# The RSCDS

Our club is in the RSCDS Berks/Bucks/ Herts Branch of the Royal Scottish Country Dancing Society.

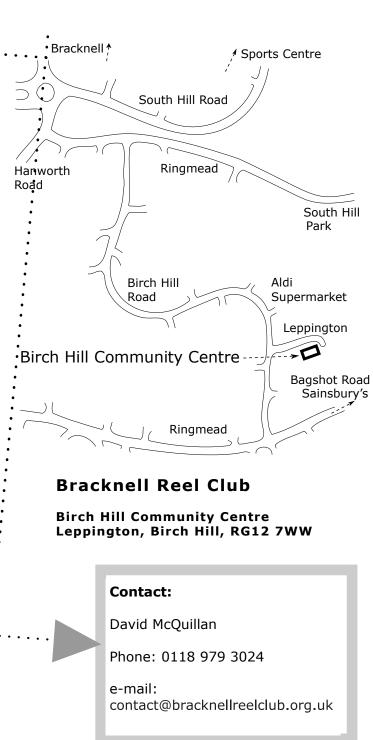


Our local branch runs a number of events and classes throughout the year as well as running a shop and publishing a newsletter.

#### BHS: www.rscds-bhs.org.uk

The RSCDS promotes Scottish country dancing throughout the world and organizes national and international events. It also certifies teachers and publishes both old and new dances.

RSCDS: www.rscds.org



Bracknell Reel Club Scottish Country Dancing fun social exercise

### Come and do Scottish Country Dancing

#### The Essentials

We are a small social club of mostly beginners. The first night is free, after that it is £2, no more than a cup of coffee – which you get anyway. You don't need to be Scottish. You don't need to bring a partner. All you need is a pair of soft shoes.

We meet at the Birch Hill Community Centre in Bracknell, Berkshire, every Thursday night 8pm to 10pm from September to May. Come any night

### What do I need?

Casual shoes are all you need for a taster but you'll soon want some Scottish country dancing shoes called ghillies.

### More details at:

www.bracknellreelclub.org.uk

### What is it?

Scottish country dancing is a popular worldwide form of social dancing. The dances are danced in sets, normally of three or four couples, and danced a number of times through so everyone has a turn at each position. There are both fast and slow dances and overall it is fun with a bit of grace. It is called 'Country' to distinguish it from Highland Dancing which is more for exhibition and has competitions.

There are a vast number of dances with new ones appearing every year, and, unlike line-dancing, they are not called whilst dancing. However at the club all dances are walked through beforehand so you can concentrate on learning how to do everything else first.

### Why should I dance?

From a study of dancing compared to other exercise:

"Part of the benefit may be that dancers had a partner and social companion rather than cycling or walking on a treadmill alone", doctors said.

Why do it? Because it is fun and good exercise.

# Do I need to bring a partner?

No. Many people do not bring a partner, and if they do they are expected to dance with other people as well.

### How much does it cost

The first evening is free. After that it is  $\pounds 5$  membership for the year and  $\pounds 2$  a night, or  $\pounds 3$  for non-members. Plus a pair of dancing shoes when you get round to buying some.

### What else do I need to know?

Bracknell Reel Club welcomes beginners at any time of the year. And that's it really.

#### **Bracknell Reel Club**

Thursday 8pm to 10pm September to May At Birch Hill Community Centre, RG12 7WW

Map and contact details overleaf, or just turn up.

www.bracknellreelclub.org.uk