



Courses for Adults

COURSE INFORMATION 2018/2019

‘Strictly’ Dancing The Solo Way for Women - Improvers

Tutor	: Pam How
Day	: Thursday
Time	: 7.15pm – 8.15pm
Starting	: 20 th September 2018 - Autumn Term : 10 th January 2019 - Spring Term : 25 th 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: A basic knowledge of most of the Latin American and Ballroom dances is required.

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.