



# Shake, Rattle & Roll



Shake, Rattle and Roll is an adapted dance program tailored to individuals with disabilities who love to dance, socialize and meet new people.

Whether you want to **SHAKE** and **RATTLE** your body  
or simply **ROLL** with laughter,  
**Thursday evenings** at the Carrillo Recreation Center dance studio is the  
place to be!

Time: 4:30-5:30pm

Location: 100 E. Carrillo Street, 93101

Winter session (code 19657): 1/8-4/9 (no class on Jan 22 or Feb 12)  
Spring / Summer session (code 20366): 4/16-7/2

Fee: \$40.00 (12 classes) or \$4.00 drop in

Funky and fun themed classes that will really knock your  
socks off instructed by: Britt Nelson / Karen Putnam



CITY OF SANTA BARBARA  
**Parks & Recreation**  
*Enriching People's Lives*

Adapted Programs (805) 564-5421