

Beginners are always welcome and are particularly encouraged to arrive in time for Steps & Formations at 7:00.

Class night schedules:

<u>Monday evenings</u> 7-9:15 Steps & Formations and Dancing	<u>Saturday Evenings</u> 7-8 Steps & Formations 8-9:30 Intermediate/Advanced 9:30-9:45 Tea 9:45-10:30 Social Dancing
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If this is your first time doing Scottish Country Dance:

- Wear clothes in which you can move around comfortably.
- Be prepared to sweat: SCD is an aerobic activity!
- Wear comfortable soft-soled shoes. Hard-soled street shoes are difficult to dance in and can hurt other dancers.
- Be on time. Warm-ups begin promptly at 7.
- Expect to dance with someone you don't know. We encourage beginners to dance with more experienced dancers as they're getting the hang of the dance.