

# Scottish Country Dancing



## Compare the Gym and Scottish Country Dancing

### *Gym Session*

**Fitness** Typical Membership    £25 -£35 per month

**Fun**                      Conversation                      Not easy

                                 Social Get together            Not likely

### **Stress Management**

Repetitive, stills the mind

For information on Scottish Country Dancing and for details of events and classes solely for beginners – adults and children.

See [www.scottishdancing.org](http://www.scottishdancing.org)

### *Scottish Dance Class*

£2.50 – £5.00 per class

Lots of chat

Visits to Other Groups

Big Dances: St. Andrews Night

Class Christmas Party

Burns Night Ceilidhs or Dinners

Dance Weekends

Produces “happiness” Endorphins

Interactive, supportive

Telephone: Linda 078 37868681 for more details of how to get started.