26–Nov. 7 on Saturdays 9–10 a.m. or on Tuesdays 4:30–5:30 p.m. beginning Oct. 20–Nov. 24.

Ballroom Dance-Intermediate will teach students how to foxtrot, waltz and swing to the next level with patterns that give dancers more variety, highlighting how simple it is to lead/follow a dance partner. Instructor Rick Brayshaw will also introduce students Latin dances. Partners are and hard-sole shoes are highly recommended. Ballroom Dance-Intermediate is offered on Tuesdays 8–9 p.m. beginning Sept. 15 through Oct. 20.

Call 402-457-5231 or visit [mccneb.edu/ce](http://mccneb.edu/ce) to sign up today.

###

Metropolitan Community College, accredited by the Higher Learning Commission, is a comprehensive, public community college that offers affordable, 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 unique credit and noncredit students.