

Ever thought you'd like to try Scottish Country Dancing? Now's your chance!

**Lively music and great social atmosphere
Excellent exercise for mind and body
The perfect way to keep fit indoors in the winter time
Suitable for people of all ages, teenage to retired**



Tawa Scottish Country Dance Club are starting a series of introductory sessions for people interested in finding out about SCD. These sessions will be held in conjunction with our club nights, which happen every Thursday night, at 7:30 pm until November.

**When: Every Thursday night, 7:30 pm, Beginning 18 July
Where: Tawa Bowling Club, 13 Davies Street, Tawa
Cost: First session is free. After that, \$5 per week**

Come and join us! No partner or special clothing required, just wear casual clothes and soft-soled shoes.

For more info email tawa@dancescottish.org.nz