



DanceWell PDX Schools <Email your Class Requests> for Next Month 2026

MAY

3-4 WEEK SERIES -- NEW CLASSES BEGIN 1st WEEK OF MONTH
 Beginner-1 Pre-Intermediate-2 Intermediate-3 Advanced-4
****HEADS UP! PAPER CALENDARS MAY BE OUTDATED****
 Greyed Squares = NOT FINAL

dancewellballroom.com

Updated May 16, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MONTHLY DEALS end last day of prior month. 24 Hr. ONLINE BOOKING CUTOFF-then DROP IN. Create Account Drop in Schedule DanceWell PDX Schools Landline 503-241-0460 Textline 503-850-0828 Parkrose PDX 4848 NE 105th 97220 Aloha Beaverton 3425 SW 185th 97006</p>						
--Aloha-- 4 PM WEST COAST-2 5 PM TANGO-2	--Aloha-- 7:30 PM EAST COAST SWING-1	--Parkrose-- 7:30 PM NIGHTCLUB 2- STEP-1 8:30 PM WEST COAST SWING-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM FOXTROT-4	7	--Aloha-- 7 PM Preregister WORKSHOP: LATIN & RHYTHM STYLING	--Aloha-- 7:30 PM \$12 DANCE 1 st Saturday SUPER SOCIAL HANGOUT Lesson: NIGHTCLUB 2
--Aloha-- 4 PM WEST COAST-2 5 PM TANGO-2	--Aloha-- 7:30 PM EAST COAST SWING-1	--Parkrose-- 7:30 PM NIGHTCLUB 2- STEP-1 8:30 PM WEST COAST SWING-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM FOXTROT-4	7	--Aloha-- 7 PM Preregister WORKSHOP: LATIN & RHYTHM STYLING	--Parkrose-- 11:45 AM Preregister WORKSHOP: HUSTLE 1-3 PM \$7 DANCE: SAT. AFTERNOON HANGOUT
--Aloha-- 4 PM WEST COAST-2 5 PM TANGO-2	--Aloha-- 7:30 PM EAST COAST SWING-1	--Parkrose-- 7:30 PM NIGHTCLUB 2- STEP-1 8:30 PM WEST COAST SWING-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM FOXTROT-4	14	--Parkrose-- 7:30 PM \$12 DANCE 4 TH FRIDAY SUPER SOCIAL HANGOUT Lesson: NIGHTCLUB 2STEP	--Parkrose-- 
--Aloha-- 4 PM WEST COAST-2 5-7 PM \$5 DANCE: LATE-DAY HANG	--Aloha-- 7:30 PM EAST COAST SWING-1	--Parkrose-- 7:30 PM NIGHTCLUB 2- STEP-1 8:30 PM WEST COAST SWING-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM FOXTROT-4	21	--Parkrose-- 7:30 PM \$12 DANCE 4 TH FRIDAY SUPER SOCIAL HANGOUT Lesson: NIGHTCLUB 2STEP	23
--Aloha-- 5 PM TANGO-2	--Aloha-- 	--Parkrose-- 7 PM QUICKSTEP-3 8 PM FOXTROT-4	27	28	29	30
<p>??? <u>NO ALOHA DANCE Saturday JULY 4TH DO WE WANT Friday JULY 11TH ???</u></p>						


DanceWell PDX Schools <Email your Class Requests> for Next Month 2026

JUNE

3-4 WEEK SERIES -- NEW CLASSES BEGIN 1st WEEK OF MONTH
 Beginner-1 Pre-Intermediate-2 Intermediate-3 Advanced-4
****HEADS UP! PAPER CALENDARS MAY BE OUTDATED****
 Greyed Squares = Not Final

