



Courses for Adults

COURSE INFORMATION 2019/2020

‘STRICTLY’ DANCING THE SOLO WAY FOR WOMEN - BEGINNERS

Tutor	:	Pam How
Day	:	Thursday
Time	:	6.00pm – 7.00pm
Starting	:	26 th September 2019 - Autumn Term 9 th January 2020 - Spring Term 23 rd April 2020 - Summer Term
Length of Course	:	10 weeks (the course will continue in the Spring Term and the 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.