

Hepcats Winter 2025 Swing Dance Classes

Beginner Class – Learn to Swing Dance with the Hepcats!

Sundays, January 26th - March 2nd, 5:30-6:15 pm, 5 week class series (no class Feb. 9)

Want to learn to swing dance? This is the class for you! No previous dance experience required; no partner required - single dancers welcome. Mike & Mary have taught literally thousands of people to swing dance, and we can teach you – give it a try! For this class series we'll learn the original swing dance: **Lindy Hop!** Lindy Hop is built around 8 count patterns and requires good lead and follow skills, and good technique. Learn Lindy Hop - and get hep to the jive!

Cost: \$55 (\$50 students) for the 5 week class series **How Paid = Cash: \$ _____ Check \$ _____ Check # _____**

Intermediate Swing Dance - Time to Add Some Cool Moves!

Sundays, January 26th - March 2nd, 6:30-7:15 pm, 5 week class series (no class Feb. 9)

Mike & Mary are often asked to teach an intermediate level swing dance class (and Balboa, see below), **so here it is! Your chance to add some cool moves to your swing dance!** Knowledge of basic Lindy Hop not required for this class series, but recommended. If you want to learn Lindy Hop in preparation for this class series, take the beginner swing dance class series that starts at 5:30 pm. If you've taken the Hepcats beginner swing dance class series you're good to go! No partner required, single dancers welcome.

Cost: \$55 (\$50 students) for the 5 week class series **How Paid = Cash: \$ _____ Check \$ _____ Check # _____**

Intermediate Balboa – beyond the basics - - are you ready for a challenge?!

Sundays, January 26th - March 2nd, 7:30-8:15 pm, 5 week class series (no class Feb. 9)

If you taken the Hepcats beginner Balboa class (or you're already a proficient Balboa dancer), you know what a fun, unique and just overall cool dance is that swing dance called Balboa! It's time to take your Balboa to the next level. Your chance to learn more cool Balboa moves and footwork from **Mike & Mary Richardson**, Lexington's premiere Balboa dancers! No partner required, single dancers welcome.

Note: This class series is dependent on the number of registrations. To register you must contact Mike Richardson directly at info@luv2swingdance.com.

Cost: \$55 (\$50 students) for the 5 week class series **How Paid = Cash: \$ _____ Check: \$ _____ Check # _____**

To register for classes by mail, designate the class or classes you want to take above; ensure you sign page 2 of the Waiver, and mail this three page form with check payment (make check out to Michael Richardson) to the address below. There is a \$10 discount for each class series if you pay in advance by mail. **Note: for the classes that start on Sun., Jan. 26th, 2025, your letter must be postmarked by Wed., Jan. 15th.**

Mailing address: **Michael Richardson, 132 Lantern Way, Nicholasville, KY 40356**

Location for these classes:

Arthur Murray Dance Studio, 1801 Alexandria Dr., Lexington, KY (in Gardenside, across from Kroger).

Last Name (please print clearly): _____ **First Name:** _____ **M.I.** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Contact Email (please print clearly) : _____ **Phone:** _____

Would you like to receive Email updates about Hepcats classes, dances & special events? Yes - -

Already on the Listserve - - No Note: we don't lend, sell or give email info (or any other personal info) to anyone.

If using student discount, your school name _____.

Liability Waiver – page 1 of 2

1. There is an inherent risk of accident or injury when participating in a dance or exercise program or event. By signing below, you are indicating that you recognize this fact and that you waive, release and hold harmless the Hepcats Swing Dance Club, Mike Richardson, his heirs, assigns, employees and independent contractors from any liability for any injury, damage or claim or loss or theft of articles arising from participation in any program of swing dance instruction, swing dances, workshops, or other related events.

