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

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.

Newcastle



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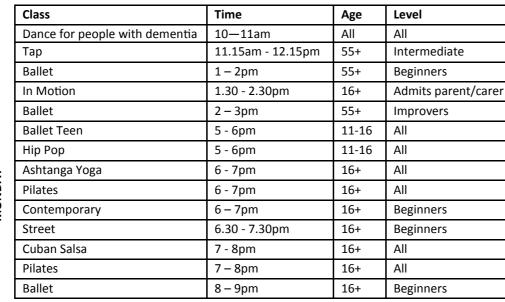
Dance City is a member of the European Dancehouse Network Community European Foundation



Class Timetable

Autumn Term 2016

Mon 5 Sep—Sat 17 Dec



	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

Pilates11am – 12pm55+BeginnersPilates12 – 12.45pm16+BeginnersPilates12.45 - 1.30pm16+IntermediateBreakin' Bairns5 – 6pm6-9AllHip Hop5 – 6pm6-9AllEgyptian Belly Dance6 - 7pm16+BeginnersTap6 – 7pm16+Beginners						
Pilates12.45 - 1.30pm16+IntermediateBreakin' Bairns5 - 6pm6-9AllHip Hop5 - 6pm6-9AllEgyptian Belly Dance6 - 7pm16+BeginnersTag6 - 7pm16+Beginners		Pilates	11am – 12pm	55+	Beginners	
Breakin' Bairns5 – 6pm6-9AllHip Hop5 – 6pm6-9AllEgyptian Belly Dance6 - 7pm16+BeginnersTarget6 - 7pm16+Beginners		Pilates	12 – 12.45pm	16+	Beginners	
Hip Hop5 – 6pm6-9AllEgyptian Belly Dance6 - 7pm16+BeginnersTag6 - 7pm16+Beginners		Pilates	12.45 - 1.30pm	16+	Intermediate	
Egyptian Belly Dance 6 - 7pm 16+ Beginners		Breakin' Bairns	5 – 6pm	6-9	All	
		Нір Нор	5 – 6pm	6-9	All	
Tap 6 – 7pm 16+ Beginners		Egyptian Belly Dance	6 - 7pm	16+	Beginners	
	WEDNESDAY	Тар	6 – 7pm	16+	Beginners	
Argentine Tango 7 - 8pm 16+ Beginners		Argentine Tango	7 - 8pm	16+	Beginners	
Egyptian Belly Dance 7 - 8pm 16+ Intermediate		Egyptian Belly Dance	7 - 8pm	16+	Intermediate	
Street 7 - 8pm 16+ Beginners/Intermediate		Street	7 - 8pm	16+	Beginners/Intermediate	
Tap 7 - 8pm 16+ Intermediate		Тар	7 - 8pm	16+	Intermediate	
Egyptian Belly Dance 8 - 9pm 16+ Advanced		Egyptian Belly Dance	8 - 9pm	16+	Advanced	
Argentine Tango 8 - 9pm 16+ Intermediate		Argentine Tango	8 - 9pm	16+	Intermediate	

Celebrating Thirty Years	
DANCECITY	(3(
Dance for the North East	C

Γ	Ballet		12 - 1pm	55+	Absolute Beginners	
Γ	Yoga Moves & Baby Play		1.30 - 2.30pm	See website	All	
ŀ	Musical Theatre		5 – 6pm	11-16	All	
F	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	
Γ	Ballet		7.15 - 8.45pm	16+	Advanced	
Γ	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	
	Тар		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	
	Нір Нор	9.30 – 10.30am		6-9	All	
	Dizzy Families	10 – 11am		0-4	Admits parent/carer	
	Tiny Tappers	10 – 11am		4-8	All	
	Нір Нор	10.30 – 11.30am		10-12	All	
	Ballet Junior	10.30 – 11.30am		7-10	All	
	Contemporary Club	_	am - 12pm	7-11	All	
	Breakin' Bairns	-	am - 12pm	6-9	All	
ć	Dance City Youth Company	11.30am – 1pm		12-18	All	
ר	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	
	· · · · ·					
5	Dizzy Families	10.30 - 11.30am		0-4	Admits parent/carer	
D n	Ballet	-	30 – 12.30pm	16+	All	
N N	Ballet	12.	30 – 1.30pm	55+	Beginners	
sse	Yoga	1.3	0 - 2.30pm	16+	Beginners	
No classes 23 Uct	Traditional Chinese	2.3	0 – 3.30pm	16+	All	
	Ballroom Social	3.30 – 5pm		16+	All	

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	Нір Нор
	Dizzy Fam
	Tiny Tapp
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All information is correct at time of print but is subject to change. Please see dancecity.co.uk for programme updates.



Dance Classes & Workshops

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

0191 261 0505 dancecity.co.uk

Come dance with us...

