



Silver Swans ballet classes



Weekly ballet classes designed for over 55's

- Times: Tuesday 10 am - 11 am, Friday 9:15 am - 10:15 am
- Location: AFB Dance Studio, Langton Greenhouse and Garden Centre, Melton Road, LE16 7TG
- Price: £6.50 per session when paid termly, £8.50 pay as you go.
- Classes are open to both novice and experienced dancers. Although targeted as the over 55's there are no age limits on any of the classes.
- Silver Swans classes have been developed by the Royal Academy of Dance in response to a growing demand for dance classes for older learners. As an RAD registered teacher and Silver Swans Licensee, Annie is trained to safely adapt ballet techniques for older adults.
- Ballet can help to improve mobility, posture, co-ordination and energy levels, however the classes are more importantly a place to have fun and enjoy the sense of wellbeing that dance can provide.

For further information contact:

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