

Assuring the future

As well as offering a range of services and benefits, members' fees help to support the Society's work in the teaching and promotion of Scottish country dancing worldwide.

Importantly this investment by our members helps to preserve and develop Scottish traditional music and dance, ensuring they remain at the heart of our cultural heritage.

Global membership

For current details on membership fees as well as classes and events, contact your local RSCDS branch or group. Wherever and however you participate in Scottish country dance, join the RSCDS today and become part of our very special worldwide family.

The Royal Scottish Country Dance Society
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Registered as a Scottish Charity
No. SC016085

rscds
Dance Scottish

Fun
fitness
and
friendship



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Keep in shape

Dancing has lots of added benefits. It can improve confidence and self esteem, and Scottish country dancing is acknowledged for increasing fitness and stamina. One hour's dancing can burn up to 300 calories, as well as reduce stress, increase energy and improve co-ordination. Research shows that as a cardiovascular work-out, Scottish country dancing can help to lower blood pressure and increase strength and suppleness. And, as a weight-bearing exercise it can improve flexibility and strengthen bones. Not only does it shape you up; it helps you to stay healthy and increases your overall sense of well-being.

Join in

Branches or groups affiliated to the Royal Scottish Country Dance Society run classes and social activities for beginners as well as more experienced dancers. Simply contact your local Branch or group for details of what is happening near you. Join us today for an experience that will last a lifetime ...

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