

City of Doral Parks & Recreation
RECREATION & FITNESS PROGRAM PROPOSAL FORM

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

Program Name:

Instructor/Company Name:

1. Program Description

Description should include description of the program and details such as: participant ages, number of times program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.

In this class, I'll be teaching fundamentals of salsa or bachata dancing; the basic step, footwork patterns known as "shines", and styling (shoulder rolls, shimmies, and accentuated hip movements). This class is designed to enhance salsa or bachata skill, knowledge, and confidence, giving participants the tools to know what they're doing on any Latin dance floor and have fun while doing it.

This class is geared to adults (+18 yr) or children (+13 yr) with no prior dance experience needed and can be taught 1-2 times during the week in the evenings (ex. a structured 6-week course) or once a month (ex. specified workshop classes), lasting 1 to 1.5 hours a class on weekends any time of the day.

Necessary materials include a speaker with Bluetooth, wireless internet, and an accessible electrical socket.

Program Description Continued

A few examples of classes I've taught in the past are the following:

A Bachata workshop (with a focus on footwork & hip movements choreography), 1.5-hour dance workshop

A Reggaeton fitness class with resistance bands (with a focus on choreography, footwork, and body isolation), 1-hour monthly class

A 6-week salsa course (with a focus on partner-work and turn patterns) 2x a week, 1.5 hours per class

A 4-week Women's body movement class (with a focus on building confidence through body rolls, hip movement, and footwork) 1.5 hour per class

Program Participant Fee(s):

Proposed Hourly rate/per class fee:

(city to pay instructor) if applicable

\$80

Any additional Program Requirements:

Other locations you have offered this program:

Miramar Cultural Center, Bronx Community College and
Miami Dade College

Instructor Experience & Qualifications:

(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.

I'm Regina De Los Santos is a licensed Mental Health Counselor specializing in body-centered practices that heal pain and foster joy, movement, and creativity through dance.

With over 15 years of Salsa and Bachata training from dance schools, my lifelong immersion in dance began at home, learning from my father, Jesus De Los Santos—a self-taught, two-time Monumento Del Son winner. As a Dominican New Yorker, dance and music have been an integral crucial aspect of my upbringing and cultural identity.

Instructor Experience & Qualifications Continued