

# Strictly **FUN** Dancing

## Newsletter

**Summer 2016**

Good day to you all,

A successful season I think. Attendance has been good throughout the term and I am pleased to say that new enquiries continue to roll in at a steady pace. I would like to take this opportunity to thank you all for your continued support.

As you will see from the term dates I am finishing a little earlier than normal this year which, in the main, is due to the many eclectic issues that require my well overdue focussed attention. However, if you want to continue dancing over the summer break please read on as I have a number of suggestions that may be of interest to you.

### Summer Dancing

#### **Social Dancing on a Saturday night at the Grafton**

As you may, or may not, be aware there is a social dance held at my Studio in Dulwich every Saturday evening, but there is one week in the month where the team from Shirley attend, which in turn, draws others in too making the whole experience very enjoyable. I am not personally responsible for organising which dates are the chosen ones, that falls to Mike Trice in the 8.30pm class, but having liaised with him recently, the dates for July and August are as follows:

**Saturday 23 July 2016 and Saturday 20 August 2016.**

For those of you relatively new to the classes at Shirley, but who may consider giving the Saturday night social a try, please do come and join us. Bring a bottle (we do not have a licence) and of course your dancing shoes; I can provide the glasses. Tea, coffee and soft drinks can be purchased from the bar or vending machine.

Doors open at 8pm, Last waltz at 11pm, price £9 per person.

## **Classes on a Monday and Wednesday evening at the Grafton**

Throughout the summer we continue to run classes on both Monday and Wednesday evenings. There are three ability levels catered for, namely, Improvers, Intermediates and Advanced, each having their own routine building up over a three week period. Generally, what is taught on the Monday is again taught on the Wednesday so you won't be missing anything if you attend on only one of the nights. Feel free to ask where we are in the programme if you would like to participate as it is usually best to start on week one for example.

Doors open at 8.30pm, a little practice before the classes, instruction, tea break and finish off the evening at 10.30pm.

Price is £9 per person or £16 per person (payable on the Monday) if you attend both nights.

**Grafton Dance School**  
**7 Village Way**  
**Dulwich Village**  
**SE21 7AW**



## Carolyn's FITSTEPS

If you fancy a bit of dancing without a partner, Carolyn is starting a new dance fitness class on Tuesday 19 July 2016 at Shirley Methodist Church. Please see below from the lady herself: Please also see attachment to email.

Hi all,

FitSteps was brought to life in 2013 by Natalie Lowe and Ian Waite of Strictly Come Dancing plus Mark Foster, Britain's most successful swimmer and it has become so popular that there are already 1800 classes in the UK and Ireland.

It is the only fitness programme in the UK to bring together the graceful steps of the Ballroom dances with the up-tempo beats of Latin. It will get you fitter, burn body fat, tone and shape your body without even realising you are exercising, you can burn up to 700 calories in one class!

You can see more in the video here - [https://www.youtube.com/watch?v=PWFwzi\\_X6A4](https://www.youtube.com/watch?v=PWFwzi_X6A4)



*Fit Steps Highlights with Ian Waite and Natalie Lowe - YouTube*

*www.youtube.com*

*Highlights of the new Fit Steps exercise program, co-created by Ian Waite and Natalie Lowe from "Strictly Come Dancing".  
Video by [http://www.promotionmedia ...](http://www.promotionmedia...)*

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The classes will be starting on Tuesday 19th July from 19.00-20.00 and will cost £5.00 per class. You don't need to come with a partner, the classes are suitable for all ages and abilities, no previous dance experience is required so please invite your friends and family along too!

To find out more, give me a call on 07525 645 349, email me at [carolynstorey@hotmail.com](mailto:carolynstorey@hotmail.com) or visit [www.facebook.com/carolynstoreyfitsteps](http://www.facebook.com/carolynstoreyfitsteps)

I look forward to seeing you soon!

Thanks,

Carolyn x

## **International Championships - Albert Hall** **Thursday 13 October 2016**

I have booked a Grand Tier box of 12 seats of which 8 have been allocated to family and guests whose assistance makes SFD and Grafton more manageable. There are four seats available, costing £46 each, which I am offering to the attendees of Shirley before I open it up generally; the tickets are being sold on a first come first served basis. If you are interested, or would like to know more, please feel free to email me or call accordingly.

## **Photos for New Website - Friday 26 August 2016**

I need to create a new website for the Grafton. Having discussed with the photographer what photos may be required I am planning to hold an evening at the studio where the desired shots may be achieved; the proposed date is Friday 26 August. I would therefore be most grateful if as many of you as possible could join me for 2 - 3 hours at the studio to assist me in my quest. There will be dancing but also a certain amount of staging. I will of course provide you with sustenance by way of sandwiches, snacks and plenty of liquid refreshment etc. I will of course keep you informed over the summer of the details as they become clearer.

## **Summer Break - Start/Finish Dates**

The last class before Summer break will be held on  
Thursday 14 July 2016.

We will be closed for 7 weeks

All classes resume on Thursday 8 September 2016.

Hope to see you soon  
Warmest of regards

Paul and Team