

The Fit Village Initiative has proved to be very successful in the village and the Pilates classes are still very popular. They have now become a regular feature with 2 classes each week on Fridays at 1pm or 2.10pm. They are very good value at £6 per session if you book for a course, usually 5 or 6 lessons. The classes are very sociable, you don't need any experience and new recruits can join at any of the classes.

Based on this success we now have funding for an additional activity. From the responses to the survey earlier this year the most requested activity was dance. To give as much choice as possible we have arranged 2 sets of taster sessions – the first 2 lessons will be Line Dancing – this is very good for improving balance but mainly it is a lot of fun – the dances are easy to learn – the teacher demonstrates the steps first and then calls out the moves as we go along.

The next 2 classes are Scottish Country Dancing. The teacher expects to teach us a couple of dances each evening – again by demonstration and by calling out the moves as we go. Initially we will also have the benefit of a group of experienced dancers who will link up with us to help guide us through – but again the accent is on having an enjoyable and sociable evening.

Each of the classes cost £2 – I would suggest you bring your own soft drinks as there will be short break in the middle to catch our breath. For the Scottish Dancing you will need to wear non slip soft shoes primarily to avoid damaging other people's toes!!

At the end of the 4 tasters we will be able to decide if there is enough support to carry on with either or perhaps both of dances.

The first session is a week on Thursday – 18<sup>th</sup> April at 7.30pm

It has been advertised on Waldringfielders and flyers will be coming round soon but please spread the word as the more people the merrier.