



Four-week Beginners Course (Wednesday)

The four-week course in Cuban-style salsa covers the basics of body-movement and partner-work in preparation for improver/intermediate levels. The course is designed to build-up confidence along with a repertoire of simple salsa moves to show off at the salsa clubs!

The course commences at 8.15pm on Wednesday 25th October 2017 at The United Services Club, Haywards Heath and is £40 if you pay on the night, or £35 if you pay in advance via bank transfer.

Payment can be made with cash or via BACS (no cheques):
SalsaJulia 30-18-30 a/c 02048793 (please give your course name for reference).

Please tick your payment method below and return the slip and your payment, no later than Monday 16th October 2017 to:

SalsaJulia, 39 Stockwell Road, East Grinstead, RH19 4BD

Week	Date	Time	Venue
One	Wednesday 25 th October	8.15 p.m.	USC
Two	Wednesday 1 st November	8.15 p.m.	USC
Three	Wednesday 8 th November	8.15 p.m.	USC
Four	Wednesday 15 th November	8.15 p.m.	USC



Please supply as many details as possible:

Name/s.....

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Address.....

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Contact Number.....

Email address.....

Cash BACS

Class Times: The start time of classes are sometimes subject to change at short notice. We try very hard to keep such changes to an absolute minimum but sometimes changes are unavoidable. Please check your emails and the salsajulia website for changes to class schedules.

Cancellations: You are encouraged to try a free taster session prior to booking on a course. Salsajulia is unable to offer refunds once you have begun a course unless there are extenuating circumstances. Refund/Course credit policy is as follows:

- 100% refund/course credit prior to first class start date
- No refund or credit after first class session

Disclaimer: While risks of injury are slight, Salsajulia cannot accept any responsibility for any injuries sustained during lessons, practise or any other Salsajulia events. As with all dance, Salsa involves body movement and if you have any injuries or concerns you should consult your G.P. before attempting salsa.

Partner Swapping: Salsa is a very sociable dance and while it is a partner dance, swapping partners is part and parcel of the dance. While you may feel uncomfortable about this at first, it soon feels perfectly normal!

What to wear: Comfortable, casual clothing that doesn't restrict movement. Jeans are fine. Trainers are not recommended as they're a bit too grippy. Open-toed shoes and very high-heels aren't a good idea either. Comfy shoes that don't grip the floor too much are ideal.

Timetable/teacher changes: We try and keep these to a minimum but sometimes changes are unavoidable. Please check the salsajulia website regularly for updates about changes to lessons.

Signing-in book: Please make sure you sign the Signing-in book every time you attend. This is for Health & Safety and purposes.