

CHILDREN'S DANCE PARTIES

If you're looking for a unique and memorable party experience, why not book a dance party with us? From Pirouetting Princesses, to Breakin' Bairns and Aerial Antics we can design a party to meet your needs.

Prices from **£150**
Phone: 0191 261 0505
e-mail: info@dancecity.co.uk

STUDIO HIRE

Dance City Sunderland has two brand new purpose built, dance studios which are available to hire. With fully sprung dance floors, sound systems and full length mirrors. Contact info@dancecity.co.uk to enquire.

A fantastic, unique gift!

Give the gift of dance - a fantastic, unique gift experience. Gift vouchers are available at the Ticket office or online at dancecity.co.uk/giftvouchers

GIVE THE GIFT OF DANCE



If you have an idea for a class or any other feedback regarding Dance City Sunderland, we would love to hear from you!

Get in touch with us at info@dancecity.co.uk



ADULT CLASSES 16+

Aerial
Develop strength and awareness of the body performing aerial skills on a range of aerial kit including trapeze, silks and cocoons. No previous experience required.

Afro Mix
A great fun, and really effective dance workout, featuring a mix of Afro-Caribbean dance styles from dancehall/reggaeton, coupé décalé and azonto, to street, house, voguing and commercial.

Ballet
Learn the art of classical ballet, building strength and flexibility throughout the whole body.

Contemporary
An expressive form of dance closely related to ballet, modern dance, African and jazz dance. It will help you develop core strength, stability and flexibility.

Dance Workout
Set to popular music this class is designed to increase cardiovascular endurance and improve all round fitness. Come along to feel energized and invigorated.

Egyptian Belly Dance
Belly Dance is a great way to get fit, tone and build confidence. Learn and develop your moves and have plenty of fun.

Get Moving
A class specially designed for people with Parkinson's, MS and other mobility issues

and their assistants, friends, families and carers (who are welcome to attend free of charge). Express yourself in a supportive, fun and friendly environment, gaining a sense of wellbeing and enjoyment through dance.

Iyengar Yoga
A dynamic, energetic practice which synchronizes breath with movement. During this class you'll develop concentration and inner stillness while improving strength, flexibility and cardiovascular fitness.

Musical Theatre Dance
This upbeat class is filled with jazz and modern technique and choreography. You will learn a variety of routines from favourite musical theatre productions.

Salsa
South America's most popular dance, salsa is great fun and great for socialising. Learn footwork, rhythm/salsa beats and partner work. (No partner required.)

Tap
Tap is a fun and energetic way to work your body and your brain. Learn technique, travelling steps, combinations and routines.

Vinyasa Flow Yoga
The word vinyasa means 'to place in a special way'. Using this concept, this flowing class with consciously link the breath and body.



0-15 CHILDREN'S CLASSES



Aerial
Fun sessions of dance and movement offering the chance to try the trapeze, silks and the cocoons.

Ballet (4-7 years)
A beginner's session, aiming to teach the basic fundamentals of classical ballet in a fun and encouraging class, without the pressure of exams.

Contemporary Club (11-15 years)
Contemporary is a mix of different dance styles from ballet, to modern dance, African to jazz, with plenty of room for expression and creativity.

Dancing Babies (0-4 years)
A fun parent/carer and child class promoting coordination, movement and rhythm skills for babies and young children, in a playful and relaxed environment.

Girlz Only (11-15 years)
An urban class with a contemporary twist. Enjoy learning hip hop technique, choreography and performance skills.

Limitless (11-18 years)
This fun and exciting class provides a safe space for all young people to dance, including those with physical or learning disabilities.

Saturday Dance Club (7-10 years)
A session combining different dance styles, based upon contemporary dance, all set to popular, current music.

DON'T SWEAT, SPARKLE!



DANCE CLASSES FOR ADULTS & CHILDREN



16 APRIL - 22 JULY 2018

dancecity.co.uk

0191 261 0505



DANCECITY 
Sunderland

WELCOME

A very big welcome to you!

It has been a wonderful first term at Dance City Sunderland, with our beautiful new studios coming to life with hundreds of people, young and old, dancing and having fun.

We were honoured with a Royal visit from the Duke and Duchess of Cambridge, AKA Kate and Wills, who were impressed by the skills of some of our young dancers and aerialists.

We have been delivering dance classes for all ages and abilities, and have some exciting new additions to the timetable, based on feedback and suggestions from the public.

From Belly Dance to Ballet, Salsa to Tap there is a dance

style to suit everyone. You don't have to have danced before to join our classes. Absolute beginners are just as welcome as experienced dancers.

Our welcoming staff are on hand to meet you and advise on a suitable class.

Dance is a creative, fun, social and physical activity that is great for keeping fit and active, boosting self-confidence and coordination.

At Dance City you learn to dance at your own pace without the pressure of grades or exams.

