





£4
A SESSION

Dance in the Community

From 10 September – Wednesday 10am to 11.30am

A fun, gentle dance class designed to support both physical and mental wellbeing through rhythm and movement.

Held weekly during term time, this inclusive session is ideal for anyone with lower mobility or those who haven't danced in a while but miss the joy of moving to music. No dance experience or rhythm is required – just a willingness to join in and a good sense of humour.

Each class features music from a range of decades, with dance styles that change regularly based on feedback from participants. It's a relaxed and welcoming environment where everyone is encouraged to move at their own pace.

The session runs for 90 minutes, with the first hour focused on dancing, followed by 30 minutes for a cuppa and a chat – the perfect chance to unwind and connect with others.

No booking required – just come along and join in. It's a great way to enjoy gentle movement, meet new people and take some time for yourself.

Snodland Community Centre

£4 Pay As You Go-Card payment only

Free on-site parking

Open to all

For more information email active.communities@tmactive.co.uk

active communities

tmactive

Tonbridge & Malling Leisure Trust

Working in partnership with:

TONBRIDGE & MALLING BOROUGH COUNCIL