



# Courses for Adults

## COURSE INFORMATION 2019/2020

### ‘STRICTLY’ DANCING THE SOLO WAY FOR WOMEN - IMPROVERS

Tutor	:	Pam How
Day	:	Thursday
Time	:	7.15pm – 8.15pm
Starting	:	26 <sup>th</sup> September 2019 - Autumn Term 9 <sup>th</sup> January 2020 - Spring Term 23 <sup>rd</sup> 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	:	<b>PLEASE REPORT TO MAIN SCHOOL RECEPTION</b>

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.