

## Simply Solo with Sam

### What is it?

*Simply Solo with Sam* is a dance session using dance steps from your ballroom & latin classes to music for exercise. The session will include some tuition.

### When is it?

The weekly on-line Zoom sessions are on Thursday evenings – 7.00 to 7.30 p.m. from 4<sup>th</sup> February.

### Who can join in?

Anyone who has ever been registered for one of our classes can join by contacting Sam on the Simply Dancing mobile number 07450 554299.

When you register you will be given the bank details to use for payment.

Once you have made your payment you will be sent the joining details for the Zoom session.

### How much does it cost?

Each session is £5 *per household*. This is to be paid by bank transfer by 6.30 pm on the evening of the session you want to join.

If you have a credit with us for your normal classes you can use this for Simply Solo sessions – just let us know this is what you want to do.

### Do I need a partner?

No. *Simply Solo* is a dance activity you can do on your own but the whole family can join in if they want to.

### What computer do I need?

You can use Zoom on a smartphone, tablet or PC/Mac. To get the best from the session you will need to be able to see what Sam is doing so the bigger the screen the better probably.

There is lots of Zoom support on the internet if you need it to help you get set up.

### What should I wear?

You are doing this in your own home – you decide!

Lycra is not compulsory.

### Will everyone be able to watch me?

No. There is a setting on Zoom to turn off the camera if you want to stay private.