



NW Craven Branch RSCDS - covering the S. Lakes, Dales, Furness & N. Lancs

DANCE SCOTTISH

Do you enjoy dancing? You may have done Ceilidh dancing, Reeling or English/Folk dancing or you just might like to try Scottish Dancing – then this is the class for you. It's good exercise for both body and mind, with stimulating music and a friendly atmosphere.

Especially for beginners, Cindy is running a course at Preston Patrick Memorial Hall, Crooklands, LA7 7NR (just off M6 at junction 36) from Sunday 14th January 2018.

It starts at 2.30 to 4.30pm and costs £3 per session (£2.50 for RSCDS members). There will be a few more experienced dancers on hand to help you get started.

You don't have to be Scottish or need a partner. Single people, couples, young and not so young will all be made very welcome. The only thing you will need to start with is a pair of lightweight, soft, flat soled shoes without heels. As you progress you will probably decide to buy shoes specially designed for Scottish dancing which are relatively inexpensive.

Why not come along, have fun and a bit of a challenge on a miserable winter's Sunday afternoon.

Contact Cindy – theclarkes@gmail.com

Website – www.scottish-dancing-lakes-dales-lancs.org.uk or Google: *Scottish Dancing Lakes*

Sunday January 14th
Sunday January 21st
Sunday January 28th
Sunday February 4th
Sunday February 11th

There is no Class on Sunday 18th February as there is a Morning Workshop and Afternoon Dance on Saturday 17th February instead

Sunday February 25th
Sunday March 4th NO CLASS THIS WEEK AS THE HALL IS NOT FREE
Sunday March 11th
Sunday March 18th
Sunday March 25th - Party Dance to live music by Ian Slater

We look forward to seeing you there.