



# March 2026



Dance Daly Ballroom - Mission Viejo

[www.dancedalyballroomoc.com](http://www.dancedalyballroomoc.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 9:00am Daly Fitness <b>Rhythm Night!</b> 7:00pm Beginner 7:45pm Intermediate	3 9:00am <b>Competitive American Rhythm</b> 9:45am <b>Competitive American Smooth</b> <b>Country/Swing Night!</b> 7:00pm Beginner 7:45pm Intermediate	4 9:00am Daly Fitness <b>Smooth Night!</b> 7:00pm Beginner 7:45pm Intermediate	5 9:00am <b>Competitive Int'l Latin</b> 9:45am <b>Competitive Int'l Standard</b> <b>Latin Club Night!</b> 7:00pm Beginner 7:45pm Intermediate	6 <b>By appointment only</b>	7 9:00am Daly Fitness <b>Social Dances!</b> 12pm Beginner 12:45pm Intermediate	
8	9 9:00am Daly Fitness <b>Rhythm Night!</b> 7:00pm Beginner 7:45pm Intermediate	10 9:00am <b>Competitive American Rhythm</b> 9:45am <b>Competitive American Smooth</b> <b>Country/Swing Night!</b> 7:00pm Beginner 7:45pm Intermediate	11 9:00am Daly Fitness <b>Smooth Night!</b> 7:00pm Beginner 7:45pm Intermediate	12 <b>Linda Dean</b> 9:00am <b>Competitive Int'l Latin</b> 9:45am <b>Competitive Int'l Standard</b> <b>Latin Club Night!</b> 7:00pm Beginner 7:45pm Intermediate	13 <b>Linda Dean</b> <b>By appointment only</b>	14 <b>St. Patty's Team Match!</b>	
15	16 9:00am Daly Fitness <b>Rhythm Night!</b> 7:00pm Beginner 7:45pm Intermediate	17 9:00am <b>Competitive American Rhythm</b> 9:45am <b>Competitive American Smooth</b> <b>Country/Swing Night!</b> 7:00pm Beginner 7:45pm Intermediate	18 9:00am Daly Fitness <b>Smooth Night!</b> 7:00pm Beginner 7:45pm Intermediate	19 9:00am <b>Competitive Int'l Latin</b> 9:45am <b>Competitive Int'l Standard</b> <b>Latin Club Night!</b> 7:00pm Beginner 7:45pm Intermediate	20 <b>By appointment only</b>	21 Royal Ball 9:00am Daly Fitness <b>Social Dances!</b> 12pm Beginner 12:45pm Intermediate	
22	23 9:00am Daly Fitness <b>Rhythm Night!</b> 7:00pm Beginner 7:45pm Intermediate	24 9:00am <b>Competitive American Rhythm</b> 9:45am <b>Competitive American Smooth</b> <b>Country/Swing Night!</b> 7:00pm Beginner 7:45pm Intermediate	25 9:00am Daly Fitness <b>Smooth Night!</b> 7:00pm Beginner 7:45pm Intermediate	26 9:00am <b>Competitive Int'l Latin</b> 9:45am <b>Competitive Int'l Standard</b> <b>7:00pm Beginner Group Class</b> <b>7:45pm Open House Party!</b>	27 <b>By appointment only</b>	28 9:00am Daly Fitness <b>Social Dances!</b> 12pm Beginner 12:45pm Intermediate	
29	30 9:00am Daly Fitness <b>Rhythm Night!</b> 7:00pm Beginner 7:45pm Intermediate	31 9:00am <b>Competitive American Rhythm</b> 9:45am <b>Competitive American Smooth</b> <b>Country/Swing Night!</b> 7:00pm Beginner 7:45pm Intermediate	<div style="border: 1px solid black; padding: 5px; background-color: #e0ffe0;"> <p><b>Group Classes listed in RED are part of our Competitive Membership for Advanced Students only.</b></p> </div>				

Dance Daly Ballroom – MV

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**Important Information:**

Thursday & Friday, 3/12 & 3/13 – Private Lesson Coaching with Linda Dean

Saturday, 3/14<sup>th</sup> – St. Patty's Themed Team Match

Thursday, 3/26<sup>th</sup> – Open House Party!

Rhythm Dances: Cha-Cha, Rumba, East Coast Swing, Bolero, Mambo  
 Swing Dances: West Coast Swing, East Coast Swing, Country 2-Step, Nightclub 2-Step  
 Smooth Dances: Waltz, Tango, Foxtrot, Viennese Waltz  
 Latin Club Dances: Salsa, Bachata, Merengue, Cha-Cha, Samba  
 Social Dances: Anything Goes!