2. I acknowledge and accept that there is a risk that I could be exposed to COVID-19 while attending Hepcats Swing Dance Club dance classes, swing dances and other events. I acknowledge and confirm that I am willing to accept this risk as a condition of attending in person. I agree to waive, release, and hold harmless the Hepcats Swing Dance Club, Mike Richardson, his heirs, assigns, employees and independent contractors, the facility where the classes are offered, their officers, directors, employees, agents and volunteers (the “Releasees”) from any and all causes of action, claims, demands, requests, damages or any recourse whatsoever in respect of any personal injuries or other damages which may occur or arise as a result of exposure to COVID-19 during my visit to the classes and facility and/or through the provision of services to me by the Hepcats Swing Dance Club.

I do hereby acknowledge and agree that notwithstanding the generality of the foregoing, I declare that I will not commence litigation or otherwise seek to recover damages or other compensation against the Releasees based on any action, claim, demand, request, loss or any recourse whatsoever arising from any potential or actual exposure to COVID-19 while attending in person and/or through the provision of services to me by the Hepcats Swing Dance Club. I further acknowledge that the Releasees can rely on this Release of Liability, Waiver of all Possible Claims and Assumption of Risk as a complete defense to any and all claims, damages, causes of action, or recourse or liability that may arise at any time. I have carefully reviewed this COVID-19 Waiver and acknowledge that I fully understand the terms as set out above. I acknowledge that I am signing this Release of Liability, Waiver of all Possible Claims and Assumption of Risk voluntarily.

3. I acknowledge and accept that there is a risk that I could be exposed to Respiratory Syncytial Virus (RSV), influenza, and other such viruses while attending Hepcats Swing Dance Club dance classes, swing dances and other events. I acknowledge and confirm that I am willing to accept this risk as a condition of attending in person. I agree to waive, release, and hold harmless the Hepcats Swing Dance Club, Mike Richardson, his heirs, assigns, employees and independent contractors, the facility where the classes are offered, their officers, directors, employees, agents and volunteers (the “Releasees”) from any and all causes of action, claims, demands, requests, damages or any recourse whatsoever in respect of any personal injuries or other damages which may occur or arise as a result of exposure to Respiratory Syncytial Virus (RSV) and/or seasonal influenza during my visit to the classes and facility and/or through the provision of services to me by the Hepcats Swing Dance Club.

I do hereby acknowledge and agree that notwithstanding the generality of the foregoing, I declare that I will not commence litigation or otherwise seek to recover damages or other compensation against the Releasees based on any action, claim, demand, request, loss or any recourse whatsoever arising from any potential or actual exposure to Respiratory Syncytial Virus (RSV), influenza, and other such viruses while attending in person and/or through the provision of services to me by the Hepcats Swing Dance Club. I further acknowledge that the Releasees can rely on this Release of Liability, Waiver of all Possible Claims and Assumption of Risk as a complete defense to any and all claims, damages, causes of action, or recourse or liability that may arise at any time. I have carefully reviewed this Respiratory Syncytial Virus (RSV) and/or seasonal influenza Waiver and acknowledge that I fully understand the terms as set out above. I acknowledge that I am signing this Release of Liability, Waiver of all Possible Claims and Assumption of Risk voluntarily.

Liability Waiver – page 2 of 2

4. For safety and sanitary reasons, no bare feet or sock feet are allowed during Hepcats classes, dances or other events.

For shoes we strongly recommend comfortable, broken-in, closed-toed shoes/footwear. Shoes with flat soles (high heels are not recommended) that provide good ankle support are strongly recommended. Comfortable dress shoes, like loafers or wing tips are also fine. Wear light shoes without a lot of traction so you can spin and turn with less strain on your knees and ankles. We do not recommend rubber soled tennis shoes. And note that hiking boots and similar type shoes that are “heavy” with lots of traction are not recommended.

For clothing, we recommend clothing that is comfortable and not restrictive to your movement, for example, long tight skirts on ladies. A good guideline is to wear clothes that are comfortable and tasteful.

X_____

Date:_____