

## **CPCA SCOTTISH COUNTRY DANCING FOR ADULTS AND CHILDREN**

Scottish Country Dancing is the social dancing of Scotland. It has world-wide acceptance and is a forerunner of North American square dancing. We dance to lively and stimulating music in sets of three to six couples. Costuming is not important although dance slippers make dancing easier. It is not necessary to register as couples and gender is not an issue. While technique is important, we try not to lose sight of the social aspects of the dance. The primary goal is fun and exercise in a social setting.

I am a fully certificated Scottish Country Dance teacher living in City Park and teach both children and adults through the City Park Community Association. CPCA offers classes for children, children with a parent(s) and an adult class. Because of space and floor issues, CPCA has agreed this year to sponsor these classes at the Dance Saskatchewan Inc. studios on Pacific Avenue. We are most grateful.

Children aged 5 to 15 will fit well into a children's class. Parents dancing with their children are most welcome. The adult class can accommodate ages sixteen and older.