Welcome to the Boulder International Folk Dancers. Just about any Friday night during the year you can hear strains of interesting and unusual music, and intriguing rhythms coming from the Pearl Street Studio in Boulder. Our dances and music are quite varied, and come from all over the world. It is not uncommon to hear a beautiful and gentle waltz followed immediately by a lively and driving Bulgarian or Romanian dance with lots of stamping and shouting, followed then by a slow and mesmerizing Turkish or Albanian melody. The amazing variety of the sounds and movements keep things interesting and challenging. And there are always friendly folks ready to lend a hand and help.

Other activities sponsored by BIFD include occasional evenings with live music performed by our fabulous local musicians, and an annual weekend workshop in the late winter or early spring. A master teacher will come to town for an intense weekend of teaching sessions held Friday night and Saturday, with a party Saturday night and a review session Sunday morning. This year’s workshop will be taught by Lee Otterholt. Lee is a favorite of folk dancers and has been here before.

He will be teaching dances primarily from the Balkans. The workshop will be held at the Avalon the first weekend of April 2011.

The Boulder International Folk Dancers welcome visitors and new members. The first two visits are free, and after that the cost is $5.00 for an hour of instruction and two-and-a-half hours of open dancing. We meet every Friday night from 7:30 to 11:00 p.m. at the Pearl Street Studio, and would love to have you join us for an interesting and enjoyable evening of dance. Hope to see you soon!

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ONLINE CLASSES & EVENTS

International

Belly Dance Classes
Taught by Natasha. For info, see the online directory:

- Boulder: Thursdays, 5:30 pm: Beginners, 6:30 pm: Intermediate at Kukuks Studio
- Longmont: Mondays, 5:30 pm: Beginners, 6:30 pm: Intermediate, 7:30 pm: Performing at Silk Road Studio (59th St. near Hygiene Road), Call for directions.
- Lyons: Wednesday 6:30 pm: Beginning Belly Dance, Lyons - Mayama Studio

BIFD Boulder International Folk Dances
Friday nights, 7:30-8:30 pm, Dancing 8:30-11 pm at the Pearl Street Studio, Boulder. Golden Oldies night held on the 5th Fridays with the programmer playing your favorite “oldies” dances. New fee: $5. For more info call Ilana (303-499-2381 or visit www.boulderdif.org). Don’t forget our annual New Year’s Day Party on Jan. 1. See Special Events.

Denver Area Folk Dancers (DAFD)
Thursdays, October through May (and during bad weather in the summertime) at Warren United Methodist Church Annex (upstairs), 110 S. Boulder, Boulder. Classes are open to all levels. For more information call Deryl Keney (303-722-3568).

Folk Dancing in the Mountains
Mondays evenings, 7-9 pm Nederland Community Center. Fun folk dances from around the world are taught and danced each Monday evening in the mountains in Nederland at the Community Center. (750 Hwy 72: from traffic circle in Nederland, follow Hwy 72 towards Allenspark only 0.6 mi.; turn right into Community Center. Enter thru back door and sign in. Class is open to dance novice and experienced level, no partner or experience needed. Only $5. A wonderful way to learn great dances, experience our ethnic and cultural roots, meet new friends, and get in shape, all at the same time! Fabulous wood floor dance floor. Bring your dance shoes, or wear stocking feet. Great refreshments! Everyone is welcome to join us any evening. Info: 303-499-6832 or 303-258-3562. Car pool leaves from Boulder (Boulevard Studio) at 6:15 pm

Folk Dance Lessons
Shela Shapira teaches folk dance at parties, weddings, etc. 303-377-4111.

Hawaiian Hula Classes
HALAU HULA O NA MAUNA KOMOHANA
Continues teaching and performing Hawaiian Hula
- Beginning Hula: Sundays 7:15 pm to 8:15 pm

ONLINE CLASSES & EVENTS

Israel

Boulder Israeli Dance
Sundays at the Pearl Street Studio, Boulder. Teaching 7:8 pm, open dancing 8-10 pm. $5 session, first time free. Info: Call Skis Ellis at 303-404-9388 or Marshall Shapiro at 303-641-6911.

Israeli Folk Dancing
Beginning, intermediate, advanced instruction and open dancing led by Julian Simon & Bev Michaels, Beginning classes are held Tuesdays, 7-10 pm, at the Hebrew Ed. Alliance, 3600 S. Inca Street, Denver $5 or 5 classes for $20 (with coupon). For more info call Julian Simon: 303-671-7317.

HALAU HULA O NA MAUNA KOMOHANA
Continues teaching and performing Hawaiian Hula

ONLINE CLASSES & EVENTS

American Traditional

Arkansas Valley Music and Dance
www.avmad.org
- Salida Contra Dances: Usually 3rd Saturdays 7:30-10 pm. Call 719-221-2074.
- Salida Old-time Music Jam Last Tuesday of each month at Salida Cafe and Rosetry 7:00 during the summer, from 6:30-8:30 – Call 709-309-3175.
- Dance Instructional Series in Buenavista, Leadville, or Salida – Twice a year instruction in waltz, salsa, swing, clogging, etc. Call 719-221-2074.
- Dance of Universal Peace: 1st Fridays at Dance of Universal Peace Center. Call 719-593-7529.
- Swing & Salsa Classes by Jan Justis Thursdays, 7-8:15 pm, Casa Tango Salida, 7955 CR 150 (Smeltertown), Last East Swing, Lindy Hop, Salta, & Merengue, $10 or $40 for 5 weeks. No partner required. Bring your non-marking dance shoes. More info: 719-239-1978, janjustis@gmail.com.
- AWAD Winter Dance Party 11/13. Salida Scout Hut. 5-6pm Couple dance instruction by Eleanor Fahnney 6pm Community Potluck - bring a dish! Drinks & tableware provided. 6:30-8pm Couples dancing to live music 8:15pm-9:45pm Contra dancing with calling by Eleanor Fahnney. $15/person or $10/person for AWAD members.

