



## **Testvale Squares are looking for new or returning dancers**

Are you looking for something new or maybe returning to an activity you did some years ago? Need a bit of gentle exercise and a light brain workout, along with a bit of fun and social interaction? We don't take things too seriously and prefer enjoyment and laughter!

We're running two easy Square Dance training sessions on Sunday 2<sup>nd</sup> and Sunday 9<sup>th</sup> November from 2pm – 4pm at the 3 Score Club in Totton, SO40 3RS. All ages are welcome from 11 upward, but those aged 11-16 would need to be accompanied by an adult. No special clothes are needed, just some comfortable shoes.

We are a busy and vibrant club with dancing every Friday evening at the Totton and Eling Community Centre and several social events over the year. Our current club covers all ages up to 90, proving that Square Dancing keeps mind and body active.

If you'd like to join us for the training, please contact Carol or Alan on 02380 364505 to let them know.