dancewellballroom.com

Updated May 28, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	7:30 PM WALTZ-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 12 PM EAST COAST SWING 7:30 PM CHA CHA-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM WALTZ-4		7 PM FIELDTRIP: SESAME CLUB, Norse Hall	--Aloha-- 7:30 PM \$12 DANCE 1st Saturday HANGOUT Lesson: WALTZ
7	8	9	10	11	12	13
--Aloha-- 3 PM BACHATA-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 7:30 PM WALTZ-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 12 PM EAST COAST SWING 7:30 PM CHA CHA-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM WALTZ-4		--Aloha-- 7 PM WORKSHOP: BALLROOM STANDARD TECHNIQUE	--Parkrose-- 11:45 AM WORKSHOP: NIGHTCLUB 2STEP 1-3 PM \$7 DANCE: SAT. AFTERNOON HANG w/Lesson
14	15	16	17	18	19	20
--Aloha-- 3 PM BACHATA-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 7:30 PM WALTZ-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 12 PM EAST COAST SWING 7:30 PM CHA CHA-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM WALTZ-4	2-3-day FIELDTRIP: BEACH DANCE TRIP (RSVP)	2-3-day FIELDTRIP: BEACH DANCE TRIP (RSVP)	2-3-day FIELDTRIP: BEACH DANCE TRIP (RSVP)
21	22	23	24	25	26	27
--Aloha-- 3 PM BACHATA-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 7:30 PM WALTZ-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 12 PM EAST COAST SWING 7:30 PM CHA CHA-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 7 PM QUICKSTEP-3 8 PM WALTZ-4		--Parkrose-- 7:30 PM \$12 DANCE 4TH FRIDAY SUPER HANGOUT Lesson: WALTZ	
28	29	30			NO SAT. ALOHA DANCE JULY 4TH	WANT FRI. JULY 11TH INSTEAD ???

MONTHLY DEALS end last day of prior month.
 24 Hr. ONLINE BOOKING CUTOFF-then DROP IN. [Create Account](#) [Drop in Schedule](#)
 DanceWell PDX Schools Landline 503-241-0460 Textline 503-850-0828
[Parkrose PDX](#) 4848 NE 105th 97220 [Aloha Beaverton](#) 3425 SW 185th 97006



DanceWell PDX Schools <Email your Class Requests> for Next Month 2026

JULY

3-4 WEEK SERIES -- NEW CLASSES BEGIN 1st WEEK OF MONTH
 Beginner-1 Pre-Intermediate-2 Intermediate-3 Advanced-4
****HEADS UP! PAPER CALENDARS MAY BE OUTDATED****
 Greyed Squares = Not Final

dancewellballroom.com

Updated May 28, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			--Aloha-- 1 7 PM SAMBA-3 8 PM WALTZ-4	2	3 7 PM FIELDTRIP: SESAME CLUB, Norse Hall	--Aloha-- 4 
--Aloha-- 5 3 PM FOXTROT-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 6 7:30 PM RUMBA-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 7 12 PM EAST COAST SWING 7:30 PM WALTZ-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 8 7 PM SAMBA-3 8 PM WALTZ-4	9	--Aloha-- 10 ??? 7:30 PM \$12 ??? DANCE ALOHA POPOP FRIDAY ??? HANGOUT ??? Lesson: SWING	--Parkrose-- 11
--Aloha-- 12 3 PM BACHATA-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 13 7:30 PM RUMBA-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 14 12 PM EAST COAST SWING 7:30 PM WALTZ-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 15 7 PM SAMBA-3 8 PM WALTZ-4	16	17 7 PM WORKSHOP: LATIN & RHYTHM FUN TECHNIQUE	18 11:45 AM WORKSHOP: SWING 1-3 PM \$7 DANCE: SAT. AFTERNOON HANG w/Lesson
--Aloha-- 19 3 PM BACHATA-1 4 PM WEST COAST SWING-2 5 PM VIENNESE WALTZ-1	--Aloha-- 20 7:30 PM RUMBA-1 8:30 PM EAST COAST SWING-2	--Parkrose-- 21 12 PM EAST COAST SWING 7:30 PM WALTZ-1 8:30 PM NIGHTCLUB 2STEP-2	--Aloha-- 22 7 PM SAMBA-3 8 PM WALTZ-4	23	--Parkrose-- 24 7:30 PM \$12 DANCE 4 TH FRIDAY NITE HANGOUT Lesson: SWING	25 
--Aloha-- 26 3 PM BACHATA-1 4 PM WEST COAST-2 5-7 PM \$5 DANCE: LATE-DAY HANG	--Aloha-- 27	--Parkrose-- 28	--Aloha-- 29	30	31	NO DANCE SAT. JULY 4 - WANNA MOVE TO FRIDAY JULY 10 ???

