



**DANCECITY**   
DANCE FOR THE NORTH EAST

**DANCE CLASSES  
FOR EVERY BODY**



**JOIN US ON ZOOM  
OR IN THE ROOM**

**Classes**  
**19 April - 25 July 2021**



# CLASSES TIMETABLE

## 19 APRIL - 25 JULY 2021

Dance City is planning to offer in-person classes as soon as the government's roadmap out of lockdown allows. Please check our website for the latest information before you travel to take part in in-person classes.

From 19 April you can take part in:

- Online classes for adults
- Socially distanced studio classes for children

From 17 May you can take part in:

- Hybrid classes for adults – In The Room or on Zoom

### BOOKING

#### Zoom Classes

Pay As You Feel – select at checkout: £2, £3, £6 or £10

First zoom class FREE – your first class of any style is free and this will be discounted automatically when you checkout of the payment stage.

#### Studio Classes

Adults £7  
Concessions £6  
Children £6  
Companions £3  
Carers Free but ticketed

#### To book tickets visit

[www.dancecity.co.uk](http://www.dancecity.co.uk) or call the Ticket Office on 0191 261 0505

#### Stay flexible

If something unexpected occurs we will move your class to an alternative date with just 24 hours' notice.

### What does 'Format' mean on the timetable?

**Hybrid** – On Zoom from 19 April. From 17 May people can take part in the same class on Zoom or socially distanced in the studio. There will be a camera and a screen in the studio live streaming the class. Book onto either 'Zoom' or 'SD' (socially distanced) on our website.

**Studio** – classes that are only taking place in the studio, with social distancing. There is no online option for these classes. For children these start on 19 April, for adults they start on 17 May. Book 'SD' (socially distanced) on our website.

# CLASS TIMES

	Class	Time	Age	Level	Format
Monday	Tap	9.30-10.30am	55+	Beginners	Hybrid
	In Motion	11am-12pm	16+	All	Studio
	Slow Flow Yoga	12.30-1.30pm	55+	All	Hybrid
	Pilates	5-6pm	Adult	All	Hybrid
	Dance Workout	5.30-6.30pm	Adult	All	Hybrid
	Ballet	7-8pm	Adult	Improvers	Hybrid
Tuesday	Tap	12.15-1.15pm	55+	Improvers	Hybrid
	Fitsteps	1.45-2.45pm	55+	All	Hybrid
	Ballroom & Latin	3.15-4.15pm	55+	All	Studio
	Egyptian Belly Dance	5.30-6.30pm	Adult	All	Hybrid
	Ballroom	5.45-6.45pm	Adult	All	Studio
	Tap	7-8pm	Adult	Improvers	Hybrid
	Latin	7.15-8.15pm	Adult	All	Hybrid
Wednesday	Ballet	2.45-3.45pm	55+	Improvers	Hybrid
	Ballet	4.15-5.15pm	55+	Beginners	Hybrid
	Ballet	5.45-6.45pm	Adult	Beginners	Hybrid
	Hip Hop	6-7pm	Adult	All	Hybrid
	Afro Mix	7.30-8.30pm	Adult	All	Hybrid
Thursday	Contemporary	7.15-8.15pm	Adult	All	Hybrid
	Salsa	7.30-8.30pm	Adult	All	Hybrid
Friday	Get Moving	11.15am-12.15pm	Adult	All	Studio
	Boys Moves	5-6pm	7-15	All	Studio
	Contemporary	5.15-6.15pm	11-15	All	Studio
	Fitsteps	5.45-6.45pm	Adult	All	Hybrid
	Bollywood	6-7pm	Adult	All	Hybrid
Saturday	Contemporary Club	9.30-10.30am	7-11	All	Studio
	Ballet Junior	9.45-10.45am	7-11	All	Studio
	Girls Only	11am-12pm	11-15	All	Studio
	Hip Hop	11am-12pm	11-15	All	Studio
	Breakdancing	11.30am-12.30pm	7-15	All	Studio
Sunday	Ballet	9-10am	Adult	Beginners	Hybrid
	Yoga and Meditation	10-11am	Adult	All	Hybrid

Due to reduced capacity studio class tickets are very limited so we recommend booking as early as possible.

