

Dance Performances

We're the North East's leading theatre for dance and have the UK's biggest performance programme outside London. Check out our performances featuring the best in UK and international dance.

Pick up a brochure or go to dancecity.co.uk to book tickets.



Dance City

Temple Street, Newcastle upon Tyne, NE1 4BR

We're based in the heart of Newcastle city centre, close to Central Station and the Centre for Life. We are right next door to Grainger Town Multi-Storey carpark where parking is free after 5pm.



To make a booking or find out more

Call 0191 261 0505

Visit dancecity.co.uk

Come and visit us

Access

We're committed to dance reaching as many people as possible and we celebrate diversity. Our building is fully accessible and all our classes, performances and activities are accessible to people of all abilities. If you or your child have any additional needs please let us know so we can provide support as required. Please contact a member or our Ticket Office team for advice in person, by calling 0191 261 0505 or by emailing info@dancecity.co.uk

Be the first to know...

Join us online and stay informed of our latest news and offers. Just ask to join our mailing list at the Ticket Office or sign up online at dancecity.co.uk

Class Timetable

Autumn Term 2016

Mon 5 Sep—Sat 17 Dec

Celebrating Thirty Years
DANCECITY 30
Dance for the North East

Class	Time	Age	Level
Dance for people with dementia	10—11am	All	All
Tap	11.15am - 12.15pm	55+	Intermediate
Ballet	1 – 2pm	55+	Beginners
In Motion	1.30 - 2.30pm	16+	Admits parent/carer
Ballet	2 – 3pm	55+	Improvers
Ballet Teen	5 - 6pm	11-16	All
Hip Pop	5 - 6pm	11-16	All
Ashtanga Yoga	6 - 7pm	16+	All
Pilates	6 - 7pm	16+	All
Contemporary	6 – 7pm	16+	Beginners
Street	6.30 - 7.30pm	16+	Beginners
Cuban Salsa	7 - 8pm	16+	All
Pilates	7 – 8pm	16+	All
Ballet	8 – 9pm	16+	Beginners

MONDAY

TUESDAY

WEDNESDAY

Cuban Salsa	11am - 12pm	55+	Beginners
Flamenco	5.30 - 6.30pm	16+	Beginners
Afro Mix	5.30 - 6.30pm	16+	All
Musical Theatre	6.30 – 7.30pm	16+	All
Ballroom	6.30 - 7.30pm	16+	Beginners
Flamenco	7.30 – 8.30pm	16+	Intermediate
Jazz	7.30 – 8.30pm	16+	All

Pilates	11am – 12pm	55+	Beginners
Pilates	12 – 12.45pm	16+	Beginners
Pilates	12.45 - 1.30pm	16+	Intermediate
Breakin' Bairns	5 – 6pm	6-9	All
Hip Hop	5 – 6pm	6-9	All
Egyptian Belly Dance	6 - 7pm	16+	Beginners
Tap	6 – 7pm	16+	Beginners
Argentine Tango	7 - 8pm	16+	Beginners
Egyptian Belly Dance	7 - 8pm	16+	Intermediate
Street	7 - 8pm	16+	Beginners/Intermediate
Tap	7 - 8pm	16+	Intermediate
Egyptian Belly Dance	8 - 9pm	16+	Advanced
Argentine Tango	8 - 9pm	16+	Intermediate

THURSDAY

FRIDAY

SATURDAY

SUNDAY
No classes 23 Oct

Ballet	12 - 1pm	55+	Absolute Beginners
Yoga Moves & Baby Play	1.30 - 2.30pm	See website	All
Musical Theatre	5 – 6pm	11-16	All
Ballet	5 - 6pm	16+	Beginners
Dance Workout	6 - 7pm	16+	All
Ballet	6 - 7pm	16+	Intermediate
Contemporary Performance Group	6.45 – 8.15pm	16+	All
Ballet	7.15 - 8.45pm	16+	Advanced
Capoeira	7.30 - 8.30pm	16+	All

