



Le Roc Federation Member

**Ibis Sports & Social Club
Mintsfleet Road
Kendal
LA9 6DE**

Wednesdays 7.30pm – 10.30pm

(Except 1st Wednesday every month)

Modern Jive (Le Roc) is a stylish and exciting partner dance and suitable for all ages.

LeRoc is similar to Salsa but without the complicated footwork and can be danced to virtually any music from 50s to Modern Chart.

Le Roc is a great way to get and keep fit in a fun and friendly environment. You do not need to bring a partner as our classes are taught on a rotational basis, this means that you get to dance with people of different levels of ability this helps you to learn more quickly and to get to know the whole group.

Qualified Le Roc Federation Teacher

Get active – No fancy footwork

**Great fun and exercise suitable for singles and couples
Two 45min lessons followed by freestyle dancing/practice**

ONLY £5 per person

ABSOLUTE BEGINNERS WELCOME EVERY WEEK

Come and enjoy yourself

For more details phone - Kath 07885 649655

