

FUN!

HEALTHY EXERCISE!

REDUCE STRESS!

MEET NEW FRIENDS!



CLOGGING

WHAT IS CLOGGING?

Clogging is one of the fastest-growing forms of recreational dancing. Simply stated, it is the rhythmic tapping of the feet. The nice thing is that you don't need a partner. In almost every area of Canada, clogging is growing and making its mark. It is actually considered a close cousin to step dancing. Although originally done to Country & Western Music, clogging combines elements of numerous dance styles and music types. One minute you could be dancing to Dwight Yoakam, and the next, to hip hop or rap!

FITNESS BENEFITS?

Clogging can provide you with a well-rounded exercise program, including essentials such as aerobics, stretching, circulation/energy, posture/co-ordination, toning, and stress reduction. Clogging uses all the large muscles, helps speed up the metabolism and allows the body to burn excess fat.

Clogging also increases your energy level and builds stamina, improves body alignment and posture, and (by lowering the resting heart rate) improves your cardio-vascular fitness.

GIVE IT A TRY— IT'S CONTAGIOUS!

Come out, have fun, and join recreational clogging! Here is a chance for you to not only get exercise, but have an enjoyable time and meet new friends as well. There is a beginner and intermediate level available, daytime AND evening. Be sure to check the City Fun Program Guide online OR at individual Community Recreation Centres.

CLOGGING FOR BEGINNERS . . .

Clogging is not hard to learn. Remember... always have fun at the lessons.

As a beginner, remember that all cloggers started the same way. The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. Other cloggers are always willing to help you because they, too, remember their first days of clogging.

The basic steps are reviewed each week; after that, the rest will come easily. If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable to learn clogging.

WHAT TO WEAR . . .

For the first while, it is recommended that you wear shoes with a smooth bottom, preferably leather-soled (that do not mark), making sure they are not loose-fitting; try not to wear running shoes. We'll discuss proper shoes and taps during the first few classes—don't be concerned about proper clogging shoes right away. wear loose, comfortable clothing (t-shirt, jeans, shorts, etc.)

HAPPY CLOGGING!

'DANCE-N-TIME'