## Scottish Country Dancing

for Fun, Fitness & Friendship





## Want to Get Fit & Keep Fit Improve Your Wellbeing Try the Scottish Way & Enjoy Social Dancing.

No need for a partner - Soft shoes or trainers

A little enthusiasm - Suitable for all Ages

## **Weekly Classes:**

Wednesdays 10:00 to 12:00 noon

Thursdays 7:30 to 10:00 pm

## [Dancing season from Sept to June]

Held at St Andrews Parish Hall, Old Church Street Aylestone, Leicester, LE2 8ND

Fully Trained and Qualified Teachers will ensure all beginners are put at ease and are guided through each stage of a dance. Come and try for yourself.

We offer ONE FREE Taster Session so you can see what you're missing COME and Join in the FUN.

A Warm Welcome Awaits You

www.rscdsleicester.org.uk

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