### Afro Mix (Adult)

A mixture of Afro-Caribbean dance styles, dancehall/reggaeton, coupé décalé and azonto as well as elements of street, house, voguing and commercial.

### Ballet Beginners (Adult / 55+)

Learn the basic steps of classical ballet in a fun, friendly atmosphere. Tones and lengthens muscles and aids posture.

### Ballet Improvers (Adult / 55+)

Focusing on more challenging ballet technique. Develop and refine classic ballet steps and sequences.

### Ballet Junior (7-11yrs)

Children can develop their ballet skills in a fun environment without the pressure of exams.

### Ballroom (Adult)

A relaxed and social class where you'll learn a range of dances, such as waltz, quickstep and foxtrot. Please book as a pair from the same household or bubble.

### Ballroom & Latin (55+)

Explore the origins of classic ballroom and latin styles as you learn to waltz, quickstep, tango, foxtrot, cha cha cha, rumba, jive and paso doble. Please book as a pair from the same household or bubble.

### Bollywood (Adult)

Bollywood is a commercial name for modern Indian dancing. Using themes such as glamour, storytelling and beautiful visualization, have fun with this very expressive style.

### Boys Moves (7-15yrs)

A fresh fusion of energetic dance styles, from breakdance to hip hop, modern to street. Learn combinations and routines that change from week to week.

### Breakdancing (7-15yrs)

Discover your own style using the foundations of breaking. You will learn top rocks, drops, footwork and freezes.

### Contemporary (Adult)

Contemporary dance encompasses a variety of techniques and styles closely related to ballet, modern dance, African and jazz dance. This class is free flowing and expressive.

### Contemporary Club (7-11yrs)

Contemporary dance is a mix of lots of different styles, such as ballet, jazz, lyrical and modern so there is plenty of room for creativity. Learn fun routines to popular music.

### Dance Workout (Adult)

This class is designed to get the whole body moving. Using music and our bodies as the only tools, it's a class for all ages, ability levels and dance experience.

### Egyptian Belly Dance (Adult)

Exploring traditional Belly Dance techniques. Learn to control, roll and move your body in this sensuous and uplifting style. For all ages and abilities to have fun while exercising.

### Fitsteps (Adult / 55+)

Combines the graceful steps of Ballroom and the up-tempo steps of the Latin dances to create an energetic routine, to help you keep fit and have fun.

### Get Moving (Adult)

For adults with neurological conditions such as (and not limited to) Parkinson's. The class has been specially designed to be inclusive, upbeat, fun and creative.

### Girls Only (11-15yrs)

A mixed style class with a contemporary twist. Includes a cardio warm, a technique class with a touch of contemporary, as well as learning choreography.

### Hip Hop (Adult / 11-15yrs)

Try a wide range of styles that evolved around hip hop music and culture. A great workout boosting your energy, confidence and dance skills through routines.

### In Motion (Adult)

For adults with learning disabilities. The class is inclusive, upbeat, creative and energetic using a range of music and dance styles. Utilises a range of props (in line with Covid policy) to develop creativity and focus.

### Latin (Adult)

Discover the core Latin dances cha-cha, samba, rumba and jive. A fun and relaxed class for all abilities. You do not need a partner.

### Pilates (Adult)

A series of low impact exercises designed to strengthen the body, particularly the core. Develop your flexibility and balance.

### Salsa (Adult)

This fluid and expressive style is quick to learn and is set to a fantastic soundtrack. Great for beginners and solo dancers. Does not involve partner dancing this term.

### Slow Flow Yoga (55+)

Work slowly and smoothly through yoga postures connecting with the breath. Enhance your alertness, steadiness and overall comfort bringing the mind and body into unison.

### Tap Beginners (Adult / 55+)

Learn the basic steps and techniques of tap and work them into routines incorporating musical theatre, street, traditional and American style.

### Tap Improvers (Adult / 55+)

For those with some tap experience. Learn more advanced time steps, breaks and routines to a selection of fabulous music.

### Yoga and Meditation (Adult)

Awakening yoga working through the basic poses, flows and postures. Steady the mind and achieve a sense of calm and balance.

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