We look forward to seeing you at Dance City Sunderland soon.

Anthony Baker, Artistic Director

WHAT'S NEW

Iyengar Yoga (Mondays) and Vinyasa Flow Yoga (Tuesdays)

Iyengar Yoga is a form of Hatha Yoga that has an emphasis on detail, precision and alignment of the body through postures and breath control. This type of yoga should develop your strength, mobility and stability. The word vinyasa means 'to place in a special way'. Using this concept, this class helps you consciously link the breath and the body.



55+ Ballet

This is an exciting Ballet class created for the more mature body. Ballet targets core strength, flexibility, balance and alignment whilst challenging the mind through musicality and sequencing.

Ballet for 4-7 year olds

A fun, first foray into ballet for little ones. In the class participants will learn basic ballet steps along with games and activities where they are encouraged to use their imagination to become flying fairies, marching soldiers and under the sea creatures.

Salsa Improvers

Due to popular demand we have introduced a second Salsa class for those who wish to improve their steps.

Please Note! Dancing Babies has moved to Saturdays



CLASS TIMETABLE

Summer Term 16 April - 22 July 2018

Class	Time	Age	Level
Tap	11am-12pm	Adult	All
Get Moving	12-1.00pm	Adult	Admits carer
Iyengar Yoga	5-6pm	Adult	All
Musical Theatre Dance	5.30-6.30pm	Adult	All
Contemporary	6-7pm	Adult	All
Egyptian Belly Dance	6.30-7.30pm	Adult	Beginners
Dance Workout	7-8pm	Adult	All
Egyptian Belly Dance	7.30-8.30pm	Adult	Intermediate

Monday

Vinyasa Flow Yoga	10-11am	Adult	All
Ballet	11am-12pm	Adult	All
Ballet	12-1pm	55+	All
Salsa	1-2pm	Adult	All
Salsa	2-3pm	Adult	Improvers
Limitless	4-5pm	11-18	All
Aerial	4-5.30pm	7-10	All
Ballet	5.30-6.30pm	Adult	All
Aerial	5.30-7pm	11-15	All
Tap	6.30-7.30pm	Adult	All
Aerial	7.30-9pm	Adult	All

Tuesday

House	6-7pm	Adult	All
Contemporary Club	6.30-7.30pm	11-15	All
Afro Mix	7-8pm	Adult	All

Wednesday

Dancing Babies	9.30-10.30am	0-4	Admits parents/carers
Aerial	9.30-11am	11-15	All
Ballet	10.30-11.30am	4-7	All
Aerial	11.15am - 12.45pm	Adult	All
Saturday Dance Club	11.30am-12.30pm	7-10	All
Girlz Only	12.30-1.30pm	11-15	All
Aerial	1-2.30pm	7-10	All

Saturday

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

CLASS PRICES

Adult Classes Drop-in Prices

1 hr class **£6.50** (£5.50 conc.)
Aerial class 1.5 hrs **£12** (£11 conc.)

Children's Drop-in Prices

1 hr class **£5.50**
Aerial class 1.5 hrs **£10**

MULTI-BUY PACKAGES

Make great savings on classes whilst guaranteeing your place!

You can mix and match your classes.

Adult

£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)

Child

£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)

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

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 available by calling the Ticket Office 0191 261 0505)

BOOKING

ONLINE
dancecity.co.uk

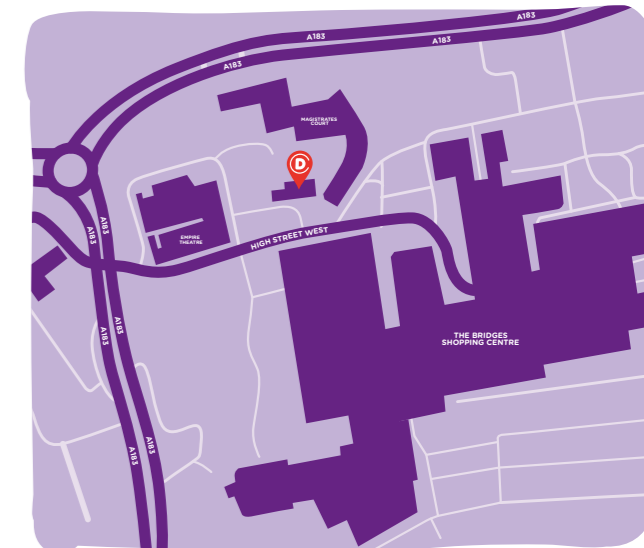
PHONE
0191 261 0505

ELECTRONIC TICKETING

In Sunderland we have gone ticketless so on arrival please come to the desk and we will check you in.

NO-QUIBBLES REFUND

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



The Fire Station
High Street West
Sunderland
SR1 3EX

Tel 0191 261 0505
Email info@dancecity.co.uk

www.dancecity.co.uk

DANCECITY
Dance for the North East

