

# Scottish Country Dancing

for Fun, Fitness & Friendship



Want to Get Fit & Keep Fit

Improve Your Wellbeing

Try the Scottish Way & Enjoy Social Dancing.

No need for a partner - Suitable for all ages

Soft shoes or trainers - Casual clothing

### **Weekly Classes:**

Wednesdays 10:00 to 12:00 noon

Thursdays 7:30 to 10:00 pm

### **[Dancing season from Sept to June]**

Held at St Andrews Parish Hall, Old Church Street  
Aylestone, Leicester, LE2 8ND

Fully Trained and Qualified Teachers will ensure all beginners are put at ease and are guided through each stage of a dance. Come and try for yourself.

We offer ONE FREE Taster Session so you can see what you're missing  
COME and Join in the FUN.

A Warm Welcome Awaits You

[www.rscdsleicester.org.uk](http://www.rscdsleicester.org.uk)

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