

love to  
dance



**DANCE CLASSES FOR OVER 50'S**

**FUN & FRIENDLY DANCE SESSION  
FOR ANYONE AGED OVER 50**

All our sessions are focussed on getting active and meeting new people as well as being accessible and affordable.

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To book your free trial contact  
**Clare Bellchambers 0203 675 7215**  
[healthandwellbeing@saracens.net](mailto:healthandwellbeing@saracens.net)

[WWW.SARACENSPORTFOUNDATION.ORG](http://WWW.SARACENSPORTFOUNDATION.ORG)



**Allianz**   
PRINCIPAL PARTNER

## MONDAYS

Abbots Langley	10.00 - 12.00	Tanners Wood Hall, School Mead, WD5 0LA
Letchworth	10.00 - 12.00	St Michaels Church Parish Hall, Broadway, SG6 3PQ
St Albans	10.00 - 12.00	Holy Trinity Church, Frogmore, AL2 2JU
Ware	10.00 - 11.00	High Cross Village Hall, North Drive, High Cross, SG11 1AR
Hendon	10.00 - 12.00	Allianz Park, Hendon, London, NW4 1RL
Mill Hill	12.30 - 14.30	Eversfield Centre, Mill Hill, London, NW7 2AE
Royston	12.30 - 14.30	Hardwicke Hall, Town Hall, Melbourn Street, SG8 7DA
Hertford	14.00 - 15.00	Bramfield Village Hall, Bury Lane, Bramfield, SG14 2QL

## TUESDAYS

Ludwick	10.45 - 12.45	Ludwick Family Centre, Hall Grove, Welwyn Garden City, AL7 4PH
Mill Hill	10.00 - 12.00	Underhill Baptist Church, Mill Hill, EN5 2EA

## WEDNESDAYS

Ware	09.30 - 11.00	Wodson Park Sports Centre, Wadesmill Road, Ware, SG12 0UQ
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Hitchin	10.00 - 12.00	Hitchin Football Club, Fish Ponds Road, Hitchin, SG5 1NU
Friern Barnet	10.00 - 12.00	St John's Parish Centre, Friern, Barnet Road, N11 3EQ
Potters Bar	12.45 - 14.15	Kings Charles Church, Mutton Lane, Potters Bar, EN6 3AS
Hertford Heath	14.00 - 15.00	121 London Road, Hertford Heath, SG13 7RH

## THURSDAYS

Whitehill	10.00 - 12.00	Whitehill Centre, Ottway Walk, Welwyn Village, AL6 9AT
London Colney	11.30 - 12.30	London Colney Baptist Church, Kings Road, AL2 1EN
Rickmansworth	12.30 - 14.30	Mill End Community Centre, Church Lane, Mill End, WD3 8HD
Bishop Stortford	12.45 - 14.45	Rhodes Arts Complex, South Road, Bishops Stortford, CM23 3JG
New Barnet	12.45 - 14.45	Lyonsdown Hall, New Barnet, EN5 1JB
Hatfield	13.00 - 15.00	Friendship House, Wellfields, Hatfield, AL10 0BU

## FRIDAYS

Cheshunt	10.00 - 12.00	Flamstead End Hall, Albemarle Avenue, Cheshunt, EN8 0EY
Hertford	10.00 - 12.00	The Cowbridge Halls, Cowbridge, Hertford, SG14 1PG
Harpenden	10.30 - 12.30	Public Halls, Southdown Road, Harpenden, AL5 1PD
Borehamwood	10.00 - 11.30	Farriers Community Centre, Farriers Way, WD6 2TB
Watford	12.30 - 14.30	Wellsprings Church, 1 Wellspring Way, Watford, WD17 2AH