



PASITOS

ArubaSalsa's monthly newsletter 6th edition, April 2009

HOLA SALSEROS,

We have some good news for you in this newsletter. Not only about new savings with your membercard, but also about your chance to win tickets to the "Kings of Bachata"! This spring there are a lot of events coming up where you can show off your salsa and bachata moves. So, don't be shy, it's all about having fun, get on the dancefloor and enjoy!
Saludos, Reggie & Sabine

Upcoming Latin events:

- Doble R / Robert Jeandor - April 30
- Olga Tañón - May 30
- Aventura - May 20

DANCE BACHATA & WIN TICKETS TO AVENTURA
May 20th the "Kings of Bachata" come to Aruba: Aventura! Now it's time to learn how to dance this beautiful dance from the Dominican Republic with it's sensual moves. ArubaSalsa organises a special 'fast course' bachata. We will teach you the basic steps, nice turns and beautiful combinations. You didn't buy your tickets yet? ArubaSalsa will give away 2 tickets to the Aventura concert to two of our Bachata course participants! Don't miss this opportunity!

Bachata course: 4 lessons of 1,5 hours

Date: Saturday April 25th
Time: 8-9.30 pm
Location: Platinum Club Santa Cruz
Price: Afl. 90 (ArubaSalsa Students)
Limited space available.
To sign up call:
585-7939 or e-mail:
info@arubasalsa.com



WANTED: MEN!

Do you want to practice your dancing more? We need men who would like to assist ladies in the beginners levels in Noord, San Nicolas and Santa Cruz! Please let us know when and where you would like to assist. Thank you!

NEW SAVINGS WITH YOUR ARUBASALSA MEMBERCARD

We've arranged attractive new deals with companies for you to save more with your membercard:

- Sparetime (Oranjestad & San Nicolas): 20% discount on all clothing
- 2BFIT Studio: Afl.10 off on monthly contribution of Afl. 125

Of course you will still get 10% off your drinks at Mr.Jazz and Mambo Jambo

DANCING OFF THOSE CALORIES

Research has shown that Salsa dancing burns a lot of calories, compared to other dance styles. How many calories will you burn while dancing? Here's a range of some of the most popular dances, based on a 150-pound person (70 kg), per hour:

- * Swing dancing: 235 calories/hour
- * Ballroom dancing: 265
- * Ballet: 300
- * Belly dancing: 380
- * SALSA dancing: 420+

Good to know!



Check out ArubaSalsa.com for more pictures!

ANNOUNCEMENTS

Changes in the lesson schedule due to Holidays

Queensday, April 30: Lessons in Noord
There will be lessons in Noord on Queensday, same times and location.

Ascension day, May 21: No lessons in Noord
Intermediate lesson on Friday May 22 from 7.30-8.30 pm.
Beginners lesson on Friday May 22 from 8.30-9.30 pm.

ArubaSalsa

Tel. 585-7939 (office) /
594-7008 / 594-7018

E-mail: info@arubasalsa.com

Website:

www.ArubaSalsa.com

