

Learn to do Scottish Country Dancing

- It is the Scottish way to keep fit
- It will boost your bone, brain and cardiovascular health
- It is a fun way to meet new people
- no need for a kilt - wear casual, loose clothing and soft shoes or sneakers
- if you like puzzles, music, coding, you may find this activity particularly interesting
- no partner needed
 - this is energetic exercise - do bring water

For fitness, friendship and fun, join the beginners/improvers class

Run by the Royal Scottish Country Dance Society St Andrews Branch



BEGINNERS/IMPROVERS CLASSES

THURSDAYS

15 January to 12 March 2026

7.30 – 9 pm

Victory Memorial Hall
St Marys Place
St Andrews KY16 9XE

Fee: £7.50 per night for non-members and £5 per night for RSCDS members

Membership fee to join the RSCDS:
£22.50 until 30 June 2026.

RSCDS members can pay £35 for the block of classes instead of paying nightly.

Tutor: Marlene Lloyd-Evans
Musician: Michael Taylor

<https://rscdsstandrews.co.uk/>

Contact Details

These details are used for communications related to the RSCDS alone and are not disclosed to any other organisation.

NAME:

Address:

Email:

Phone:

Payment for RSCDS membership may be made either by cheque (payable to RSCDS St Andrews Branch) or by bank transfer. Please indicate method of payment and amount (either £22.50 or £57.50):

Cheque

BACS

BACS details:

Name: Royal Scottish Country Dance Society
St Andrews Branch
Sort Code: 83-26-28
Account Number: 00254365

ALL forms and cheques must be returned to the Membership Secretary, either at the class or by post:

Marlene Lloyd-Evans, Strath House, 5 Kinaldy Meadows, St Andrews, KY16 8NA
Email: rscds.standrews@gmail.com