



Shimmy, Shake, Wiggle & Giggle Dance Fitness

News for October 2017
Issue F734

**FunDancing will not be
accepting old £1 coins from
Monday 2nd October**

FunDancing.co.uk
Facebook.com/FunDancing.Suffolk
FunDancing Class Schedules on Page 2

FunDancing Diary

2017 Dates for your Diary

October
Fri 13th - FD's 7th Birthday
November & December
Dance Workshops
info coming soon

2018 Dates for your Diary

Monthly or Bi-Monthly Country /
Folk Dancing Meetup
details coming soon

Just like eating & sleeping
focused exercise should be a
regular daily activity.

The Benefits of Dancing

in any of its forms
• Enables Moving
with



- Confidence
 - Improves Bodily Awareness & Control
 - Reduces Cognitive Impairment & Depression
 - Provides Personal Challenge & Achievement and so
 - Improves Overall Wellbeing
- "Keep Dancin'!"

Tough decision to make!
**FunDancing
East Bergholt
has now closed!**

"Nobody cares if you
can't dance well.
Just get up and dance"
Dave Barry

More photos & information?
Follow the links on
www.fundancing.co.uk

Hello,

Yes I'm back from beautiful Tuscany not that I saw any of it - see below!
I know that FunDancing continued to run, in my absence, with the wonderful help and support of the lovely FunDancing Hostesses (thank you so much ladies).

Now that October is about to start, schools are back, most holidays are done and dusted, it will be time to brush up on a few dance style techniques and get ourselves fitter for the pending cooler weather.

I think we will start with Rumba and of course another new routine :-)
See you in class

Janet xx

FunDancing's 7th Birthday Party

Friday 13th October 2017

Your invitation / Menu Choices were distributed to all at the beginning of the month.

Some of you were really quick to pay and let me know your menu (thank you). Can I remind everyone else to RSVP and pay (£25) before **Friday 29th September**, please

Its a great evening of food, company, laughing &, of course, dancing.



Autumn & Winter Workshops

Information is coming soon, so watch this space

You could help by letting me know

What dance styles would you be interested in?

Repeats of the following guest teacher lead workshops have already been requested: Bollywood, Swing and Morris Dancing.

I've also had requests to run a Maypole Dancing workshop.

Please email or text me.

A (3 hr) workshop normally run on a Saturday morning once a month and the prices is either £10 or £15 depending on costs and numbers.

Open to FunDancing class members, their friends and family members

Country / Folk Dancing for 2018

Yes it is going to happen ...

A monthly Country / Folk Dancing "Get Together" will start.

It will be a joint effort so that we can all learn together (i.e. Janet won't be teaching but will supply the music and dance notations: to begin with). On an evening or weekend for a few hours.

There will be a small fee per person to cover the cost of the hall hire & refreshments

Let me know of your interest.

Class fee increase

From **1st January 2018** weekly class fees will be increasing
(see page 2 FunDancing Class Fees)

Solomon Yagalates™

The Yagalates Teachers Training practicum was intensive, emotional (at times) and exhausting.

In total I've clocked up 500+ hours of study & training to attain my "Level 1 & 2 Certificate in Teaching the Solomon Yagalates™ Method". Over the next few days I will be setting up the business and, of course, I will keep you informed should you be interested yourselves or know of someone who would be.

FunDancing Class Schedules for October 2017

Dates	Day	Start Time	Venue
4th, 11th & 25th	Wed	10:00	Nayland
4th, 11th, 18th & 25th	Wed	19:00	Boxford
5th, 12th, 19th & 26th	Thur	10:00 & 19:00	Capel St Mary
6th, 13th, 20th & 27th	Fri	10:00	Stratford St Mary

Please let me know if you are NOT attending class

Class Changes for October

Sadly FunDancing in East Bergholt has closed

Note: there is no Nayland class on Wednesday 18th October due to the Village Lunch taking over the hall.

Its been a while since we did a bit of socialising after classes, so lets do so this month shall we?

FunDancing will not be accepting old £1 coins from Monday 2nd October

Crafty FunDancers will start up again in 2018

What do I need for class?

Footwear

Lightweight flexible shoes with a small heel and suede soles (normally 1/2 size bigger than your normal shoe size). Suggested suppliers: www.rotate.co.uk or Dance Vibe Ipswich or The Dance Shop Colchester
Warning do not buy cheap internet shoes you will be lucky if they are (a) what you ordered or (b) fit!

Clothing

Ensure you can move around easily and wear layers

Bring Water With You!

FunDancing Class Venues

Day	Start Time	Venue	Address	Postcode
Wednesday	10:00	Nayland Village Hall	St James, Wall, Church Lane, Nayland	CO6 4JH
Wednesday	19:00	Boxford Village Hall	Stone Street Road, Boxford	CO10 5NP
Thursday	10:00	St Marys Church Hall	The Street, Capel St Mary	IP9 2EL
Thursday	19:00	St Marys Church Hall	The Street, Capel St Mary	IP9 2EL
Friday	10:00	The Institute	Higham Road, Stratford St Mary	CO7 6JU

FunDancing Class Attendance

Unable to attend class! Mark on class sheet, text (07506 350 455) or email (janet@fundancing.co.uk)

No later than 8am on class day morning.

Class changes will be published on website, facebook & twitter.

The class members affected will receive a text & email - **so do I have your correct contact details?**

Please Note: Classes continually poorly attended will be closed or merged depending on location.

FunDancing Class Costs

Method	Currently	Increase from 1st January 2018
Cash	£6.00 per class	£7.00
Cheque or Bank Transfer Payments	£24 (4 consecutive weeks)	£28
Monthly Standing Orders paid in advance	£20 one class a week	no change
	£36 two classes a week	no change
	£50 unlimited classes a month	no change

Terms & conditions apply

FunDancing
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FunDancing.Suffolk



Fun_Dancing



FundancingCoUK

Call: 01473 356 582 or 07506 350 455
eMail: janet@fundancing.co.uk

Telephone Hours of Business

Mon, Tues, Fri & Sat 9 am to 12 noon
Wed & Thurs 9 am to 9 pm



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