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

If you haven't danced before or are new to Dance more chances to dance too with extra sessions of 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

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,

Melante Cook

Mel Cook **Classes & Bookings Coordinator** mel.cook@dancecitv.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

Visit dancecity.co.uk/hire-space

and drink from DC Café

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

skills in a friendly and relaxed envi- opportunities. ronment. 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 be challenged! Feel energized and as Waltz, Quickstep and Foxtrot. We invigorated and have fun. will build on these every week so vou'll learn full routines to dance. Individuals and couples welcome.

Bollywood

Bollywood - a commercial name for moves through a range of classes modern Indian dancing - is designed to add some Indian glitz to vour 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 flexibilitv

Contemporary Performance Group

This contemporary class works on introduction and extension into the creative process of contemporary dance with an emphasis on chore-Learn and develop your social dance ography. Includes performance

Cuban Salsa

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

Dance for people with dementi 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

Egyptian Belly Dance

Egyptian Belly Dance is a great way to get fit, tone and build your selfconfidence. Learn and develop your 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.

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

CHILDREN & YOUNG PEOPLE'S CLASSES

Dancing Babies

Dizzy Families

class using music and movement

We might fly into outer space,

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

of dance experience. The class covers jazz technique exercises fol-

lowed 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, 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?

at Dance City. **Dance City Youth Dance Com**pany opportunity to perform at Dance

No ordinary dance

school

Ballet

nce is a creative, fun and sical activity that is great f sting self confidence and o ination. At Dance City we n't teach grades or exams a ung dancers learn by age gro ther than levels.

you do want to take your da the next level why not auc r the Dance City Youth Corr or consider our Centre for dvanced Training

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 school Hip Hop - break dancing, show off and practice their favourpopping and locking - this class ite moves, and learn routines to begins with a short energetic popular music. Contemporary is a mix of lots of different styles so fun hip hop routine to chart music there is plenty of room for creativand work on freestyle skills. ity, and opportunities to perform

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 new and exciting company made a fast-paced commercial style up of the region's youth. It will routine to your favourite current focus on dance development and chart music and then ends with a performance skills as well as techcool down. nical ability. The class have the

Pop Steps

City's end of term shows. You Learn different routines set to must have some dance experience current chart music, popular films to join the class. By audition only. or TV shows. Children get the chance to mix with others, play games and show off their favourite A fun, relaxed and explorative moves. There are opportunities to

to improvise play and allow your front of family and friends. child's imagination to fly and soar Saturday Dance Club

explore the depths of the ocean or An energetic class, based around visit the wild animals in the jungle. 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.

perform on the Dance City stage in

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 For new mums and babies (six weeks to crawling), this course works on core strength and good

MUMS & BABIES

class with a touch of contemporary posture, while exploring playful massage and movement with your baby

Yoga for Pregnancy Sat 12.30-2pm | £32

4 week course check website for

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

Classic Burlesque

burlesque routine.

Hang Stretch Yoga

tional voga positions.

Hang Aeria

Family Hang

Age: 3-12 | £20

learn moves and poses for reveal

you've learned into practice in a

Sun 6 Nov | 12.30-2.30pm &

2.30-4.30pm | Age: 16+ | £20

A new type of yoga using a hang-

Sun 9 Oct & Sun 13 Nov | 2.30-

A unique and challenging work-

shop in which you'll use trapeze,

building strength and technique.

CHILDREN AND YOUNG

Sun 9 Oct | 11.30am-1.30pm

and silks and learn new skills in

Hang upside down, try the trapeze

aerial hoop, cocoon and rope,

ing, before putting the techniques

Workshops are a great way to try out a new style in an inten- Sat 15 Oct | 6.30-8.30pm | sive one-off session. Be sure to Age: 18+ | £20 (£16) **book in advance as these ses-** Feel glamorous, have fun and sions are always popular.

ADULT WORKSHOPS

FITSTEPS

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

The dance and fitness programme (£16) designed and choreographed by the professionals on Strictly Come ing cocoon to help achieve tradi-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 reauired.

Mamma Mia! Workshop Sat 8 Oct | 3-5pm | Age: 14+ | PEOPLE'S WORKSHOPS

£20 (£16) Your host Chris JS Wilson takes you on a journey through Abba's most famous hits exploring disco moves and funky styles.

Over 55's Taster Dav

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

COMMUNITY PERFORMANCES



FREEDOM MOVING PLATFORM

An exciting evening of performances by groups who actively promote and develop dance work across the region in this explosive for people of all ages with learning platform, now in its 3rd year. 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 PLAT-FORM

Join us as we celebrate talented boys and young men who dance

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

4.30pm | Age: 16+ | £20 (£16) 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.

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

Shimmer Public Class End of Term Perfor mance

Fri 25 Nov | 7pm | Tickets: £6 Sun 27 Nov | 7pm | Tickets: £6 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



music.

Hip Hop

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 as well as learning choreography.

It will give you all the skills you

Including the three elements of old

warm-up. You'll then be taught a

need for performance.