

# Ullapool Dance

**Ullapool Dance classes with professional dancers Alice Wilkins and Mickey Anderson**

Dance class schedule until March 7th 2019 (subject to change so check the Class Calendar on our website UllapoolDance.org ). All classes last one hour unless stated otherwise. Wear stretchy clothes in layers in case you get hot, bring water and get ready to have fun!

<b>Mondays</b>	<b>Mo Dhachaidh Care Home Residents' Session</b> with Alice Friends and relatives are very welcome to join in.	<b>2pm</b>
	<b>Achiltibuie Dance Club</b> with Alice <b>Kids from 5+</b> <b>Adults (14+)</b> Coigach Community Hall Subsidised by the hall, half-price £2.50 per session!	<b>4.30pm</b> <b>5.45pm</b>
<b>Tuesdays</b>	<b>Ullapool Primary School Sessions</b> with Alice Don't forget your PE kit!	<b>9.15-</b> <b>11.30am</b>
	<b>Lochbroom House Residents' Session</b> with Alice Friends and relatives welcome to join in!	<b>2.00pm</b>
	<b>Gentle Moves</b> with Mickey Light exercise which can be done seated or standing to feel-good music. Lochbroom Room, Macphail £4 <b>FREE Tea and Biscuits</b>	<b>2.30pm</b>
	<b>Boys Dance! High School age+</b> with Mickey <b>FREE!</b> Drill Hall, Custom House St. Ullapool	<b>3.45pm</b>
	<b>Dance Together</b> with Alice Suitable for everybody who likes to dance and ideal for anyone with Support Needs. £4.50 Village Hall (subject to change, check our website)	<b>4.00pm</b>
	<b>Contemporary Ballet</b> with Alice Try your first class free! For adults (min age 14) all abilities welcome, no experience needed. Macphail Theatre £6 (£4 concession)	<b>6.00pm</b>
	<b>Line Dancing!</b> with Mickey No experience needed. Yeeha! Drill Hall, Custom House St. Ullapool £5 (£4 concession)	<b>7.30pm</b>
<b>Wednesdays</b>	<b>Lochinver Dance Club Ages 5-8</b> With Alice <b>Lochinver Dance Club Ages 9-12</b> Assynt Leisure. High Life inclusive, PAYG £2.30, Budget 50p	<b>3:30 -</b> <b>4:15pm</b> <b>4:15 -</b> <b>5pm</b>
	<b>Boys Dance! Primary School Age</b> with Mickey Drill Hall, Custom House St.	<b>3:45-</b> <b>4:30pm</b>
	<b>Shake The Room!</b> with Mickey Try your first class free! An energetic mix of street, commercial, jazz and other lively styles. All welcome, no experience needed. £6 (£4 concession) Ullapool Village Hall but subject to change - check the website.	<b>7:30pm</b>
<b>Thursdays</b>	<b>Ullapool Youth Dance Company</b> with Alice Open to everyone of High School age who wants to progress their dance skills and consider performing. No booking necessary. Macphail Theatre.	<b>3:30 -</b> <b>5pm</b>

**Ullapool Dance is a small charity run by local people. Our aim is for everyone in the North West Highlands to enjoy dancing. We are currently looking for Board Members and Volunteers. Please contact us if you would like to be involved. Email: [office@ullapooldance.org](mailto:office@ullapooldance.org)**



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[www.ullapooldance.org](http://www.ullapooldance.org)

