

## ENRICHMENT— FITNESS & RECREATION

### Ballroom—Rhythm Dances

Mel Carrillo has been teaching ballroom dance for over 35 years, 15 at MiraCosta. With a belief that everyone has the ability to dance, he works wonders with students of all ages and experience. In this class, students will learn the rhythmic dances such as salsa, swing, samba, merengue, rumba and cha-cha. Mel's experience and dedication will make this class an unforgettable one!

**Supplies:** Wear soft, smooth-soled shoes. Please bring a notepad and pen or pencil.

**Instructor:** Mel Carrillo

**Fee:** \$65

San Elijo Campus, Room 204

6 Fridays, 2/4–3/18, 6:15–7:30 p.m.

**Class will not be held on 2/18.**

### Ballroom—Smooth Dances

Tired of being a wallflower? Mel Carrillo's unique style of teaching will give the beginner or intermediate dancer confidence and a smooth, relaxed appearance on the dance floor. Students will learn or improve the smooth dances: foxtrot, waltz, and tango.

**Supplies:** Wear soft, smooth-soled shoes. Please bring a notepad and pen or pencil.

**Instructor:** Mel Carrillo

**Fee:** \$65

San Elijo Campus, Room 204

6 Fridays, 2/4–3/18, 7:45–9 p.m.

**Class will not be held on 2/18.**

**We do not guarantee an equal number of males and females in our ballroom dance classes.**



### Gift of education

**MiraCosta Community Services classes, trips and programs make GREAT gifts for the hard-to-shop-for friend and/or loved one.**

*Call us today to get your gift certificate for a specific class or let them choose their own.*

## ENRICHMENT— FITNESS & RECREATION

### Beginning Adult Horseback Riding

Learning to ride a horse is a luxury many of us want, but few of us have. This is a wonderful opportunity for you to learn about horses, grooming, horsemanship, and begin riding in a safe and beautiful environment. Horseback riding also helps build confidence and responsibility, soothes and releases stress, provides exercise, and develops a strong bond between you and horses.

**Supplies:** Bring water and sunscreen, and wear closed-toe shoes and comfortable clothes that can get dirty. All students will have to sign a waiver. Students between the ages of 15–17 must be accompanied by an adult and will have to have a parent or guardian sign a waiver.

**Instructor:** Teri Cagle

**Fee:** \$210

*\*Hoof Haven Farms*

6 Saturdays, 1/29–3/12, 11 a.m.–12:30 p.m.

**Class will not be held on 2/19.**

or

6 Saturdays, 1/29–3/12, 2–3:30 p.m.

**Class will not be held on 2/19.**

*\*Hoof Haven Farms*

4777 S. Mission Rd, Fallbrook

### Adult Golf Lessons

Want to tee up with your friends, meet new people, or play with business associates? Come out to the beautiful Encinitas Ranch Golf Course to work with PGA professional Doug Timmons. Learn or get a refresher on the fundamentals of this great game so you never have to say no to a golf invitation again!

**Supplies:** If you don't have your own equipment, the instructor will provide it for you.

**Instructor:** Doug Timmons

**Fee:** \$180

*\*Encinitas Ranch Golf Course*

6 Saturdays, 1/29–3/5, 10–11 a.m.

*\*Encinitas Ranch Golf Course*

1275 Quail Gardens Drive, Encinitas