

DANCE CLASS TIMETABLE

4 Sept - 17 Dec 2017

DANCECITY 
Dance for the North East

MONDAY

CLASS	TIME	AGE	LEVEL
Tap	11.30am - 12.30pm	55+	Intermediate
Ballet	12.30 - 1.30pm	55+	Beginners
In Motion	1.30 - 2.30pm	Adult	Admits parent/ carer
Ballet	2.30 - 3.30pm	55+	Improvers
Teen Ballet	5 - 6pm	11-16	All
Ballet	5 - 6pm	Adult	Beginners
Ashtanga Yoga	6 - 7pm	Adult	Intermediate
Pilates	6 - 7pm	Adult	All
Street	6.30 - 7.30pm	Adult	Beginners
Vinyasa Flow Yoga	7 - 8pm	Adult	Beginners
Salsa	7 - 8pm	Adult	All
Pilates	7 - 8pm	Adult	All
Contemporary	7.30 - 8.30pm	Adult	Beginners
Ballet	8 - 9pm	Adult	Beginners

TUESDAY

Barre Pilates	9.30 - 10.30am	Adult	Beginners
Salsa with a Cuban twist	11am - 12pm	55+	Beginners
Dance Workout	12 - 12.45pm	Adult	All
Vinyasa Flow Yoga	1 - 1.45pm	Adult	Beginners
Flamenco	5.30 - 6.30pm	Adult	Beginners
Afro Mix	5.30 - 6.30pm	Adult	All
Fitsteps	5.30 - 6.30pm	Adult	All
Flamenco	6.30 - 7.30pm	Adult	Intermediate
Musical Theatre	6.30 - 7.30pm	Adult	All
Ballroom	6.30 - 7.30pm	Adult	Beginners
Ballroom	7.30 - 8.30pm	Adult	Beginners
Flamenco	7.30 - 8.30pm	Adult	Advanced
Jazz	7.30 - 8.30pm	Adult	All

WEDNESDAY

Pilates	11am - 12pm	55+	Beginners
Pilates	12 - 12.45pm	Adult	Beginners
Pilates	1 - 1.45pm	Adult	Intermediate
Get Moving	2 - 3pm	Adult	Admits carer
Hip Hop	5 - 6pm	6-9	All
Ashtanga Yoga	5 - 6pm	Adult	Beginners
Ashtanga Yoga	6 - 7pm	Adult	Advanced
Egyptian Belly Dance	6 - 7pm	Adult	Beginners
Tap	6 - 7pm	Adult	Beginners
Argentine Tango	7 - 8pm	Adult	Beginners
Egyptian Belly Dance	7 - 8pm	Adult	Intermediate
Street	7 - 8pm	Adult	Intermediate
Tap	7 - 8pm	Adult	Intermediate
Egyptian Belly Dance	8 - 9pm	Adult	Advanced
Argentine Tango	8 - 9pm	Adult	Intermediate
Tap	8 - 9pm	Adult	Advanced

For full details of classes or more information go to dancecity.co.uk or call the ticket office on 0191 261 0505.

Adult classes are open to all aged 16+.

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

THURSDAY

CLASS	TIME	AGE	LEVEL
Ballet	12 - 1pm	55+	Beginners
Vinyasa Flow Yoga	1 - 2pm	55+	Beginners
Ballet	5 - 6pm	Adult	Beginners
Commercial	5 - 6pm	11-16	Beginners
Vinyasa Flow Yoga	5 - 6pm	55+	Beginners
Dance Workout	6 - 7pm	Adult	All
Ballet	6 - 7pm	Adult	Intermediate
Flamenco	6 - 7pm	Adult	Beginners
Flamenco	7 - 8pm	Adult	Improvers
Contemporary	6.45 - 8.15pm	Adult	All
Ballet	7.15 - 8.45pm	Adult	Advanced
Capoeira	7.30 - 8.30pm	Adult	All

FRIDAY

Dancing Babies	10 - 11am	0-3	Admits parent/ carer
Get Moving	11.15am - 12.15pm	Adult	Admits carer
Tap	12.30 - 1.30pm	55+	Beginners
Fitsteps	1.45 - 2.45pm	55+	Beginners
Afro Mix	5 - 6pm	Adult	All
Ballet Primary	4.30 - 5.30pm	4-6	All
Boyz Moves	5 - 6pm	7-14	All
Contemporary	5 - 6pm	10-14	All
Ballet Junior	5.30 - 6.30pm	7-14	All
Bollywood	6 - 7pm	Adult	All
Contemporary	6 - 7pm	14-18	All
Urban Vibes	6 - 7pm	Adult	All

SATURDAY

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
Creative Break 1	11am - 12pm	6-9	All
Dance City Youth Company	11.30am - 1pm	12-18	By audition: Sat 9 Sept
Saturday Dance Club	11.30am - 1pm	7-11	All
Creative Break 2	12 - 1pm	10-14	All
Pop Steps	12 - 1pm	4-6	All
Active Birth Yoga for Pregnancy	2 - 3.30pm	All	Recommended after the first Trimester
Girlz Only	1 - 2pm	10-14	All
Girlz Only	2 - 3pm	14-18	All

