

# Connect Here Guide to Dancing Classes in Edinburgh



Edinburgh **Health and  
Social Care** Partnership



**March  
2024**

# Contents

Dancing can benefit your health in many ways, such as:

- Strengthening your bones and muscles<sup>1</sup>.
- Lowering your risk of dying from heart disease<sup>2</sup>.
- Increasing your lung capacity, strength, stamina and endurance<sup>3</sup>.
- Activating different parts of your brain<sup>4</sup>.
- Lifting your spirits and reducing stress<sup>5</sup>.

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1 [www.nhsconfed.org/system/files/media/How-dance-improves-physical-mental-health.pdf](http://www.nhsconfed.org/system/files/media/How-dance-improves-physical-mental-health.pdf)

2 <https://www.primalplay.com/blog/dancing-can-lower-risk-of-dying-from-heart-disease#:~:text=Also%20dancing%20with%20other%20people,the%20risk%20of%20heart%20disease.>

3 <https://www.betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits#health-benefits-of-dancing>

4 <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/6-reasons-to-dance-your-way-to-health>

5 <https://carolinadance.com/about/news/why-dancing-is-the-best-form-of-exercise#:~:text=As%20the%20best%20form%20of,the%20two%20for%20maximum%20health.>

## Keeping the guide up to date:

Services noted within this guide provide a comprehensive, useful, and accurate listings of Dance Opportunities within Edinburgh. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

## Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions an any resulting harm.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

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### Dance Base

14-16 Grassmarket  
Edinburgh EH1 2JU

T: 0131 225 5525

Opening Hours: Monday–Friday throughout the day

W: <https://www.dancebase.co.uk/>

FB: <https://www.facebook.com/DanceBaseScotland/>

Tw: <https://twitter.com/dancebase>

Inst: <https://www.instagram.com/dancebase/>

**Summary:** As Scotland’s National Centre for Dance, offers a vibrant and uplifting focal point for dance as an art form, a way to exercise, and a way of life. The goal is to inspire wellbeing and creativity, and cultivate a future for dance in local, national, and international communities.

The public class programme gives the people of Edinburgh and Scotland access to the joy of dance in all its forms, in an inclusive and non-competitive environment.

In the Edinburgh centre, over 100 classes in over 40 different forms of dance throughout the year are offered online, just to name a few:

- Hip hop and street dance
- Cuban salsa
- Ballet
- Tap
- Tango
- Ballroom
- Egyptian belly dance

## EH5 Dancing: Folk

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### Edinburgh International Folk Dance Group

Inverleith St Serf’s Church Centre  
1a Clark Road  
Edinburgh EH5 3BD

T: 0131 538 1093

Opening Hours: Monday 7.30pm-9.30pm

W: <http://www.inverleithsaintserfs.org.uk/com.html>

**Summary:** This is an opportunity to learn and enjoy dances from Europe and the rest of the World. Wear comfortable clothing and footwear. Visitors are welcome: £3 per night.

### Zumba

Inverleith St Serf's Church Centre  
1a Clark Road  
Edinburgh EH5 3BD

T: 07872 303 211 (Jenna Maloney)  
Opening Hours: Monday 6.00pm–7.00pm

W: <http://www.inverleithsaintserfs.org.uk/com.html>

**Summary:** A class for those who want to keep fit through dance.

## EH6 Dancing: Ageing Well

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### Ageing Well - Dancing

Newhaven Church  
7 Craighall Road  
Edinburgh EH6 4ND

T: 0131 458 2260 (Active Communities Team)  
Opening Hours: Thursday 10.00am–11.00am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** These dance classes are a fun and social way to keep fit and active whilst setting a personal pace. Sessions are led by a qualified Dance Instructor and supported by Ageing Well volunteer.

### Dixies Saltire Line Dancing - Absolute Beginners/Beginners - The Ripple

The Ripple

198 Restalrig Road South

Edinburgh EH7 6DZ

T: 0131 554 0422

Opening Hours: Monday and Thursday, 10.00am–11.00am

E: [comms@theripple.org.uk](mailto:comms@theripple.org.uk)

W: <https://www.rippleproject.co.uk/>

**Summary:** Started by local people, the Ripple harnesses the skills and enthusiasm of its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend and Craigentiny.

One of the services provided is the Beginners Line Dancing Classes for only £3 per week and don't forget to wear comfortable shoes.

## EH7 Dancing: Line Dancing

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### Dixies Saltire Line Dancing - Improvers - The Ripple

The Ripple

198 Restalrig Road South

Edinburgh EH7 6DZ

T: 0131 554 0422

Opening Hours: Monday 11.30am–12.30pm

E: [comms@theripple.org.uk](mailto:comms@theripple.org.uk)

W: <https://www.rippleproject.co.uk/>

**Summary:** Started by local people, the Ripple harnesses the skills and enthusiasm of its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend and Craigentiny.

One of the services provided is the Improvers Line Dancing Classes for only £3 per week and don't forget to wear comfortable shoes.