Dancing Babies	10 - 11am	0-3	Admits parent/carer
Dance for people with Parkinson's	11.15—12.15pm	All	All
Tap	12.30 – 1.30pm	55+	Beginners
Ballet Primary	4.30-5.30pm	4 - 6	All
Contemporary 10-14	5 – 6pm	10-14	All
Boyz Moves	5 - 6pm	7-14	All
Ballet Junior	5.30-6.30pm	7-14	All
Contemporary 14-18	6 - 7pm	14-18	All
Bollywood	6 – 7pm	16+	All
Urban Vibes	6 – 7pm	16+	All

Ballet Primary	9.30 – 10.30am	4-6	All
Hip Hop	9.30 – 10.30am	6-9	All
Dizzy Families	10 – 11am	0-4	Admits parent/carer
Tiny Tappers	10 – 11am	4-8	All
Hip Hop	10.30 – 11.30am	10-12	All
Ballet Junior	10.30 – 11.30am	7-10	All
Contemporary Club	11am - 12pm	7-11	All
Breakin' Bairns	11am - 12pm	6-9	All
Dance City Youth Company	11.30am – 1pm	12-18	All
Saturday Dance Club	11.30am – 1pm	7-11	All
Breakin Bairns	12 - 1pm	10-14	All
Pop Steps	12 - 1pm	4-6	All
Yoga for Pregnancy	12.30 - 2pm	See website	All
Girlz Only	1 - 2pm	10-14	All
Girlz Only	2 - 3pm	14-18	All

Dizzy Families	10.30 - 11.30am	0-4	Admits parent/carer
Ballet	11.30 – 12.30pm	16+	All
Ballet	12.30 – 1.30pm	55+	Beginners
Yoga	1.30 - 2.30pm	16+	Beginners
Traditional Chinese	2.30 – 3.30pm	16+	All
Ballroom Social	3.30 – 5pm	16+	All

Celebrating Thirty Years
DANCECITY 30
Dance for the North East

Dance Classes & Workshops

For all ages & abilities | 5 Sep – 17 Dec 2016

Unwind, relax, eat, drink

With a relaxed and friendly atmosphere, DC Café is open before, during and after classes and performances.

Come along for a pre-show meal deal of pasta and a glass of wine for two for just £12 or a family meal deal (2 adults, 2 children) for just £15. You can also save time queuing by pre-booking your interval drinks.

Contact us on 0191 269 5590 to book.

Dance City is a member of the European Dancehouse Network



All information is correct at time of print but is subject to change. Please see dancecity.co.uk for programme updates.

0191 261 0505
dancecity.co.uk

Come dance with us...

With 30 years of experience in getting even the most reluctant dancer moving you're in safe hands with Dance City's professional and encouraging teachers.

If you **haven't danced before** or are new to Dance City then welcome, come on in and enjoy one of more than 70 classes each week. We pride ourselves on being really flexible so you can just turn up and dance anytime. For **advice on choosing** the perfect class for you simply pop in or call our dance experts at the Ticket Office on 0191 261 0505.

If you're a **regular at Dance City** then you're probably already taking advantage of our generous multi-buy offers to save you money on every class. Why not also **try a workshop** in a new style—you'll get an in depth introduction and who knows where it could lead?

This term for the first time you can **dance on Sunday**, due to popular demand we've added a range of classes to the weekend schedule. **Kids get**

more chances to dance too with extra sessions of the ever popular Hip Hop, Breakin' Bairns and Ballet Primary and Junior classes.

We'll be celebrating the end of each term with a **public class performance**; Shimmer on 17 December at 5.30pm and 7.30pm. This is your chance to show off your moves to friends and family so take to the stage and show off!

We look forward to seeing you at Dance City soon,

Mel Cook
Classes & Bookings Coordinator
mel.cook@dancecity.co.uk

Prices and Booking Offers

Make great savings on classes and guarantee your place

Adult Classes

Single 1 hr class £6.50 (£5.50)
Single 1 hr 90 min class £8 (£7)
£51 for 12 classes (save £2.25 per class)
£38 for 8 classes (save £1.75 per class)
£20 for 4 classes (save £1.50 per class)
(based on an hour long adult class)

Term Times

Monday 5 September—Sunday 18 December
Tuesday 3 January—Sunday 9 April
Monday 24 April—Friday 21 July

Dance Parties



Celebrate you or your child's birthday or have a hen party with a difference with our ultimate dance party experiences.