SUNDAY

Contemporary	10.30 - 11.30am	55+	All
Ballet	11.30am - 12.30pm	Adult	All
Ballet	12.30 - 1.30pm	55+	Beginners
Vinyasa Flow Yoga	1.30 - 2.30pm	Adult	All
Ballroom Social	2.30 - 4pm	Adult	All

ADULT WORKSHOPS

Hang Aerial 55+

Mon 11 Sept, 9 Oct, 13 Nov, 11 Dec | £10 (£8)

Age: 55+ | 10-11am

Come and dance in the air in a supportive and creative environment. Learn basic trapeze, silks and hoop techniques and to climb, make and link shapes. You will also explore some gentle aerial yoga in beautiful hammocks.

Adult Hang Aerial

Sun 10 Sept, Sun 29 Oct, Sun 17 Dec | £20 (£16)

Age: Adult | 2-4pm

A unique and challenging workshop in which you will use trapeze, aerial hoop and cocoon, building strength and technique.

Hang Stretch Yoga

Sat | £20 (£16)

Age: Adult |

9 Sept 1-3pm

16 Dec 1-3pm & 3-5pm

A new type of yoga using a hanging cocoon to help achieve traditional yoga positions. This unique & challenging class combines yoga postures in a weightless aerial environment whilst exploring postures on the floor.

55+ Taster Day

Sun 1 Oct | £5

Age: 55+ | 12.30-2.30pm & 3-5pm

Since we started to celebrate Older People's Day in 2014, the number of classes for our dancers has risen to over 10 a week. Join our annual taster day and try Ballet, Tap, Salsa, Contemporary, Pilates and Vinyasa Flow Yoga.

Chicago Workshop

Sat 28 Oct | 3-5pm

Age: Adult | £20 (£16)

Chicago Dance Along

£12.50 (£9.50) | 7.30pm

Join your host Chris JS Wilson and have fun exploring this iconic musical's sexy dance styles, dark sensuality and fantastic tunes. Join in the evening to watch the film and put your new moves to the test. Remember to bring your attitude.

Classic Burlesque

Sat 8 Nov | 6.30-8.30pm

Age: 18+ | £20 (£16)

Feel glamorous, have fun and learn moves and poses, before putting the techniques you've learned into practice in a burlesque routine which you'll learn in class.

Active Birth Yoga for Pregnancy

Sat | 2-3.30pm

£32

Course 1: 7 & 14 Oct, 4 & 11 Nov

Course 2: 18 & 25 Nov, 2 & 9 Dec

Four-week course to support wellbeing in pregnancy and gather the tools you need for labour and birth. You'll practice breath work and yoga stretches and explore different positions to help you in labour. Attendance recommended after the first trimester.

CHILDREN & YOUNG PEOPLE'S WORKSHOPS

Hang Out & Dance

Sun 10 Sept, 29 Oct & 17 Dec | £5.50

Age: up to 10 | 10.30-11.30am

Age: 10+ | 11.45am-12.45pm

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

Family Hang

Sun 28 Oct | £20

Age: 3-12 | 1-3pm

Hang upside down, try the trapeze and silks and learn new skills in this specialist family workshop for one adult and child.

COMMUNITY PERFORMANCES

Care to Dance Platform

Sat 30 Sept | 6.30pm

£6

Join us for an inspiring evening celebrating dance for over 55's and beyond.

Freedom Moving Platform

Fri 24 Nov | 7pm

£6

A platform of dance and physical theatre produced by the learning disabled community.

Presented by Liberdade supported by Dance City and NEIDN.

Shimmer

Sat 16 Dec | 5.30pm & 7.30pm

£6

A performance celebrating the achievements of some of Dance City's class participants who have been learning the moves throughout the term.

For full details of classes or more information go to dancecity.co.uk or call the ticket office on 0191 261 0505.

No Quibbles Refund

If for any reason you're not satisfied with your class we'll give you a full refund.

CLASS PRICES

Choose our multi-buy packages to make great savings on classes whilst guaranteeing your place.

Adult classes drop-in prices*

1 hr class £6.50 (£5.50 conc.)

90 min class £8 (£7 conc.)

Multi-Buy Discounts

£57 for 12 classes (saving £1.75 per class)

£42 for 8 classes (saving £1.25 per class)

£22 for 4 classes (saving £1.00 per class)

*Based on a one-hour class

Children's classes drop-in prices*

1 hr class £5.50

90 min class £7

Multi-Buy Discounts

£54 for 12 classes (saving £1.00 per class)

£38 for 8 classes (saving 75p per class)

£20 for 4 classes (saving 50p per class)

*Based on a one-hour class

We offer concessionary rates for students, people claiming job seekers allowance and over 60's. Please provide a form of photographic ID or relevant documentation.

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).

Dance City, Temple St,
Newcastle upon Tyne NE1 4BR

dancecity.co.uk | 0191 261 0505

