

GROOVELETTER

The Newsletter for Groovers - Quarterly

November / December 2011



Diary.....



November

- 12th** Grand Salsa Ball
Kings Hall, Stoke on Trent
- 18th** Free Salsa Night
The George, Castle St
Eccleshall

December

- 2nd** Rock n Roll Heaven
Regent Theatre
- 10th** Medal tests
- 11th** Retro Christmas Party
Stafford Rangers
Astonfields Rd
- 16th** Free Salsa Night
The George, Castle St
Eccleshall



Xmas Class Timetable



December 2011.....

- 19th** Zumba - Hanley
- 20th** Zumba - Stone
- 21st** Zumba -
Stafford Rangers
- 22nd** Rock n Roll/Salsa
Stafford Rangers
- 27th** Zumba - Stone
- 28th** Zumba
Stafford Rangers
- 29th** Rock n Roll/Salsa
Stafford Rangers

January 2012.....

- 3rd** Zumba - Stone
- 4th** Groove Stars restarts
Classes return to normal

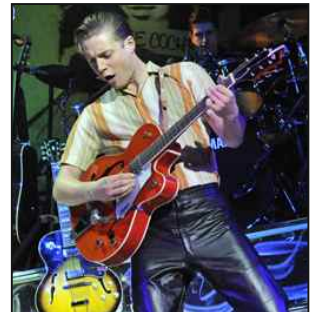


Ditch the Workout & Join the Party

Rock n Roll Heaven



To celebrate the music of the 50's we are off to the Regent theatre in Hanley to see 'Rock n Roll Heaven'. This production is a tribute to the icons of the age and to this we will be dancing in the aisles. Tickets are £23 and limited so book now.



Rock 'n' Roll

The evolution of Rock n Roll started from Charleston, went to Lindy Hop and then became Jive/Rock n Roll.

For the last few months of the year we are going to expand your dance repertoire to include Lindy Hop. This is part of the Swing dance family and could be part of your skill set.

The music that will inspire us will include King Pleasure and the Biscuit Boys and the Jive Aces. So much fun to be had so make sure you are there - **Thursdays - Stafford Rangers - 7.15pm**



Keep up to date with us on our Facebook Fan Page :

'GrooveAcademyDance'

LIKE this page and let us know what you think.



Xmas Vouchers

Why not help your friends and family achieve their New Years resolution by buying them a Dance Experience Voucher. This excellent gift is valid for a year and is presented in a hand-finished card.

Options:

1. **Zumba Buddies** - share 4 classes with your friends or really get into it yourself - **£20**
2. **Zumba Blast** - 10 classes for you to leap into the New Year with untold energy - **£52**
3. **Dance Experience for 2** - Share the experience of learning to Salsa or Rock n Roll - **£16**
4. **Dance Experience x 10** - Master the basic Salsa or Rock n Roll steps with these progressive lessons - **£62**

Further details online or purchase at your next class.



RETRO CHRISTMAS PARTY

Stafford Rangers, Astonfields Road, Stafford ST16 3BX
Sunday 11th December, 7.30pm til late

A great party to bring your friends and family to join in the fun

Tickets £15 includes retro buffet (discount to DD members)

A blast from the past with music, food, games and dancing. There will be party dances, salsa, rock n roll and music from the decades. A great party dancing night.

Dress in the era/decade you enjoyed the most when dancing.
Guarantee your themed table by booking!

GROOVE ACADEMY
Take the Lead!

0798/441 9653
www.grooveacademy.co.uk

Groove Stars 6-16yrs Timetable

**Stafford Rangers, Astonfields
Road, Stafford, ST16 3BX**

Wednesday

- 4.30 Ballroom & Latin
- 5.30 Zumbatomic Lil' Stars
6-9yrs
- 6.00 Zumbatomic Big Stars
10yrs +

Thursday

- 4.30 Street Dance
- 5.30 Cheerleading

New Groove kit has hit our dance floor and don't they look great! Wearing the kit shows you are part of the Groove Stars Team and means you don't have to worry about what to wear for the class. Available from the class and only £6.50



Medal Tests

This is a way of showing everyone just how good you are on the dance floor in your favourite dance style. On Sunday 10th December we will be inviting the examiner along for you. You and your class will perform your current routine for the examiner, who will produce a report for you along with your medal. The Medal Presentation will be in the New Year.

Term Dates

7w/ks from 1st Nov - 15th Dec
6w/ks from 4th Jan - 9th Feb



Referral Gift

We are very pleased when we hear you have been talking about us to your friends and they then join us on the dance floor. As a thank you for this we would like you to dance with us for FREE. Just make sure your friends put your name on their registration form when they come for the first time and we will send you your Free voucher.

Tip from The Team

Your calorific intake will probably increase over the festive period, don't let your physical activity decrease as you will only complain come the New Year.

Plan your exercise before Christmas and commit to it!

Expect to burn 400-600 calories during a Zumba class and 200-400 in a Salsa or Rock n Roll class. After high intensity exercise you will continue to burn calories for hours afterwards.



Referral Voucher

I would like my friend:

to have fun in a Groove Academy class.
Please look after my guest & we will see you on the dance floor soon.

Signed Groover

*Valid for the last week of every month.
Can only be redeemed if you have not experienced a Groove class before.*

Dance for Less

The benefits of regular exercise are numerous and doing it with Groove Academy means they can be even greater. This is because we offer our dancers discounts if you choose to pay monthly by direct debit. For only £25.35 a month you can attend any Groove Academy class as well as having a 10% discount off any Groove Academy event. Bargin! We also hold a free prize draw every quarter for all direct debit Groovers to win 2 tickets to a dance/theatre production..

This month congratulations go to **Linda Mills who has won 2 tickets to Rock n Roll Heaven at the Regent Theatre.**

Jersey Salsa Slam



'We have just returned from an excellent dance weekender in Jersey and loved every minute of it. We danced all day and night so are now home to recover from the experience. The good news is that the event is already booked for next year so we can repeat the fun. Put this date in your diary 19th - 22nd October 2012. Lets us know if you fancy joining us on a Jersey dance floor. Groove will let you know on the costings when the flights are released.'

New Class Timetable

Monday

Mitchell Arts Centre

Broad St, Hanley ST1 4NG

5.35pm Zumba – all levels

Free parking in Tesco's

Tuesday

St Dominics Hall

Station Road, Stone ST15 8EW

8.15pm Zumba - all levels

Free parking off Northesk St.

Wednesday

Stafford Rangers

Astonfields Rd, Stafford

ST16 3BX

7pm Zumba - all levels

8.15pm Private lessons available

Free parking

Thursday

Oddfellows Hall

Greengate St, Stafford

ST16 2HO

5.30pm Zumba - all levels

Free parking at Magistrates Court

Stafford Rangers

Astonfields Road, Stafford

ST16 3BX

7.15pm Rock n Roll - all levels

8pm Salsa - beg/imp

9pm salsa - inter

Classes coming soon include Zumba Gold.



Wedding Dances

So many people have seen the clips on Youtube of the bride and groom taking to the dance floor for their first dance and we have all laughed or cooed. Groove Academy have had lots of requests to help couples make this a moment to remember. To make sure it is not a potentially painful 3-minute sway but becomes a stunning and surprising performance, we have choreographed dance routines to their favourite tracks. If you know someone that would love to surprise their guests with a performance to remember – pass on our details.



G GROOVE ACADEMY

Take the Lead!