



ADULT DANCE JOURNEY 2021/22
Improve your health and wellness through music and dance

The dance journey you will embark on is a progressive journey starting at complete beginner levels for Ballroom/Latin (unless your initial consultation shows that you fit in at one of the alternative levels in the Ballroom/Latin classes), where you will establish the foundations to gain understanding, knowledge and confidence.

Once reaching the Beyond Basics classes and beyond, we aim to continue to inspire you, further boost your confidence, self-esteem and creativity. Along the way you'll develop your resilience and courage and become important team players, learning to work with others. All achieved through a world of music and dance – not just tuition in a specific dance style.

ADULT SALSA (partner class)	Wednesdays 8.40 – 9.25 pm
ADULT ROCK'N'ROLL (partner class)	Thursdays 8.00 – 8.45 pm
ADULT FITSTEPS (solo class)	Thursdays 5.50 pm – 6.35 pm
ADULT BALLROOM/LATIN (partner classes)	Complete Beginners – Fridays 8.00 – 9.00 pm Next Steps Beginners – please enquire for further information Progressing Beginners – Thursdays 6.45 – 7.45 pm Beyond Basics – please enquire for further information Improvers – Wednesdays 6.20 – 7.20 pm Intermediate – Wednesdays 7.30 – 8.30 pm

Please note classes are currently operating under the Government Covid-19 restrictions

