



Friday Basic



Scottish Country Dance Classes

Sponsored by: WASHINGTON BRANCH RSCDS

www.rscds-greaterdc.org

Scottish Country Dancing is a modern form of social dancing based on Scottish dance traditions with roots going back for centuries. Dancers in sets of 2 or more couples work together to dance a series of formations to driving reels, jaunty jigs, stately strathspeys or lilting slow airs.

Make new friends, listen to great music, and get some exercise!

Classes are open to all. **No partner needed! No experience necessary!**

Friday evenings, 8-10 p.m., twice a month.

Fall 2009 Schedule:

September 11 & 18
October 2 & 16

November 6 & 20
December 11 & 18

Spring 2010 Schedule:

January 8 & 22
February 5 & 19
March 5 & 19

April 2 & 23
May 7 & 21



Building T-39, National Institutes of Health (NIH), Bethesda MD

Enter NIH through the visitor entrance at Wisconsin Ave. & NIH Gateway Drive, south of the Metro station. Each person will need a picture I.D. Please allow at least 15 minutes for the security checkpoint.

Please see the map, directions and important security information on the reverse.

Cost: \$5 per night.

Friday Basic Classes cover fundamentals of technique like footwork, handing, and phrasing in a relaxed, laid-back atmosphere. Each evening also includes some easy, fun dances using basic steps and some figures.

Soft-soled shoes and clothing allowing freedom of movement are recommended.

For more info about the Friday Basic Classes, please contact Yvonne at 703-624-0795 or yvonne@rscds-greaterdc.org

Directions from the Capital Beltway (I-495)

- Take Capital Beltway (I-495) to Exit 34 (Wisconsin Avenue).
- Take Wisconsin Avenue (Route 355) SOUTH, passing South Drive (the 5th light) after about 1.3 miles.
- Turn RIGHT into the Gateway Center Complex (look for "Visitor Parking" signs).
- *This is where you show your picture I.D., get out of the car, and have your car inspected.*
- After the security checkpoint, Turn RIGHT (at stop sign) onto Center Drive.
- Turn LEFT onto Medlars Drive (there is a street sign), at the the "stop for pedestrians" sign in the middle of the road (Bldg 38 is on the left).
- Bear RIGHT (still on Medlars Drive).
- Bear RIGHT again (still on Medlars Drive) toward the 2 sets of double stop signs (Bldg 41 is on the left).
- After passing through the double stop signs, T-39 is straight ahead.
- PARKING:
 - EITHER turn LEFT in front of T-39 into the parking lot for Bldg 4,
 - OR turn RIGHT in front of T-39 on the LEFT and turn LEFT into the lot just past T-39.
- ENTERING T-39: Go up the iron stairs, at the end of the building farthest from the T-39 lot.