Choose your favourite style and / or theme and we'll match you with the perfect teacher for your dance

Children's Classes

Single 1 hr class £5.50
Single 1 hr 90 min class £7
£48 for 12 classes (save £1.50 per class)
£36 for 8 classes (save £1 per class)
£19 for 4 classes (save 75p per class)
(based on an hour long children's class)

Stay Flexible

If something unexpected occurs we will move your class to an alternative date with just 24 hours' notice. You can mix and match your classes, (mix and match offer available through Ticket Office).

party in our professional studios. Complement your class with food and drink from DC Café

Visit dancecity.co.uk/hire-space or call **0191 261 0505** to find out more.

ADULT CLASSES

suitable for everyone aged 16+

Afro Mix

Whether an experienced dancer or new to dance, Afro Mix is an energetic dance work-out comprising a mixture of Afro-Caribbean dance styles. Dance to urban and Afro-Caribbean music.

Argentine Tango

Learn and develop your social dance skills in a friendly and relaxed environment. Argentine Tango is a social dance practiced in the traditional dance halls of Buenos Aires. The class will emphasise posture, embrace and connection. Individuals and couples welcome.

Ashtanga Yoga

During this class you'll develop concentration and inner stillness while improving strength, flexibility and cardio-vascular fitness.

Ballet

Learn the art of Classical Ballet which builds strength throughout the whole body and helps improve flexibility. Dance City offers high quality, fun classes with a friendly and welcoming atmosphere, without the pressure of exams.

Ballroom

A relaxed and social class where you'll learn a range of dances, such as Waltz, Quickstep and Foxtrot. We will build on these every week so you'll learn full routines to dance. Individuals and couples welcome.

Bollywood

Bollywood - a commercial name for modern Indian dancing - is designed to add some Indian glitz to your workout. It combines cardio workout, dance technique, wedding moves, and expressions to the latest Bollywood tunes. It's fun and very expressive.

Capoeira

A Brazilian martial art that combines elements of dance and music, Capoeira is open to everyone. In this class you'll develop endurance, physical conditioning and mental balance through a unique mix of martial arts, dance, game, music and acrobatics.

Contemporary

Explore elements of release technique, a form that works with tension and release to find fluidity and efficiency in your dancing. Develop

core stability, strength and flexibility.

Contemporary Performance Group

This contemporary class works on introduction and extension into the creative process of contemporary dance with an emphasis on choreography. Includes performance opportunities.

Cuban Salsa

Cuban Salsa is great for socialising and these classes offer a fun and exciting approach to learning Cuba's most popular dance. Techniques include body positioning, weight transfer and body movement. Individuals and couples welcome.

Dance for people with dementia or Parkinson's

Specially designed classes with specialist trained tutors suitable for people with either dementia or Parkinson's and their assistants/carers.

Dance Workout

Moving along to popular music, this class is designed to increase cardiovascular endurance and improve all round health and fitness levels. However hard you work, expect to be challenged! Feel energized and invigorated and have fun.

Egyptian Belly Dance

Egyptian Belly Dance is a great way to get fit, tone and build your self-confidence. Learn and develop your moves through a range of classes for different levels.

Flamenco

Flamenco is a fun and informal class that mixes footwork with intricate hand, arm and body movements. During this class you will learn how to co-ordinate sequences and authentic choreography.

In Motion

A fun, creative and expressive class for adults with additional needs, learning and physical disabilities. It incorporates high energy aerobic style warm ups and stretching, with learning new fun routines each week alongside creative tasks and free dance.

Jazz

A vibrant, fast-paced class, perfect for beginners and people with a bit

of dance experience. The class covers jazz technique exercises followed by jazz choreography.

Musical Theatre

A fun, fast-paced class which draws inspiration from the West End and Broadway stage. You'll learn jazz technique and choreography to a diverse range of musical theatre numbers with an emphasis on performance opportunities.

Pilates

Pilates improves physical strength, flexibility and posture and enhances mental awareness. Strengthening and stretching exercises are combined to reduce back and neck pain whilst strengthening the core, keeping joints and muscles supple and improving posture.

Street

Join our high energy fun street dance class, an interesting and energetic amalgamation of many hip hop and funk dance styles. You'll get a great exercise workout, boost your energy and bust some moves.

