

Dear All

What a fantastic term we have had with our dances, medals & classes. Numbers have been down slightly as is usual in the summer months, but from the calls we have been receiving recently we can expect a very good turnout in September. We hope to see you at our **Monthly Saturday Dance this Saturday, 31st July** for our final fling before the end of term. The dance is at Wootton Memorial Hall 8.00-10.00pm. We have another dance at the same place on **Saturday 21st August**, so please pencil this in your diary, too.

Staff News

We have two new members of staff starting in September, both of whom are well-known to you. John Brooks will be assisting Leanne in the Beginners' classes. He will also be teaching Sequence Dancing for us. Teresa Jenkins will be taking the Northampton ballet class. Vaughan will continue to assist at Julie's Monday Beginners' classes & Gill's Biddenham class while he trains for his latin student examination. We are very pleased to have them with us and their presence will enhance our programme of classes.

Classes for September

The Autumn programme is now available and can be viewed online. Most of the regular classes continue without any changes, but please do read through the list carefully to make sure the class you plan to attend hasn't changed day or time. Regrettably, we are unable to continue with the Thursday evening Towcester classes for the time being, but the daytime Latin Dance Workout in Towcester on Mondays continues at the Wellbeing Fitness studios. Below are some brand new classes that we hope these will appeal to you.

Quickstep to Fitness: Tuesdays 7.10-8.10 Caroline Chisholm School

This is a dance-fitness class using movements from freestyle, ballroom & latin dances. The music used will mainly be faster, fun rhythms from quickstep & jive, such as American Patrol, or Paulo Nutini's Pencil Full of Lead; however, from time to time, we shall deviate from the faster tracks and use salsa, cha cha and rumba rhythms. In each case we shall create a unique dance for each track, with its own style and character. You do not need to be super fit as there will adaptations and/or additions for each level, so that you can work out at your own pace.

Modern Sequence Dancing: Wednesdays 8.30-10.00 Caroline Chisholm School.

Sequence Dancing has a poor image and we hope that we can do something to turn this around. Many ballroom dances can be turned into a sequence which means that everyone dances exactly the same routine at the same time, progressing gradually around the room. There is much less emphasis on technique and the men do not have to worry about floorcraft or leading their ladies precisely, so it does simplify dancing. It is an excellent way for beginners to find out whether they will like dancing. You can then progress to learn the more technical elements of dancing, and how to create your own dances in a normal beginners class, or continue with the sequence dancing.

Argentine Tango: Fridays 8.30-10.00 Caroline Chisholm School

Since we had a taste of this at Bournemouth in February there has been a huge demand for this from amongst our own members. We now include this in our improvers' programme of classes, and are introducing a beginners' class as a regular feature to our Friday nights. This is essentially a simple dance, where the two people dance as one; the man leads the lady into whatever step he likes. The music is simple to follow and the man can interpret it as he likes. The lady has to learn to follow. This is an beautiful dance, which is not danced at speed and it is therefore suitable for all ages and abilities.

Fees remain the same for the autumn term, with discounts for paying for *consecutive* weeks. If you are a regular member and would like to pay by standing order please contact Gill, otherwise you can book online, over the phone, or pay by cheque.

Office closed - the office is closed between 3rd August - 19th August.

SOCIAL DANCES – in addition to the ones you know about over the summer, there will also be a SOCIAL DANCE at Kislingbury Village Hall on Saturday 9th October. And, don't forget our CHRISTMAS PARTY at Cripps Recreation Centre on Dec 4th, with live band and buffet.

Private lessons - BALLROOM & LATIN

If you feel you may forget everything in our month off you may like to have a couple of lessons before the start of the term to remind you of your basic steps and get you back in the swing of things. Gill is able to offer private lessons in the evening between 6-10pm on the following evenings;

Monday 23rd August; Friday 27th August; Saturday 28th August; Thursday 2nd September; Friday 3rd September

Please send Gill an email asap or ring her on 07970 571545 to check availability & book.

Private lessons are usually available on Saturdays and some Wednesday or Thursday evenings. If you are free during the day, weekdays, there will be more options. Private lessons are £36 per hour (same price for couple or single).

Medal & Exam Results

Congratulations to everyone who took medals last Saturday. You all did fantastically well. Considering that most of you are only able to practice at class, and many of you have only been dancing months, your success is phenomenal. Everybody gained Commended or Highly Commended, and every person who took the Bronze Medals in Latin gained Highly Commended.

This is a great way to recognise your own achievements, and it does not require hours of additional training, so we hope that more of you will have a go at our **next Medals day on December 11th**. You do not need to know a vast array of figures. In many ways, the simpler the better as this enables you to work on your basic technique which is so important. The dances for this term have been specifically chosen so that you can either start your medals, or continue onto the Double Bronze.

Staff exams: Leanne (Associate Waltz), Julie (Associate Rumba & Cha Cha Cha), Vaughan (Student Ballroom) and Gill (Licentiate Rumba) all passed higher level examinations during the summer term and we congratulate them, too.

Next term, Leanne will be taking her Associate Quickstep Module and will start training in the technical elements of latin dancing; Vaughan will start working on his Latin Student examination; John commences his Associate Ballroom training; Gill will be doing Licentiate Cha Cha Cha and Waltz, and Julie will be taking her Jive and quite likely her Paso Doble Associate examinations too.

BOURNEMOUTH Trip in October

We have now filled our allocation of 30 places. The balance of £270 (couple) £135 (single) is due by 20th September please. It is easier if you can make cheques payable to G Lockett please. Another dance weekend is being planned for you for 2011, and we shall also get tickets for the October 2011 ballroom championships.

Help Needed

We plan to distribute flyers to all houses in the Hunsbury's, Grange Park & Wootton Fields areas of Northampton on Monday 23/8 (am), Friday 27/8 (all day), Sat 28/8 (pm), Tuesday 31/8 (all day). If you can help at any of these times, please send Gill an email.

Look out for our adverts in the Herald and Post, The Bucks & Winslow Advertiser, The Bedford Times & Citizen, (end of August & beginning of September) and in your local directories.