

STAY YOUNG & FIT FOREVER!

Well, not quite, but medical authorities world wide are now promoting **Scottish Country Dancing** as the ideal way for people of all ages to keep fit physically and mentally, and is a form of social recreation which can be carried on into active old age with continuous development.

It is equally suitable for men and women, and was developed in a culture in which men took great pride in being fit and skilled dancers — Scottish army regiments (and many professional football teams!) still make participation compulsory to ensure that the men stay physically fit and mentally sharp.

- protect your HEART — excellent aerobic activity
- delay or prevent OSTEOPOROSIS — regular weightbearing activity for the bones
- keep ALZHEIMER'S DISEASE at bay — the brain is kept constantly challenged
- prolong a HAPPY LIFE — regular social interaction with good company.

This form of exercise has proved so popular that it is now regularly practised throughout the world by people of all races, colours and nationalities, and it is one of comparatively few activities in which different generations of a family can happily participate together on an equal footing.

It is an ideal recreation for people who travel, as in every state in Australia and in most countries throughout the world there are branches of the Royal Scottish Country Dance Society and other SCD groups who will welcome newcomers on arrival, and the newcomers in turn will find that their skills and knowledge are immediately transferable to their new group at the same time as having a quick and easy introduction to the new community.

The dancing is non-competitive social dancing, usually done in teams of 8 dancers, and should not be confused with Highland dances like the Sword Dance or the Fling which are men's solo dances for competition or display — **AND IT IS GREAT FUN.**

Also, as there are over 19 000 known dances and new ones constantly being written, there is no danger of coming to an end — there is always more challenge ahead to maintain interest and enjoyment for a lifetime. It does require skill and knowledge to do well, but these can be readily learned in the Society's Darwin classes. No special "ethnic" clothing is required.

The responsible body in NT, the Scottish Country Dance Society Inc, currently arranges each week a Saturday afternoon class for mixed level dancers and also runs two beginners' courses each year to enable newcomers to take up the activity here. Other classes, and also classes in Ladies' Highland Step dancing, can be organized to suit interest groups or communities.

All these sessions are taken by fully qualified and experienced RSCDS teachers.

A WARM WELCOME awaits all individuals and families who would like to join: — please feel free to come and sit in at the Saturday classes, and see for yourself — even if only to enjoy the splendid music!

DETAILS:

All sessions are held at the Malak Community Centre, Malak Crescent.

1. The Saturday class is held every Saturday afternoon from 2:00 to 4:00 pm.
2. The Beginners' Courses (**no** previous knowledge or experience required) are run on 12 consecutive Saturdays from 2:00 to 4:00 pm, the first from mid-February to the end of April and the second from mid-August until the end of October, each year.

For further information

phone Angus Henry on 8927 9203; email <anguka@internode.on.net>

or visit our Website at <www.scottishcountrydance.net>

THE SCOTTISH COUNTRY DANCE SOCIETY INC

SCOTTISH COUNTRY DANCING

12 week BEGINNERS COURSE for adults and teenagers

MALAK COMMUNITY CENTRE, MALAK CRESCENT

STAY YOUNG, FIT and SOCIABLE — TAKE UP S.C.D.

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THE COURSE

The Scottish Country Dance Society Inc will be commencing Darwin's next Beginners Course at the **MALAK COMMUNITY CENTRE** in Malak Crescent on

Saturday 10 February 2018
for 12 weekly sessions each Saturday from 2:00 to 4:00 pm

These courses assume NO prior knowledge, experience or ability whatsoever (ancestry is immaterial), and are structured so that participants completing the course are then able to continue dancing with skill and pleasure at the Society's weekly sessions in the Malak Centre on Saturday afternoons, 2:00 to 4:00 pm.

They are also able to join in with the thousands of other groups world-wide when travelling interstate or overseas.

You can enrol by yourself, with a friend, as a couple or in a group; there is no requirement to bring a partner to join.

• **WHAT YOU GET**

12 intensive lessons, starting completely from scratch, covering ALL the basics and more with internationally qualified teachers.

Graded exercise to develop fitness and skills as required.

Printed details of instructions for all techniques and dances covered.

Specific instruction and practice in a graded set of 21 dances.

Good fun, good company and good exercise.

• **WHAT IS NEEDED FROM YOU**

Regular attendance, punctuality and effort. The course is sequential and quite intensive; partial attendance is not likely to lead to either success or maintained interest. Obviously if you lose interest you are free to drop out, but we don't think you will.

• **WHAT TO BRING**

Lightweight very casual clothing, e.g T-shirt and shorts.

To start, very light supple shoes or dancing pumps (no high heels). Heavy or clumsy footwear is not suitable. Correct Scottish Country Dance shoes can be purchased in Darwin (from Dance World, Darwin, 6 Charlton Place, Woolner; phone 8981 9398) as soon as you decide to continue.

• **FURTHER INFORMATION**

phone Angus Henry on 8927 9203, or email to angulka@internode.on.net .

APPLICATIONS

It is necessary to charge participants a nominal fee of **\$50** for the course to cover basic costs, but the maximum total fee for family enrolments is limited to \$100 to encourage families to dance together, and for groups of 4 or more like-minded friends, half price!

APPLICATION FORM

NAME	ADDRESS	PHONE NO
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Completed applications should be forwarded to;

Darwin SCD Course
The Scottish Country Dance Society Inc
c/- 4 Eagle Court, Wulagi 0812
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