

herts
sports
partnership



Starts Monday
10th May 2010



LOVE TO DANCE

community dance sessions

**Line Dancing • Ballroom • Ceroc • Salsa
Rock and Roll • Movement to Music** and much more!

One of the most fun and creative ways to get active, dancing makes getting fitter feel fantastic. Moving to music is something we were all born to do and the beauty with dance is that there are so many different styles to choose from.

Herts Sports Partnership has teamed up with Saracens Sports Foundation to provide weekly dance sessions aimed at people aged 50 plus to take part in dance activities that will get you moving, giving you a chance to experience something new.

You don't have to have any previous experience in dance all you need is enthusiasm.

Various styles will be offered as tasters sessions and then over the course of 20 weeks you will be able try them all. Teas and coffees will be provided. Sessions will be free for the first 10 weeks then £2 per person thereafter.

Every Monday 1pm – 2.30pm
Mill End Community Centre,
Church Lane, Rickmansworth



delivered by



SARACENS
SPORT
FOUNDATION

Take part in a fun and relaxed atmosphere!

Booking Form

Name	Gender
Date of Birth	
Address	
Postcode	Telephone
Email	Mobile

Please return this booking form to: Joe Capon | Adan Freeman, Herts Sports Partnership, Performance and Development Centre, Herts Sports Village, De Havilland Campus, Hatfield, AL109EU. Alternatively, please call to book on the number below.

Give dance a go!

Doing enough physical activity (*at least 30 minutes most days of the week for adults*) is essential for good health and wellbeing, but most of us aren't nearly active enough. However, getting started can be easier than you think.

The secret of success is doing something you really enjoy, that you can fit into your life and you can keep doing regularly. It helps to try different activities and this session is designed to do just that. So come along and have a go!

Herts Sports Partnership and Hertfordshire County Council are committed to working in partnership to help people to become active, more often.



Key Contact: Joe Capon or Adan Freeman

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Email: j.capon2@herts.ac.uk or a.freeman2@herts.ac.uk

Visit: www.sportinherts.org.uk