

Let's start dancing in Glasgow, part 2 (adults)

Written by Join Gather

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It's not only children who enjoy [dancing in Glasgow](#) . Adults have plenty of opportunities to start dancing as well. Several dance schools offering children classes also have classes for adults.

Adults

Starting with the [Scottish Ballet](#) which has a comprehensive programme for adults from beginners, refresher classes, to Advanced Ballet. Some classes require ballet experience but others are open to all, as the Introduction to Ballet and Regenerate, a class designed for people over 50 with an interest in dance.

[Dance House](#) has a huge selection of dance classes for adults from ballet, to ballroom, salsa, African dancing, break dance or bollywood and jazz... Whether you just want to experiment something new, get fit, or bring your friends along, there is something for everyone.

[The Dance Factory](#) in Pollokshields offer wide programme in their two large studios: tap, ballet, hip hop, jazz and dance dynamics. There is a different class every evening so you can choose the one that suits you the best.

Whether you've always wanted to learn to dance or organising a special celebration, [Dees Dancing](#) invites you to come and learn to dance in a relaxed atmosphere from professional teachers, with or without a partner

Salsa, Latin American, and Ballroom Dancing are all on offer, which one will it be?

[Dance with Attitude](#) is a large Dance studio in the West End with a wide range of style and classes for both adults and children. You can join the classes at any point throughout the year, there's no need to book. Just come 20minutes early the first time to book. Keep an eye out for

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their workshops and special events, a good way to try the classes and decide if it's for you.

And if you just feel like watching other people dance, watch this space... Coming soon is another article with dancing shows.