

## **A ballroom dance class.**

Social ballroom dancing is one of life's simple pleasures.

You might be wanting to learn to social ballroom dance as you are looking for a new social outlet, you're single and you'd like to make new friends, or you're a social couple and you're happy to meet and dance with other people as well as each other.

As you learn social dancing, you'll also increase your fitness and have a ball at the same time!

Classes and socials cater for all levels of adult social dancer from complete beginner to advanced.

Share your lesson with students at your level, and there's plenty of time to socialise and practice your new steps too!