

Rotherham Life Community March 2025

“There are shortcuts to happiness and dancing is one of them”.



Dancing features in Indian cave paintings dating from 8000 BCE, and is arguably as old as humanity. It's an enjoyable way to stay fit, irrespective of age, shape and size, promoting a range of health benefits. It can improve the condition of your heart, lungs, and muscles, increase overall strength, endurance, balance and coordination, and feelings of well-being and self-confidence. What's more, dancing is a very sociable activity, and a great way to widen your circle of friends and acquaintances.



More than eighty knowledgeable Ru3a members keep themselves fit and happy by regularly attending one or more of the three different dance groups on offer.

Come Dancing has been a popular group for over 20 years. Its nimble-footed devotees meet weekly on Wednesday afternoons to enjoy Sequence Dancing, in time with familiar and melodic music and with friendly help on hand for anyone unsure of the steps. Members without partners will soon be paired up and dancing.



Country Dancing enthusiasts meet on alternate Wednesday mornings, when they step out to tunes and dances ranging from the elegant Georgian era to 20th century barn dances and exhilarating American-style contra, which is similar, but not identical, to square-dancing



Following the release of Achy-Breaky Heart, Line Dancing swept across the UK in the 1980's and remains a popular dance form. With catchy music, an experienced caller as guide, and no partner needed, you're guaranteed fun-filled Tuesday mornings with this group.





For information about Ru3a's dancing groups and all other activities

rotherham.u3asite.uk where you'll find links to coordinators or scan the QR code

Facebook: [Rotherham u3a Community Groups](#)

Call or text 07359 778 361

