



Hampshire Regency Dancers

Who Are We and What do We do?

Welcome to Hampshire Regency Dancers (HRD), we are delighted to welcome you and hope you will enjoy trying authentic dances from the late Georgian and Regency periods from around 1775 to 1830 which include the era of one of England's most celebrated authors, Jane Austen. We meet to learn the country dances, cotillions and quadrilles danced by Jane Austen and her contemporaries.

The Regency period is known for elegance and etiquette. Regency dancing, though often perceived as measured and elegant, is surprisingly energetic and excellent exercise. We are a friendly group who promote, practise and enjoy dancing but like to have fun at the same time; social activities are an important part of our calendar. You don't need to bring a partner, we aim to change partners throughout a practise session to ensure everyone gets the chance to dance and all dances are 'called', nor do you need a costume but flat footwear, such as ballet or jazz shoes, is recommended.

Where and When do we meet?

We meet on a Wednesday evening from 8pm to 10pm at two venues in the Winchester area. These are a mix of in-house sessions led by one of our experienced members and external teachers.

Dates	Venue
1st & 2 nd Wednesday of each month Cost: £3.00 In-house teacher	St. Luke's Church Hall, Winchester St Luke's Church is in Mildmay Street, just off Stanmore Lane. The Postcode is SO22 4BX.
3 rd , 4 th and (occasional 5 th) Wednesday of the month Cost: £4.00 External teachers	The Parish Hall, Shawford Shawford Parish Hall is in Pearson Lane, just off Shawford Road. The Postcode is SO21 2AA. It's very close to Junctions 11 and 12 of the M3, just South of Winchester; it's a 1 minute walk from Shawford Train Station.

For full details of these venues with maps please visit our website at www.hrd.org.uk . Do check the website in advance of attending a session in case of a change to the venue.

Dances are taught with the help of experts in historical dance. We walk the figures through in advance, practise any new steps and then dance them to the music of the period. Some of the dances are quick and lively, but

others are slow and elegant such as those you may have seen in film or television adaptations of Jane Austen's work. Regency dances are suitable for adults of all ages and abilities.

Do I have to become a Member? How do I become a Member?

Membership entitles you to get involved in the wider social activities of the group. However, you are under no obligation and are more than welcome to come along to classes without becoming a member. Currently, membership costs £10.00 per annum – fees are collected annually in April.

More about HRD:

Social Activities: In addition to a post-dance get-together at a local pub following a dancing session, we enjoy a variety of group social events such as picnics, theatre visits, trips and an annual Grand Ball. Most of these activities will take place at period specific venues. Many other groups nationally and internationally also organise Regency period Balls.

We also dance for others to enhance their events (referred to as 'dancing out'), this is usually at an historic house but sometimes for a private occasion. We aim for authenticity in our dances and our costumes. Members may take part as a dancer in demonstration dances or as a 'promenader' at these events, the latter often helping out with dances which engage the general public.

Costume: To take part in some social activities and if you wish to attend Balls and 'dancing out' events you will need appropriate dress. We have many experienced members who would be happy to offer guidance in all aspects of designing and making a costume from choice of pattern and material to commissions for bespoke apparel. The Group has a few costumes which can be lent free of charge to members.

A key strength of HRD is the number of members who are committed to demonstrating the Regency period in an authentic fashion and thus have researched it thoroughly. We have members who are expert in costume/fashion, jewellery, the food, etiquette, dances, music and culture of this fascinating period of our history. HRD keeps a stock of Regency costume patterns for both ladies and men, and also a small wardrobe of readymade costumes, for loan to members.

Interested to learn more about this period?

HRD publishes a small number of booklets for purchase by members offering information and guidance about dancing, costume and etiquette.

The HRD website, www.hrd.org.uk is a tremendous resource and provides links to other relevant websites and/or organisations/events. If you need help with a specific question please contact us at info@hrd.org.uk.

We very much hope you will join us in this fascinating world of the late 18th early 19th centuries, and experience the enjoyment we get from our journey through the times.