**Homepage:**

**Ballroom Dancing**

**What we do**

At Ely Wellbeing, we teach people, even those with "two left feet" to dance to music and on time. Whether you have never danced before, an improver or an experienced dancer, you will find dance tuition suitable for your needs. We have dance classes from your first fun steps on the dancefloor to intensive training in various styles like Ballroom, Latin-American, Salsa etc.

**Our Teachers**

Our teachers at Ely Wellbeing have had full professional training and/or performed at the highest level in their particular style. The quality of dance lesson witn the class is very important to us and the dance service is known for the professionalism and quality of its staff. We have male and female teachers and instructors enthusiastic about their work.

From the start, we aimed to give our customers the best training, and with this, in mind, we have hand-picked out teachers in every style.

Evan Jeposa is a very distinguished dancer with over 10 years’ experience. His Ballroom & Latin career covers Amateur competitions in UK, Russia, USA, South Africa, France & Germany.

All our Courses and Classes are run by current or former dancers, performers or competitors.

We pride ourselves on expertise and knowledge of our staff.

**Classes**

**Ballroom and Latin-American:**

We offer Ballroom and Latin dance classes for adults, from total beginners to advanced dancers. Learn basics, build up your skill from elementary to advanced routines to a variety of rhythms. Start with Waltz, Tango, Social Foxtrot, Cha-Cha-Cha, Rumba & Jive, followed by Quickstep & Samba for Improvers.

**Workshops:**

In-depth knowledge, Ballroom & Latin technique, helpful hints, tricks of the trade. Further info & bookings: Facebook or in person with your teacher.

**Wedding Dance Lessons:**

We can choreograph a beautiful first dance to your chosen song, remove the stress associated with a first dance, and make it look unforgettable for you and all your guests.

 You've Planned Every Detail of Your Wedding Don't Leave Your FIRST DANCE to Chance! We Can Help You Prepare and Have Fun Doing It!

**Private Lessons:**

We offer private lessons to individuals or couples. Private lessons is a focused session and the best way to achieve results in the shortest time. You set the pace of your progress, as all attention is solely on you. If you wish to accelerate your dance learning or to catch-up with something you've missed, you can have one-on-one tuition at a time which suits you.

**SHOP**

Gift vouchers £10, £20, £50

BOOK PRIVATE LESSON - £57

BOOK GROUP LESSON - £32 / month for four 1-hour lessons per week

BOOK A PAYG LESSON - £15

Ballroom Dance Video Lessons

* Pre-Bronze / E-Class (Waltz, Tango, Foxtrot and Quickstep) - £17
* Bronze / D-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £27
* Silver / C-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £37
* Gold / B-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £47

Full Ballroom Dance Video Package - ~~£128~~ £47 (63% discount)

Latin American Dance Video Lessons

* Pre-Bronze / E-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £23
* Bronze / D-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £33
* Silver / C-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £43
* Gold / B-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £57

Full Latin American Dance Video Package - ~~£156~~ £67 (57% discount)

Ballroom / Latin Combo Video Package £284 £97 (66% discount)

**FAQ**

**Frequently Asked Questions**

**How much is a Ballroom & Latin Course?**

We run a monthly 4-week course at £32 that can be cancelled at any time. This includes two, 1-hour dance lessons per week on Wednesdays and Thursdays; one Latin and one Ballroom dance are learnt and practised during the month.

**Do you hold Taster Sessions?**

Yes, twice a year and it is announced on our Facebook page, ‘[Ely Ballroom Dancing.’](https://www.facebook.com/ElyBallroomDance/)

**What happens at Workshops?**

When workshops are advertised, we will highlight the dance and level it will be taught. It is a technical class where you will learn additional techniques to improve your dancing.

**How Do I Pay?**

You can pay online …

**Can I pay on the day?**

To enable us good continuity of lessons, all subscriptions have to be pre-booked at least 24hrs before the start lesson of the month.

**Can I Pay As You Go?**

Yes. It will cost £15/lesson.

**What happens if I miss a lesson?**

We learn and practice one Latin and one Ballroom dance for the month, allowing you to catch up on any missed information. It will be easy to catch up. However, it is not refundable nor transferable.

**Can I cancel or move my lesson?**

Yes. You can move or cancel a private lesson if you give us at least 48hrs notice.

**What attire and equipment do I need**?

Shoes that are comfortable and casual clothes are quite sufficient for Levels 1 & 2. We recommend dance shoes from Level 3 onwards.

**Do I need a partner?**

You do not have to bring a partner, as a lot of learning is done separately. You may be partnered by someone in the class or an assistant.

**Will I have to swap my partner (husband, boyfriend) with anybody else?**

No, you will not. If you come as a couple, you will stay together for the entire course.

**NLP Coaching**

**Reiki**

**Breakthrough Sessions (2 Day Intensive NLP Coaching)**

**Seminars**

**Speak it to achieve it! (90 minutes)**

**Expect to Succeed (2 days)**

**NLP Practitioner Training (7 Days)**

**NLP Master Practitioner Training (14 Days)**