Tap

Tap is a fun energetic way to work your body and your brain. This is a friendly and inclusive class, which involves warm up, technique, travelling steps combinations and routines.

Urban Vibes

Uses the movement and flow of urban dance styles to create a mash up whilst creating a detailed challenge for the whole body with a great atmosphere and positively charged energy.

Vinyasa Flow Yoga

Hatha Yoga developed around a 1000 years ago involves mainly the practices of posture (Asana), breath work (Pranayama) and cleansing techniques (Kriya) aimed to purify the body on many levels, it is a total health system.

Traditional Chinese Dance?

CHILDREN & YOUNG PEOPLE'S CLASSES

No ordinary dance school

Dance is a creative, fun and physical activity that is great for boosting self confidence and co-ordination. At Dance City we don't teach grades or exams and young dancers learn by age group rather than levels.

If you do want to take your dance to the next level why not audition for the Dance City Youth Company or consider our Centre for Advanced Training.

Ballet

Learn the art of Classical Ballet. Dance City offers high quality, fun classes, without the pressure of exams. Learn and develop your technique through a range of classes for different ages.

Boyz Moves

Dance with other like-minded lads using a mixture of dance styles from contemporary to street and break dance to create new exciting pieces to perform on the Dance City stage. Bring energy, enthusiasm and lots of imagination.

Breakin' Bairns

Breakin' Bairns is an introduction to break dance. During this class you'll learn top rocks, drops, footwork and freezes as well as how to create your own style using the foundations of breaking.

Contemporary Club

Contemporary Club is all about fun. Children can come along to show off and practice their favourite moves, and learn routines to popular music. Contemporary is a mix of lots of different styles so there is plenty of room for creativity, and opportunities to perform at Dance City.

Dance City Youth Dance Company

A new and exciting company made up of the region's youth. It will focus on dance development and performance skills as well as technical ability. The class have the opportunity to perform at Dance

City's end of term shows. You must have some dance experience to join the class. By audition only.

Dancing Babies

A fun, relaxed and explorative class using music and movement to improvise play and allow your child's imagination to fly and soar. We might fly into outer space, explore the depths of the ocean or visit the wild animals in the jungle.

Dizzy Families

Fun, creative classes offering dance, song and creative play for young children. The sessions are devised to promote co-ordination, movement skills and imaginative play using movement, games and



music.

Girlz Only

An urban class with a contemporary twist. Girlz Only will take you through a fast-paced cardio warm up leading to a hip hop technique class with a touch of contemporary as well as learning choreography. It will give you all the skills you need for performance.

Hip Hop

Including the three elements of old school Hip Hop - break dancing, popping and locking - this class begins with a short energetic warm-up. You'll then be taught a fun hip hop routine to chart music and work on freestyle skills.

Hip Pop

Learn all the latest Hip Hop moves in this fun and fast class. It will consist of a cardio based warm up, a fast-paced commercial style routine to your favourite current chart music and then ends with a cool down.

Pop Steps

Learn different routines set to current chart music, popular films or TV shows. Children get the chance to mix with others, play games and show off their favourite moves. There are opportunities to perform on the Dance City stage in front of family and friends.

Saturday Dance Club

An energetic class, based around creativity and exploring many different dance styles. The class begins with an energetic warm up leading into group exercises. Throughout the sessions children are taught different dance styles to develop and prepare performance skills.

Tiny Tappers

A fun tap dance class for children. Tap techniques and steps, are taught to build a dance routine to a Disney song. There's an opportunity to perform in Dance City's end of term show.

Yoga Moves and Baby Play

Thu 1.30—2.30pm | £26
4 week course check website for dates
For new mums and babies (six weeks to crawling), this course works on core strength and good

MUMS & BABIES

posture, while exploring playful massage and movement with your baby.

Yoga for Pregnancy

Sat 12.30—2pm | £32
4 week course check website for dates
Support wellbeing in pregnancy and gather the tools needed for labour and birth. You'll practice breath work, yoga stretches, and explore different positions to help in labour. Attendance recommended after the first trimester.

WORKSHOPS & COMMUNITY PERFORMANCES

Workshops are a great way to try out a new style in an intensive one-off session. Be sure to book in advance as these sessions are always popular.

