



EPPING SCOTTISH COUNTRY DANCE CLUB INTRODUCTORY COURSE 2020

Are you considering a new year's resolution for 2020?

Why not come along to an 8 week introductory course of Scottish Country Dancing? It is a wonderful way to keep fit, whilst giving yourself a good weekly work-out, challenging yourself both mentally and physically, in a friendly, welcoming group. Enjoy the lively music whilst winding down after a day's work. Couples and singles all welcome. No swords or kilts are involved and Scottish ancestry isn't a prerequisite!! Wear loose, comfortable clothing and flat, non-slip, soft soled shoes. No previous dance experience is required. 10% discount for couples.

A reasonable level of physical fitness is required for those interested in learning the basics of Scottish Country Dancing.

Dates: Tuesday 11 February to 31 March 2020 - 8 Sessions

Time: 7.30 - 9.00pm (1.5hrs)

Venue: St Aidans Church Hall, Downing Street, Epping

Cost: \$100

Registration essential by 5 February - contact Andrina 0429127952 andrina.brennan@gmail.com or Anne 9868 3778 annelure@gmail.com



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