

Cambridge Cancer Help Centre

BALLET FOR FITNESS & FUN

WEDNESDAYS: 2.30 pm – 3.30 pm

17 June – 9 September 2017



**For more information: contact Sue Pocock via
email: chestertonballetschool@hotmail.com**

Do you want to improve your balance,
co-ordination, musicality, and dance technique?

These sessions are tailored to the individual capabilities of anyone who comes along each week as well as sitting on a chair enjoying the music.

Here are some comments from Sue's Group:

- “I enjoy going to ballet. I join in when I can and Sue is a good teacher.”
- “The adult ballet classes are great. Sue is an excellent teacher with lots of patience and a sense of humour.”
- “The exercises are very good for posture, stretching and muscle control.”
- “You discover muscles which have been dormant for years”.

Some Dance Quotes:

- “If we can think, feel and move, we can dance.”
- “Dance is Fun! It lifts the spirit, strengthens the body, and stimulates the mind . . .”