



It's never too late to shine!

Ballet classes for over-55s





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

The RAD developed this programme based on research into dance practice for older learners – classes are only taught by Silver Swans Licensees.

www.royalacademyofdance.org/silverswans

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