ADULT WORKSHOPS

FITSTEPS

Sun 25 Sep | Age 16+ 11am—1pm | Age 55+ 2-4pm | £20 (£16)

The dance and fitness programme designed and choreographed by the professionals on Strictly Come Dancing with Mark Foster (Olympic swimmer). Features choreography and dance steps from favourites such as the Cha Cha Cha, waltz, Paso Doble, American Smooth, Quickstep, Tango, Charleston and more all set to inspiring music. No partner required.

Mamma Mia! Workshop
Sat 8 Oct | 3-5pm | Age: 14+ | £20 (£16)

Your host Chris JS Wilson takes you on a journey through Abba's most famous hits exploring disco moves and funky styles.

Classic Burlesque
Sat 15 Oct | 6.30-8.30pm | Age: 18+ | £20 (£16)
Feel glamorous, have fun and learn moves and poses for revealing, before putting the techniques you've learned into practice in a burlesque routine.

Hang Stretch Yoga

Sun 6 Nov | 12.30-2.30pm & 2.30-4.30pm | Age: 16+ | £20 (£16)
A new type of yoga using a hanging cocoon to help achieve traditional yoga positions.

Hang Aerial

Sun 9 Oct & Sun 13 Nov | 2.30-4.30pm | Age: 16+ | £20 (£16)
A unique and challenging workshop in which you'll use trapeze, aerial hoop, cocoon and rope, building strength and technique.

CHILDREN AND YOUNG PEOPLE'S WORKSHOPS

Family Hang

Sun 9 Oct | 11.30am-1.30pm | Age: 3-12 | £20
Hang upside down, try the trapeze and silks and learn new skills in

this specialist family workshop for one adult and a child.

Hang Out & Dance

Sun 18 Sep | £5.50
1.30-2.30pm | Age: up to 10
2.30-3.30pm | Age: 10+
Sun 16 Oct, Sun 13 Nov | £5.50
10.30-11.30am | Age: up to 10
11.45am-12.45pm | Age: 10+
Dance and aerial sessions for all with lots of props and games. This group is inclusive and has just 10 spaces so that we can welcome all abilities and needs. To discuss any particular needs please contact Lynn Campbell lynncam05@aol.com

Just Jam Intl

Sat 22 & Sun 23 Oct
Learn from some of the best dancers in the world. See website for listings. For the full Just Jam Intl programme see juicefestival.co.uk

Christmas Dinky Disco

Sun 4 Dec | 11.30am-1pm | Age: 0-6 | £10
IT'S CHRISTMAS! Calling all children to come & dress up & join us in a fantastic disco to welcome your favourite time of year.

Over 55's Taster Day

Taster sessions in Tap, Ballet, Pilates and Cuban Salsa specifically aimed at those aged over 55.

Sun 2 Oct | 12.30-2.30pm and 3-5pm | £2

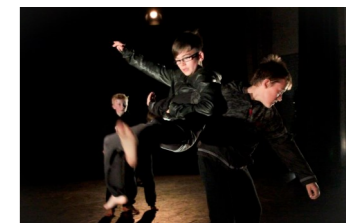
COMMUNITY PERFORMANCES



FREEDOM MOVING PLATFORM

Fri 25 Nov | 7pm | Tickets: £6

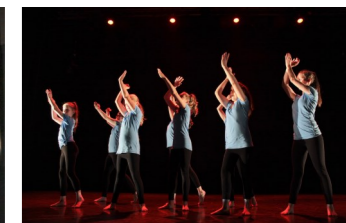
An exciting evening of performances by groups who actively promote and develop dance work for people of all ages with learning difficulties and additional needs. This performance offers an exciting opportunity for a public audience to engage with this vibrant cultural scene. *In partnership with Liberdade.*



BOYZ MOVES PLATFORM

Sun 27 Nov | 7pm | Tickets: £6

Join us as we celebrate talented boys and young men who dance across the region in this explosive platform, now in its 3rd year.



Shimmer

Public Class End of Term Performance

Sat 17 Dec | 5.30pm & 7.30pm | Tickets £6

Featuring your very own home grown talent, come and join us for our end of term performances and discover what your friends and family have been learning in their dance classes.