

The RSCDS

Our club is in the RSCDS Berks/Bucks/Herts Branch of the Royal Scottish Country Dancing Society.



Our local branch runs a number of events and classes throughout the year as well as running a shop and publishing a newsletter.

BHS: www.rscds-bhs.org.uk

The RSCDS promotes Scottish country dancing throughout the world and organizes national and international events. It also certifies teachers and publishes both old and new dances.



RSCDS: www.rscds.org



Bracknell Reel Club

**Birch Hill Community Centre
Leppington, Birch Hill, RG12 7WW**

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Bracknell Reel Club

Scottish Country Dancing

*fun
social
exercise*



Come and do Scottish Country Dancing

The Essentials

We are a small social club of mostly beginners. The first night is free, after that it is £2, no more than a cup of coffee – which you get anyway. You don't need to be Scottish. You don't need to bring a partner. All you need is a pair of soft shoes.

We meet at the Birch Hill Community Centre in Bracknell, Berkshire, every Thursday night 8pm to 10pm from September to May. Come any night

What do I need?

Casual shoes are all you need for a taster but you'll soon want some Scottish country dancing shoes called ghillies.



More details at:

www.bracknellreelclub.org.uk

What is it?

Scottish country dancing is a popular worldwide form of social dancing. The dances are danced in sets, normally of three or four couples, and danced a number of times through so everyone has a turn at each position. There are both fast and slow dances and overall it is fun with a bit of grace. It is called 'Country' to distinguish it from Highland Dancing which is more for exhibition and has competitions.

There are a vast number of dances with new ones appearing every year, and, unlike line-dancing, they are not called whilst dancing. However at the club all dances are walked through beforehand so you can concentrate on learning how to do everything else first.

Why should I dance?

From a study of dancing compared to other exercise:

"Part of the benefit may be that dancers had a partner and social companion rather than cycling or walking on a treadmill alone", doctors said.

Why do it? Because it is fun and good exercise.

Do I need to bring a partner?

No. Many people do not bring a partner, and if they do they are expected to dance with other people as well.

How much does it cost

The first evening is free. After that it is £5 membership for the year and £2 a night, or £3 for non-members. Plus a pair of dancing shoes when you get round to buying some.

What else do I need to know?

Bracknell Reel Club welcomes beginners at any time of the year. And that's it really.

Bracknell Reel Club

**Thursday 8pm to 10pm
September to May
At Birch Hill Community
Centre, RG12 7WW**

Map and contact details
overleaf,
or just turn up.

www.bracknellreelclub.org.uk