

DANCE CLASS TIMETABLE

Monday 3 September 2018 - Sunday 16 December 2018

| MONDAY | | | |
|-------------------|----------------|-------|-------------------------|
| CLASS | TIME | AGE | LEVEL |
| Hang Aerial | 9.30 - 10.30am | 55+ | All |
| Ballet | 12.15 - 1.15pm | 55+ | Beginners |
| In Motion | 1.30 - 2.30pm | Adult | Admits parent/ carer |
| Tap | 2.45 - 3.45pm | 55+ | Advanced |
| Ballet | 4 - 5pm | 55+ | Advanced |
| Ballet | 5 - 6pm | Adult | Beginners |
| Ashtanga Yoga | 6 - 7pm | Adult | Full Primary Series |
| Pilates | 6 - 7pm | Adult | All |
| Vinyasa Flow Yoga | 6 - 7pm | Adult | Beginners |
| Street | 6.30 - 7.30pm | Adult | Beginners |
| Salsa | 7 - 8pm | Adult | All |
| Pilates | 7 - 8pm | Adult | All |
| Contemporary | 7.30 - 9pm | Adult | Beginners |
| Ballet | 8 - 9pm | Adult | Beginners |

| TUESDAY | | | |
|-----------------|----------------|-------|--------------|
| CLASS | TIME | AGE | LEVEL |
| Barre Pilates | 9.30 - 10.30am | Adult | Beginners |
| Tap Beginners | 12 - 1pm | 55+ | Beginners |
| Flamenco | 5.30 - 6.30pm | Adult | Beginners |
| Afro Mix | 5.30 - 6.30pm | Adult | All |
| Fitsteps | 5.30 - 6.30pm | Adult | Beginners |
| 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 | | | |
|----------------------|-------------|-------|------------------------|
| CLASS | TIME | AGE | LEVEL |
| Pilates | 11am - 12pm | 55+ | Beginners |
| Pilates | 12 - 1pm | Adult | All |
| Ashtanga Yoga | 6 - 7pm | Adult | Intermediate Series |
| Tap | 6 - 7pm | Adult | Beginners |
| Egyptian Belly Dance | 6 - 7pm | Adult | Beginners |
| Street | 7 - 8pm | Adult | Intermediate |
| Tap | 7 - 8pm | Adult | Intermediate |
| Egyptian Belly Dance | 7 - 8pm | Adult | Improvers |

| THURSDAY | | | |
|----------------|---------------|-------|--------------|
| CLASS | TIME | AGE | LEVEL |
| Ballet | 12 - 1pm | 55+ | Beginners |
| Slow Flow Yoga | 1 - 2pm | 55+ | Beginners |
| Ballet | 5 - 6pm | Adult | Beginners |
| Yogalates | 5.30 - 6.30pm | Adult | Beginners |
| Flamenco | 6 - 7 pm | Adult | Beginners |
| Ballet | 6 - 7pm | Adult | Intermediate |
| Dance Workout | 6.30 - 7.30pm | Adult | All |
| Contemporary | 7 - 8.30pm | Adult | All |
| Ballet | 7 - 8.30pm | Adult | Advanced |
| Capoeira | 7.30 - 8.30pm | Adult | All |

| FRIDAY | | | |
|----------------|-----------------|-------|--------------|
| CLASS | TIME | AGE | LEVEL |
| Get Moving | 11.15 - 12.15pm | All | Admits carer |
| Tap | 12.30 - 1.30pm | 55+ | Intermediate |
| Fitsteps | 1.45 - 2.45pm | 55+ | Beginners |
| Ballet Primary | 4.30 - 5.30pm | 4-6 | All |
| Afro Mix | 5 - 6pm | Adult | All |
| Boys Moves | 5 - 6pm | 7-15 | All |
| Ballet Junior | 5.30 - 6.30pm | 7-11 | All |
| Bollywood | 6 - 7pm | Adult | All |
| Contemporary | 6 - 7pm | 11-15 | All |
| Urban Vibes | 6 - 7pm | Adult | All |

