



Courses for Adults

COURSE INFORMATION 2018/2019

‘Strictly’ Dancing The Solo Way for Women - Beginners

- Tutor : Pam How
- Day : Thursday
- Time : 6.00pm – 7.00pm
- Starting : 20th September 2018 - Autumn Term
: 10th January 2019 - Spring Term
: 25th April 2019 - Summer Term
- Length of Course : 10 weeks (The course will continue in the Spring and Summer Term subject to sufficient numbers).
- Week One : **PLEASE REPORT TO MAIN SCHOOL RECEPTION**

Level: First time solo ‘Strictly’ learners.

Content

Ladies, just for you, no partners required. Learn the dances and perform on your own ‘strictly’ - Jive, Quickstep, Cha Cha Cha, Waltz and more. It is fun, rewarding and very good exercise

Student Requirements

Light comfortable clothes and footwear, and a bottle of water to drink.

Personal Message From the Tutor

Come on ladies give it a try – it is a really enjoyable way to exercise at the same time learning a social skill.