### **Dance Exercise class with Suzanne and John Robertson - Eric Liddell Centre**

Eric Liddell Centre  
15 Morningside Rd  
Edinburgh EH10 4DP

T: 0131 664 5125 (John Robertson)  
Opening Hours: Friday 1pm–2.30pm

W: <https://www.ericliddell.org/whats-on/>

**Summary:** Join in Dance Exercise by clicking on the above links for more information.

## **EH10 Dancing: Indian**

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### **Indian Dance Class (Carer's Programme)**

Eric Liddell Centre  
15 Morningside Rd  
Edinburgh EH10 4DP

T: 07394 497173  
Opening Hours: Friday 11.00am–12.00pm

E: [McCarthyI@ericliddell.org](mailto:McCarthyI@ericliddell.org)

W: <https://www.ericliddell.org/carers-programme/>

**Summary:** Various classes for unpaid carers are held in personal and via Zoom from 11am-12pm, such as:

- Folk Dance: with its storytelling and rhythms
- Bollywood Dance: fun, vibrant and easy moves
- Indian classical

### Edina Dancing - Country Dancing

Greenbank Parish Church  
Braidburn Terrace  
Edinburgh EH10 6ES

E: [greenbankchurch@BTConnect.com](mailto:greenbankchurch@BTConnect.com)

E: [edinadancers@gmail.com](mailto:edinadancers@gmail.com)

Opening Hours: Wednesday 7.15pm–9.15pm

W: <https://www.greenbankchurch.org/adults/social>

**Summary:** Learn how to Country Dancing by clicking on the above links for more information.  
£4 per person per night.

## EH11 Dancing: Belly Dancing

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### Alba Luna Belly Dance

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Wednesday Beginner 6.00pm-7.30pm Advanced 7.30pm-9.00pm

W: <https://www.northmerchiston.co.uk/adult-activities>

FB: <https://www.facebook.com/albalunabellydance/>

**Summary:** Learn how to fusion Belly Dance in Edinburgh, catering for all levels, in a fun and safe class where women can let their hair down. Meet like-minded people but most importantly build on personal self-esteem and confidence.

Over the last decade, the instructor has studied several belly dance styles, predominantly Egyptian, American Tribal, Improvised Tribal and Datura.



### **Egyptian Cabaret Belly Dance Classes**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 07951738620 (Lara)

Opening Hours: Thursday 8.00-9.00pm.

W1: <https://www.edinburghbellydancing.com>

W2: <https://www.northmerchiston.co.uk/services-9>

**Summary:** For advanced students. Wishing to build on choreography and advanced techniques in Egyptian belly dance style. This class focuses on developing student's techniques and style. Currently off for summer break. Back on 21/9/03

## EH11 Dancing: Tap

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### **Tap Dancing**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Tuesday 6.00pm–7.30pm

E: [vtasevents@gmail.com](mailto:vtasevents@gmail.com)

W: <https://www.northmerchiston.co.uk/services-9>

**Summary:** It's time to dust off those tap shoes and jump in because Tap is Back. Enjoy building on your repertoire of techniques and putting them together in mini routines in this friendly, fun and relaxed tap class. Don't worry if it's been a while since tapping, it will come flooding back.

Pre-booking essential per 4-week block, costing £20/£16 concessions. Please click on the above links if interested in joining this course.

### Dance Fitness

Carrickdale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

E: [ddmixwithgemma@outlook.com](mailto:ddmixwithgemma@outlook.com)

Opening Hours: Wednesday 6.30pm–7.30pm

W1: <https://carrickvalecommunitycentre.com/current-programme-2003/>

W2: <https://www.diversedancemix.com>

FB: <https://www.facebook.com/diversdancemix/>

**Summary:** Dance Fitness class. A full body workout based on a range of different dance styles from around the world, as well as eras, with easy-to-follow steps. All you need is a pair of trainers. £5 per class/£2.50 per trial class.

## EH11 Dancing: Zumba

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### Zumba at Gorgie Mem

The Gorgie Memorial Hall  
338 Gorgie Road  
Edinburgh EH11 2QU

T: 0131 337 9098

Opening Hours: Wednesday 6.20pm–7.20pm

E: [natalieh013@zumba.com](mailto:natalieh013@zumba.com)

W: <https://gorgiemem.com/zumba/>

FB: [www.facebook.com/Zumbawithnat/](http://www.facebook.com/Zumbawithnat/)

**Summary:** Join in the fun with a Zumba class at Gorgie Memorial Hall. £4 per session.

### **Fit Steps**

Carrickdale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

T: 07875 692 533 (David)

Opening Hours: Thursday 10.00am–11.00am

W: <https://carrickvalecommunitycentre.com/current-programme-2003/>

**Summary:** New Dance fitness craze. Taking key steps from favourite Ballroom and Latin dances including the cha, cha, cha, quickstep, waltz and jive. Come and join this crazy fun class and do it at your own pace.

