

Silver Swans

Tuesdays 9am - 10am



Classes will be held at The Mark Bruce Company headquarters:
BlackBirdRedRose Studios, Unit G, Vallis Mills Trading Estate, Frome, BA11 3DT.
Parking is available at the front of the studio and there is a green room with tea and coffee.

Silver Swans teachers are DBS checked and hold a licence from the Royal Academy of Dance. A qualified first aider will be on site at all times.

Participants should wear comfortable clothes and can dance in bare feet, socks or ballet shoes. This class is aimed at older adults and options and alternatives will be given as required during the exercises.

Please complete this form and return to anne@markbrucecompany.com
If you have any queries, please get in touch via email or on 01373 462168.

Participant details:

Full Name	
Date of Birth	
Address	
Home Telephone	
Mobile Telephone	
Email Address	
Have you ever done any dancing?	
Please give details of any medical conditions or existing injuries we need to be aware of	

MARK BRUCE COMPANY

BlackBird/RedRose Studios, Unit G, Vallis Trading Estate, Robins Lane, Frome, Somerset, BA11 3DT
Company Number: 3312261 Registered Charity: 1068789 VAT Number 928 3050 30

Emergency contact details:

Name	
Address	
Home Telephone	
Mobile Telephone	
Email Address	

Disclaimer:

I am voluntarily engaging in the Silver Swans ballet class at BlackBirdRedRose Studios and I take full responsibility for my own health and safety whilst participating. If I have any health problems or am unsure about my physical ability to take part in this class, I will obtain advice from a doctor before participating. I understand I can stop at any time during the class.

I accept I participate in this class at my own risk and that BlackBirdRedRose Productions will not be liable for any loss, damage, action, claim, cost or expense which I suffer or incur as a result of participating except where this is caused by BlackBirdRedRose Productions negligence.

..... Date

Consents:

I hereby give/do not give (delete as appropriate) permission for images of me to be used by Mark Bruce Company for marketing and promotion purposes on printed media, the company website and the company's social media sites.

..... Date

Please add/do not add (delete as appropriate) my email address to the Mark Bruce Company mailing list to receive updates about the company's work and participation programme. I understand I can unsubscribe at any time.

..... Date

£10 taster class (one per person) £54 for block of 6 classes	Please make BACS payment to: BlackBirdRedRose Productions Account Number 65170535 Sort Code 08-92-99
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