



**SILVER
SWANS**

Silver Swans® classes have been specifically designed for the over 55s, but whatever your age, if you are looking for a new way to keep fit and active our ballet classes will put a spring in your step.

Everybody can dance! Whether you've never danced before or want to get back into the swing of it, our classes have something for everyone.

The RAD has developed this programme based on research into dance practice for older learners and our classes are taught by Silver Swans licensees who have been trained by the RAD.

www.royalacademyofdance.org/silverswans

#RADSilverSwans

**Feel good together.
Dance for joy.**

**ROYAL ACADEMY
OF DANCE**