## **EH11 Dancing: Highland Dancing**

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### **Highland Dancing**

Carrickdale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

T: 07479 171 737 (Contact Frankie)

Opening Hours: Tuesday 4.00pm–7.00pm, Thursday 4.15pm–6.15pm

W: <https://carrickvalecommunitycentre.com/current-programme-2003/>

**Summary:** Classes are on Tuesdays and Thursdays. For more information about age groups and times use contact details above.

### Line Dance Club

Carrickdale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

Opening Hours: Tuesday 7.15pm–8.45pm

W: <https://carrickvalecommunitycentre.com/current-programme-2003/>

**Summary:** Come and meet, tap your feet and swing your hips at this easy-going class. Each class costs £3.

## EH11 Dancing: Sequence Dancing

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### Sequence Dancing

Carrickvale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

Opening Hours: Friday 1.45pm–3.45 pm

W: <https://carrickvalecommunitycentre.com/current-programme-2023/>

**Summary:** Strictly Sequence Dancing. Social Sequence Dancing, good music, good company. All dancers welcome, old favourites and new dances. Suitable for beginners, brushing up or just having fun.

### Zumba

Carrickdale Community Education Centre  
2 Saughton Main Street  
Edinburgh EH11 3HH

T: 07875 692 533

Opening Hours: Tuesday 10.00am–11.00am

E: [thezumbaboys@hotmail.co.uk](mailto:thezumbaboys@hotmail.co.uk)

W: <https://carrickvalecommunitycentre.com/current-programme-2023/>

**Summary:** Zumba dance class.

## EH12 Dancing Older People

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### Edinburgh Community Performing Arts

DN Studios  
9b South Gyle Crescent  
Edinburgh EH12 9EB

E: [info@edinburghcommunityperformingarts.co.uk](mailto:info@edinburghcommunityperformingarts.co.uk)

W: [www.edinburghcommunityperformingarts.co.uk/our-projects](http://www.edinburghcommunityperformingarts.co.uk/our-projects)

**Summary:** ECPA run a Free gentle movement class for older aged 65+ on Mondays and Thursdays from 10.30am-12.30pm. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement.

### **Pentland - Line Dancing**

Pentland Community Centre  
Oxgangs Brae  
Edinburgh EH13 9LS

T: 0131 445 2871

Opening Hours: Tuesday 12.00pm–1.00pm

E: [karen.robertson@ea.edin.sch.uk](mailto:karen.robertson@ea.edin.sch.uk)

W: <https://www.joininedinburgh.org/activity/4225/>

**Summary:** Friendly open class for line dancers of all ages and abilities. Get fit and have good fun.

## **Dancing: Samba**

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### **Ladies Kirky Samba Sisters - Kirkliston Community Centre**

Kirkliston Community Centre  
16 – 18 Queensferry Road  
Kirkliston EH29 9AQ

T: 0131 333 4214

Opening Hours: Thursday 7.30pm–8.45pm

W: <https://kirklistoncommunitycentre.org/adults/>

FB: [www.facebook.com/kirklistoncommunitycentre](http://www.facebook.com/kirklistoncommunitycentre)

**Summary:** This ladies only music group supports lifelong learning about the culture and history of samba drums while also learning new rhythms and grooves. £3 per session.

## Dance for Parkinson's: Scottish Ballet

Opening Hours: Tuesdays 1.30pm - 3.00pm

W: [www.scottishballet.co.uk/dh-hybrid-classes](http://www.scottishballet.co.uk/dh-hybrid-classes)

**Summary:** Weekly online dance sessions for people living with Parkinson's. Join in the sessions from the comfort of your own home. These dance health sessions that have been specially tailored to connect you live into Scottish Ballet's studio. These fun classes aim to support the physical, mental and social wellbeing of people living with Parkinson's.

No dance experience is required, and new participants are always welcome to join at any point during the term. Each class is led by a team of dance health specialists and is accompanied by live music. The session lasts around 1 hour and 30 minutes and includes a variety of seated and standing movements.

To be able to join a hybrid class online, all you will need is a computer or mobile device such as a phone or tablet. On the day of your class, you will be emailed a link that will take you directly to the class. Online hybrid classes cost £4 per class, per household, payable upfront for the block. See website for booking details.

## Scottish Ballet: Multiple Sclerosis

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### Multiple Sclerosis: Scottish Ballet Dance for MS

Opening Hours: Mondays 9.45am - 11.15am

W: [www.scottishballet.co.uk/dh-hybrid-classes](http://www.scottishballet.co.uk/dh-hybrid-classes)

**Summary:** Weekly online dance sessions for multiple sclerosis. Join in the sessions from the comfort of your own home. These dance health sessions have been specially tailored to connect you live into Scottish Ballet's studio. These fun classes aim to support the physical, mental and social wellbeing of people living with MS.

No dance experience is required, and new participants are always welcome to join at any point during the term. Each class is led by a team of dance health specialists and is accompanied by live music. The session lasts around 1 hour and 30 minutes and includes a variety of seated and standing movements.

To be able to join a hybrid class online, all you will need is a computer or mobile device such as a phone or tablet. On the day of your class, you will be emailed a link that will take you directly to the class. Online hybrid classes cost £4 per class, per household, payable up front for the block. See website for booking details.