Calico and Boots Square Dance Club does squares, contras, and round dancing. Please check website to confirm event times. See Special Events for info and directions.

Boulder Israeli Folk Dancers Invites you to our annual New Year’s Day Dance Party! Join us in the fun on January 1st, 2011. 7:30 pm, $8.00 for BIFD members, $10.00 for non members, $5.00 kids and students (with ID): Bring a treat – non-alcoholic beverage to share, and dance shoes – no street shoes on the dance floor!

At The Avalon Ballroom, 6185 Arapahoe, Boulder. For info call Ilana (303)449-2381.

STELLAR DAYS & NIGHTS


Stellar Days & Nights is a 4-day dance and music camp held at Adventure Unlimited Ranches in Buena Vista. The weekend features music and instruction by national talent in contra & square dancing, Lindy Hop, singing, and more! Visit www.stellarsdaysandnights.org for more info. 

ONLINE CLASSES & EVENTS

ONLINE CLASSES & EVENTS
ongoing classes & events

Columbus weekly dance lessons are being held on Thursdays at 7:00 p.m. at Glenn’s Den, 10178 Empire Drive, Lafayette. CO. Free lesson and refreshments that date. Call 303-666-8388 or contactобщась для more information. The class will open with the first lesson of the evening for questions or information on upcoming classes. Contact Bob Burnham, 303-592-3972 or meinedair@earthlink.net for location and directions.

scootbacks square dance club

Lessons begin Fridays at 7:15 p.m. at 5th Fridays of the month in Denver at Glen’s Den, 10178 Empire Drive, Lafayette CO. Free lesson and refreshments that date. Call 303-666-8388 or contact服务体系 for more information. The class will open with the first lesson of the evening for questions or information on upcoming classes. Contact Bob Burnham, 303-592-3972 or meinedair@earthlink.net for location and directions.

lyons old time square dance

Lyons Old Time Square Dance and Snack Potluck, Saturdays, Jan. 8, 15, 22, 29, at the Lyons Town Hall. Call 970-686-1104 for details.

lyons old time square dance

Lyons Old Time Square Dance and Snack Potluck, Saturday, Jan. 16, 7-10 p.m., at Pat Tognoni calls with Rick Smith, caller. Call 970-686-1104 for details.

friendship irish dance center, miranda, caller: ed hall. feb.. 12: music by meadowlark, called by rick smith
dancers, no pre-dance instruction. 2nd Saturdays at 7:00 pm at scheitler community center at berkeley park in denver. jan. 8: john and susan reading with special guest flutist worthington, 900 worthington circle, free. contact jeff davis at 970-223-7730 pikadavis@msn.com or jim sites, 970-223-6013, sites@lamar.colostate.edu

beginning and working to lead classes

all classes at the pearl street studio, no partner is needed, and no fragrances please as some of us are allergic. contact barbara for more information at broach3@juno.com or 303-442-6777.

鸬鹚（学名：Phalacrocorax carbo）是一种大型水禽，属于鸬鹚科。鸬鹚分布广泛，从欧洲、亚洲、非洲到南美洲均有分布。它们以潜水捕食为生，尤其擅长捕捉鱼类。

鸬鹚以其独特的捕鱼技巧而闻名。它们能潜入深水，利用鸟喙和长而锋利的嘴巴，准确而迅速地捕食鱼类。鸬鹚的嘴部结构非常适应这种行为，可以迅速闭合以捕获猎物。

鸬鹚在进化过程中发展出了一系列适应其生活方式的特征。例如，它们的羽毛非常轻，适于在水面上滑行；翅膀宽大，有助于潜水和游泳。鸬鹚还拥有强大的腿部和脚趾，能够迅速站立并拔出水中的猎物。

鸬鹚是优秀的潜水者，有些种类甚至能在水下停留数分钟。它们通过观察和记忆来寻找潜在的猎物位置。鸬鹚还表现出良好的社交行为，常常成群结队进行捕食。

鸬鹚的这种生活方式使它们在自然环境中占据了独特的地位，并且在人类社会中也扮演着重要角色。它们被广泛用于艺术创作，其形象出现在绘画、雕塑、文学作品中，象征着智慧、勇气和毅力。

鸬鹚科（学名：Phalacrocoracidae）包括多种鸟类，其中鸬鹚是最为人所熟知的物种。鸬鹚科的鸟类以潜水捕食鱼类为生，擅长在水中寻找猎物并利用长而锋利的嘴巴进行捕食。

鸬鹚的生存环境广泛，从河流、湖泊到海洋都有它们的踪迹。它们在这些水域中通过潜水捕食鱼类，表现出极高的狩猎技巧。鸬鹚的捕食行为是其在食物链中的关键角色，对维持生态平衡具有重要作用。鸬鹚的捕鱼技巧和适应性使其成为一种重要的鸟类物种，受到人们广泛的关注和保护。
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