

young at heart

Tea Dance

Thursdays

12.30-2pm



Join us for a social dance class suitable for all abilities. We will work on styles such as waltz, tango, rhumba, foxtrot and quick step. Firstly the steps will be broken down for individuals to learn and then can be tried with a partner later on. Of course, as the name suggests we will also have a break for tea and coffee, all with our friendly instructor Scott!



Turn up & book with reception, no membership needed. Sporty clothes recommended, no equipment or previous experience needed. For more information email HPADownham@1life.co.uk

Downham Health
& Leisure Centre
020 8461 9200

1Life.co.uk/Downham



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