## 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 Soft shoes or trainers Suitable for all ages Casual clothing

## Beginners and All Abilities Classes

Mondays 7:30pm to 9:30pm (Except bank holidays) Held at Christ Church Parish Hall, Victoria Road, Fulwood, Preston, PR2 8NE

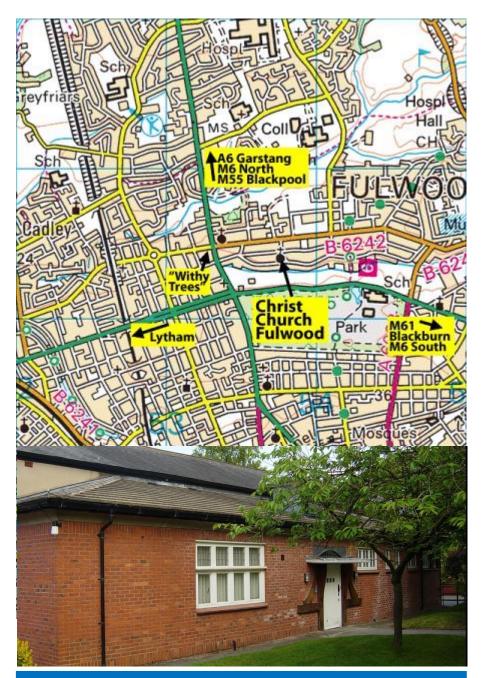


[Dancing season from September to August]

Fully Qualified Teachers will ensure all beginners are put at ease. Children must be accompanied by a participating adult. COME and try for yourself and join in the FUN

## A Warm Welcome Awaits You

Contact: Michael John 01772 713018 secretaryribblevalleybranch@gmail.com



We look forward to meeting you. www.rscdsribblevalley.org.uk