

Cupar Circle Dancing

Old Parish Centre,
Short Lane,
Cupar, KY15 5EQ

Fridays 10am – 12noon

Spring Term 2020

Jan 10, 17, 24, 31

Feb 7, 14, 21, (no class 28th)

Mar 6, 13, 20, 27

Apr 3

First taster class **FREE**
Cost £5 (includes refreshments)

What is Circle Dancing?

We hold hands in a circle and dance to beautiful music from around the world. No partner or experience is needed and everyone is welcome to join in. Dancing together in this way provides gentle to moderate exercise, helps coordination and focus, uplifts the spirits and brings a sense of well-being and community.

Contact information

For more information about regular classes and events contact Rose Cross:

Tel: 01334 657896

Email: rose.cross1@btinternet.com

Web: www.cscd.org.uk

Facebook: Central Scotland Circle Dance

St Andrews Circle Dancing

Boys' Brigade Hall,
Kinnessburn Road,
St Andrews, KY16 8BW

Thursdays 10.30am – 12noon

Spring Term 2020

Jan 9, 16, 23, 30

Feb 6, 13, 20, 27

Mar 5, 12, 19, 26

Apr 2

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