



## **This is what our newest dancer told us about her experience with Testvale Squares**

**We asked what prompted them to come along to the free training in Autumn of 2024:**

*I love dancing, I thought Square Dancing would be something different that I hadn't done before and would give it a go.*

**What type of dancing had they done previously:**

*It's easier to say what I haven't done! I started with Tap and Ballet at a young age, then went on to Barn Dancing, then Scottish and Country Dancing at senior school. I took up Ballroom and Latin dancing and was in the Formation team. After that I had a go at dancing in the style of Pan's People but found this very fast.*

**All this dance experience would explain why they've picked up Square Dancing relatively quickly and have become a regular at our Friday evening Club sessions.**

**When asked whether they'd known about Testvale Squares this is what they said:**

*I didn't, but I saw an advert in The Herald so came along. I joined about 8 other new starters but I seem to be the only one that has continued.*

**What keeps you coming along to the Club every Friday evening:**

*Mainly the dancing, but everyone is friendly and encouraging.*

**Do you think dancing helps with brain training and keeping active:**

*The dancing isn't too strenuous but keeps you active, but most of all it's a good brain workout as we're continuously learning and need to remember up to 68 different moves!*

**If this has inspired you to have a go at Square Dancing, we're running a couple of free try-out sessions at the Three Score Club in Totton on Sunday 2<sup>nd</sup> and Sunday 9<sup>th</sup> November 2025 from 2-4pm. Call us on 02380 364505 for further information.**