



LFWI LIFESTYLE & LEISURE TEAM

Silver Swans Ballet Taster & Keep Fit

Friday 7th March 2025 – 10.30am – 12.30pm

Barton Village Hall, PR3 5AZ

£8.00

We welcome our well-known dance teacher Alysia Gilda for this taster event.

Silver Swans Ballet has been specifically designed for the over-55's to improve coordination, posture, and mobility. This taster session allows you to “have a go” and, if you enjoy it, you will be able to join a Silver Swans Ballet Class near you.

After a short break, Alysia will lead us into a dance/keep fit session.

Please wear comfortable clothing and footwear and bring your own drink.

This event will be available to book on the LFWI website from Monday 2nd December. Closing date for bookings is Monday 24th February 2025

www.lancashirewi.org.uk