MONTHLY DEALS end last day of prior month.

24 Hr. ONLINE BOOKING CUTOFF-then DROP IN. [Create Account](#) [Drop in Schedule](#)

DanceWell PDX Schools Landline 503-241-0460 Textline 503-850-0828

[Parkrose PDX](#) 4848 NE 105th 97220 [Aloha Beaverton](#) 3425 SW 185th 97006

[DANCING & PROGRAM FAQ's](#)

Have a dance you want taught? Use the **Rewards Program**—See Rewards tab from Profile

Costs

- Private Instruction: Singles & Couples \$85—\$95
Affordable Personalized Instruction by Request.
Wedding & event preparation. Social & hobbyist instruction in International & American Styles.
Packages & Gifts.

- Group Dance Classes: \$20 per visit Walk-Ins, \$45-\$60 4-Weeks beginning 1st week of month.
Youth 15-20 years \$20/series.

Unlimited Class MEMBERSHIP

\$100 per month RockENROLL Monthly Auto-Pay
A great way to take ALL the classes you want and practice at ALL our dance parties for a great price!

Group Classes in 2 Studio Locations

The DanceWell Program is a separate business entity in two locations. Both are plain outside but lovely & with great dance floors inside!

Parkrose Ballroom in NE PDX

4848 NE 105th, 97220
N.E. Sandy Blvd.&105th. — 2nd Floor, enter on 105th. Parking: 105TH & in Rose Café Lot - or in Shopping Center lot on Sandy.

Aloha Grange near Beaverton

3425 SW 185th Ave 97006
TV Hwy — 185th & Alexander St., grey free-standing building, 2nd Floor, enter on 185th.
Parking in Big Lots parking lot or street.

More INFO: [Home Page](#) > [DAILY CLASS UPDATES](#)

Parkrose / NE Portland Aloha / Beaverton



GROUP CLASS INFORMATION

~ Singles and Couples welcome
- **ONLINE BOOKING** ends 1 day before class; book paid or unpaid.
- **MONTHLY PREPAY DEALS** end the last day of the previous month (25-40% off)
~ Series: 3-4 weeks — begins first week of month
~ **Class Skill Levels**
BEGINNER MONTH 1 PRE-INTERMEDIATE-2
INTERMEDIATE-3 ADVANCED-4

REGISTER FOR CLASSES & PARTIES

Begin on Home Page: Start with [CLASS SEARCH for a Series](#). Type all or part: **DANCE** or **CLASS**, **PARTY NAME** or **LOCATION** in **SEARCH BAR** >> **ENROLL**. or Goto [DROP IN SCHEDULE](#) or a printable [DOWNLOAD CALENDAR](#)
Or Email linda@dancewellballroom.com
Or Call us on 503-241-0460
Or Text us on 503-850-0828

DROPPING IN TO A GROUP CLASS?

Choose **DAILY CLASS UPDATES** button on Home Page. **CONFIRM CLASS 2-3 HOURS BEFORE CLASS**. [Create an Account](#) and add your credit card info to pay by cash. [Log in](#) [Video Library](#) > Help Videos, Class Review Vids...

Current Instructors

Owner/Director/Instructor Linda Springstead.
Instructors: Rick Davis,
Assist. Instructors: Judy McFarlane,
DANCEWELL MAILING ADDRESS:
POB 230771 Tigard OR 97281

**Remember to sign up early and invite your friends so the classes you want are a GO! Cancelled class, purchases refunded to DW account. *Cash Walk-Ins welcome —Check DAILY CALENDAR UPDATES 2-4 hours prior to confirm class status before "DROPPING IN". *Sorry, no refunds when you cancel or miss classes except in emergency situations.*

DANCEWELL PDX

(503) 241-0460

dancewellballroom.com



Ballroom, Latin, Swing, Nightclub & Country Dance Classes --& Parties.