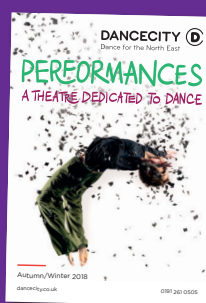
| SATURDAY | | | |
|------------------------------------|-----------------|-------|---|
| CLASS | TIME | AGE | LEVEL |
| Ballet Primary | 9.30 - 10.30am | 4-6 | All |
| Hip Hop | 9.30 - 10.30am | 7-11 | All |
| Dizzy Families | 10 - 11am | 0-4 | Admits parent/ carer |
| Tiny Tappers | 10 - 11am | 4-8 | All |
| Hip Hop | 10.30 - 11.30am | 11-15 | All |
| Ballet Junior | 10.30 - 11.30am | 7-11 | All |
| Contemporary Club | 11am - 12pm | 7-11 | All |
| Creative Break 1 | 11am - 12pm | 7-11 | All |
| Dance City Youth Company | 11.30am - 1pm | 11-15 | Pay per Term Audition Sat 8 September |
| Saturday Dance Club | 11.30am - 1pm | 7-11 | All |
| Creative Break 2 | 12 - 1pm | 11-15 | All |
| Pop Steps | 12 - 1pm | 4-6 | All |
| Active Birth Yoga for Pregnancy | 2 - 3.30pm | | See website for details |
| Girlz Only | 1 - 2pm | 11-15 | All |

| SUNDAY | | | |
|-------------------|-----------------|-------|-----------|
| CLASS | TIME | AGE | LEVEL |
| Contemporary | 10.30 - 11.30am | 55+ | All |
| Ballet | 11.30 - 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 |

DANCE PERFORMANCES

Check out our performances featuring the best in UK and international dance.

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



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.

ADULT SPECIALTY CLASSES

Hang Aerial 55+

Mon 3 and 17 September, 1, 15 and 29 October, 12, 26 November and 10 December | 9.30-10.30am
Age: 55+ | **£10 (£8 concessions)**

Come and dance in the air in a supportive and creative environment. Learn basic techniques on trapeze, silks and hoop – how to climb and make and link shapes. We'll also explore some gentle aerial yoga in our beautiful aerial hammocks.

Adult Hang Aerial

Sat 22 September 3-5pm, **Sun 21 October** 2-4pm, **Sat 24 November** 3-5pm, **Sat 8 December** 3-5pm
Age: Adult | **£20 (£16 concessions)**

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

55+ Taster Day

Sun 30 September | 12.30-2.30pm and 3-5pm
£5

Join us in our theatre and take part in tasters in Ballet, Tap, Fitsteps, Contemporary, Vinyasa Flow Yoga, Pilates and Get Moving.

Hang Stretch Yoga

Sat 6 October 3-5pm, **Sun 4 November** 2-4pm, **Sun 2 December** 2-4pm

Age: Adult | **£20 (£16 concessions)**

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

Active Birth Yoga for Pregnancy

Sat | 2-3.30pm

£32 for course or £9 per session (£7.75 concessions)

20, 27 October and 3, 10 November
4 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 in labour. Attendance recommended after the first trimester.

CHILDREN & YOUNG PEOPLE SPECIALTY CLASSES

Hang Out & Dance

Sun 16 September, 21 October, 4 November, 2 December | **£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 16 December | 11am-1pm

Age: 3-12 | **£20 admits 1 adult and 1 child**

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

COMMUNITY PERFORMANCES

Inspire

Sun 7 Oct | 6.30pm | **£6**

Celebrating dance by over 55's. A variety of groups will perform different dance styles to move you and make you want to move.

Freedom Moving

Fri 30 Nov | 7pm | **£6**

A platform of dance and physical theatre produced by the learning disabled community in partnership with *Liberdade*.

Shimmer

Sat 15 December | 5.30pm & 7.30pm | **£6**

A performance of local talent who have been learning the moves throughout the term. Join them and cheer them on in this wonderful evening of dance.

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

To book tickets: Visit www.dancecity.co.uk or call the Ticket Office on 0191 261 0505.

DANCE PARTIES

Celebrate yours or your child's birthday party 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 party in our professional studios. Complement your class with food and drink from the DC Café. Visit www.dancecity.co.uk/hire-space or call 0191 261 0505 to find out more.

PRICES AND BOOKING OFFERS

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

Adult classes

Single 1 hr class **£6.50 (£5.50)**
Single 90 min class **£9 (£8)**

Multi-Buy Discounts

£57 for 12 classes (saving £1.75 per class)
£42 for 8 classes (saving £1.50 per class)
£22 for 4 classes (saving £1 per class)

Based on a one-hour class.

Children's classes

Single 1 hr class **£5.50**
Single 90 min class **£8**

Multi-Buy Discounts

£54 for 12 classes (saving £1 per class)
£38 for 8 classes (saving 75p per class)
£20 for 4 classes (saving 50p per class)

Based on a one-hour class.



WHERE TO FIND US

Dance City is a five minute walk from both St James & Central Station Metro stations. The Grainger Town Multi-Storey Car Park is situated right next to the Dance City building on Waterloo Street, with free parking after 5pm.

DANCECITY 
Dance for the North East

dancecity.co.uk
0191 261 0505

We offer concessionary rates for students, people claiming job seekers allowance and over 60s. 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**

 Supported by
**ARTS COUNCIL
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