

Kickstart

Supporting you to do your 30 a day



www.bactivederby.com/kickstart

Kickstart into Dance Have a Go timetable

These are introductory sessions to help you get fit by dancing. We have put together a programme of the three most popular styles of dance to help you decide what you enjoy doing. Don't worry if you have two left feet – our specialist dance coaches will teach you all the basics you need so that you can attend a regular dance class.

Course	When	Where	Cost
<p>Have a Go Strictly Ballroom The course will cover the basic quick step, foxtrot step, ballroom and Latin. It's a fun and sociable way to keep fit.</p>	Every Friday 23 May to 27 June 7 to 8pm	Waterfall Pub opposite the railway station Railway Terrace	£5 a session
<p>Have a Go Salsa Learn the basic salsa steps to get you started. It will introduce you to the salsa style and increase your confidence.</p>	Every Tuesday 27 May to 29 July 7 to 8pm	Scream Club Back of the Friary Pub Friary Street	£3.80 a session
<p>Have a Go Street Dance Learn new funky moves and have fun whilst listening to the latest chart music. It will help you to improve your coordination and strength.</p>	Every Thursday 29 May to 3 July 8 to 9pm	Scream Club Back of the Friary Pub Friary Street	£3.80 a session