

KanKouran - Classes

Last Updated Tuesday, 13 April 2010

Community Classes Update:

All classes (unless otherwise noted) are held at the corner of I (EYE) Street and South Capitol Street Southwest, Washington DC.

Address:

820 South Capitol St., SW
Washington, DC 20001

Fees:

\$12 for adults. Childrens classes are free.

Adult Community Class:

Monday - 7pm - 8:30pm (warm up begins at 7pm SHARP, so try and get there early)

Wednesday - 7pm - 8:30pm

Saturday - 12noon - 1:30pm

Childrens Dance and Drum Class:

Saturday - 11am - 12noon

Directions:

From: Interstate 395 SOUTH - Take the South Capitol Street exit, keeping in the right lane. Turn right on I Street, SW. The Randall Recreation Center is located on the corner of South Capitol Street and I Street, Southwest, only five blocks south of the U.S. Capitol building.

From: Baltimore. Philadelphia and New York - Take Interstate 95 South to Exit 22B (Baltimore/Washington Parkway). Follow the B/W Parkway to the New York Avenue exit. Follow New York Avenue to the 395 tunnel. Go through the tunnel to 295 South. The first exit will be South Capitol Street. Follow the exit ramp to the traffic light and turn right onto I Street, SW.

From: Richmond, VA - Take Interstate 95 north to Interstate 395. Take 395 North into Washington. Two miles after crossing the Potomac River, follow the signs for the South Capitol Street exit. Stay in the right hand lane after the ramp, and turn right onto I Street, SW. The hotel will be on the corner.

From: Dulles Airport - Take Dulles Access Rd to I-66 E to Washington. Take the I-66 bridge to Washington, stay in right lane, turn at Constitution Ave. exit. Follow the road which will lead you to behind the Lincoln Memorial, on a winding stretch of road. Stay in middle lane nearing the memorial. Turn left on Constitution Ave., to the Capitol Building. Turn right at South Capitol St., stay in right hand lane. Turn right on I Street, SW. The rec center will be on the corner, across the street from the Best Western Hotel.