



BEGINNER INFORMATION

WHEN ARE BEGINNERS CLASSES?

Beginner classes start on Monday, Sept. 21. Classes are from 6:30 to 7:30PM and are held at the Fort Sask. Legion-Normandy Room. (9964 93Ave.) The session will have 12 weeks.

HOW MUCH DOES IT COST?

The first beginner session is twelve weeks and costs \$110. When a clogger is ready to get taps they can be put on their own shoes and cost \$17 or \$20 for just the taps, or clogging shoes can be bought for approximately \$100 (shoes and taps).

WHAT DO I WEAR?

Clothing should be kept light. Comfortable pants or shorts and a t-shirt or other light top is best. The first couple of weeks are at a slower pace but as steps are learned the pace picks up and it can get quite warm while dancing. Shoes should be comfortable, solid but with a bit of give on the bottom. Runners are good the first week but the rubber sole can grip the floor too well for clogging.

WHEN AND WHERE DO I REGISTER?

Pre-registration is required (\$110 for 12 weeks)

Email your name and phone number to: blizzardcloggers@yahoo.ca

Mail your cheque to: Birgit Blizzard
30 Parkwest Court,
Fort Sask. AB T8L 3X2

E-transfer payment to: birgitblizzard@shaw.ca

I HAVE BAD KNEES (OR BACK). IS CLOGGING FOR ME?

The beginner classes start out doing very easy steps. If you can stand and walk sign up and give it a try. The level slowly builds up and if you find it is too much for you, you can get a refund. It is always a good idea, if in doubt, to check with your doctor.

WHEN DO I START?

Classes start Sept. 21 from 6:30-7:30PM. Classes are at the Fort Sask. Legion in the Normandy Room. Bring a friend and come on out. If you have more questions please call or text Birgit at 780-996-5406 or e-mail at blizzardcloggers@yahoo.ca

www.blizzardcloggers.ca