



## **BEGINNER INFORMATION**

### **WHEN ARE BEGINNERS CLASSES?**

Beginner classes start once a year in late Sept./early Oct. Classes are on Thurs. evenings from 6:30 to 7:30PM and are held at the Fort Sask. Legion-Normandy Room. (9964 93Ave.)

### **HOW MUCH DOES IT COST?**

The first beginner session is eight weeks and costs \$80. 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?**

You can register: at our “Open Houses” Sept. 15 & 22-7:30-9PM  
or on the first evening of class  
or email your name and phone number to: [blizzardcloggers@yahoo.ca](mailto:blizzardcloggers@yahoo.ca)

### **HOW DO I PAY FOR CLASSES?**

You can pay by e-transfer to [blizzardcloggers@yahoo.ca](mailto:blizzardcloggers@yahoo.ca) or  
bring a cheque to class payable to: Blizzard Cloggers

### **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 they are OK to try. The level slowly builds up and if you find it is too much for you, you can get a refund. Try the first class and pay at the end of it if you are unsure. It is always a good idea, if in doubt, to check with your doctor.

### **WHEN DO I START?**

Classes start Sept. 29 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](mailto:blizzardcloggers@yahoo.ca)

**Check out our website at [www.blizzardcloggers.ca](http://www.blizzardcloggers.ca)**