

DANCECITY 
DANCE FOR THE NORTH EAST

**DANCE CLASSES
FOR EVERY BODY**



JOIN US ON ZOOM

**Spring 2021
Classes & Workshops**



CLASSES TIMETABLE SPRING 2021

We are delighted to be welcoming adults of all ages back to our online classes from 8 March. Our timetable will be updated each month so keep checking our website for details of new classes as they are added.

Zoom classes are 'pay as you feel' from £2 - £10 and you can access your first class of any style for free. Dance City is a registered charity and the Coronavirus pandemic has hit us hard, so please consider as much as you are able to for Zoom classes.



BOOKING

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

Zoom classes

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




FIRST CLASS FREE!

Stay flexible

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

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Temple Street
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 @dancecityNE
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 @dance_city_newcastle



CLASS TIMES

	Class	Time	Age	Level
Monday	Pilates	5-6pm	Adult	All
	Ballet	7-8pm	Adult	Improvers
Tuesday	Tap	12.15-1.15pm	55+	Improvers
	Fitsteps	1.45-2.45pm	55+	All
	Egyptian Belly Dance	5.30-6.30pm	Adult	All
	Latin	7.15-8.15pm	Adult	All
Wednesday	Ballet	4.15-5.15pm	55+	Beginners
	Ballet	5.45-6.45pm	Adult	Beginners
	Afro Mix	6-7pm	Adult	All
	Hip Hop	7.30-8.30pm	Adult	All
Thursday	Contemporary	7.15-8.15pm	Adult	All
Friday	Fitsteps	5.45-6.45pm	Adult	All

Afro Mix (Adult)

Afro Mix is an effective dance work-out comprising a mixture of Afro-Caribbean dance styles, such as dancehall/reggaeton, coupé décalé and azonto as well as elements of street, house, voguing and commercial.

Egyptian Belly Dance (Adult)

A class for all ages and abilities and a great way to have fun while exercising. A social class designed to equip you with all the basic moves.

Pilates (Adult)

A series of low impact exercises designed to strengthen the body, particularly the core.

Tap (55+)

Learn the steps and technique of this iconic style and work them into combinations and routines incorporating musical theatre, street, traditional and American style.

Ballet (Adult)

Learn the basic steps and how to perform them. Ballet tones and lengthens muscles and aids posture. Dance City offers high quality, fun classes with a friendly and welcoming atmosphere, without the pressure of exams.

Fitsteps (Adult)

Fitsteps is a mix of the graceful steps of Ballroom and the up-tempo steps of the Latin dances to create a really fun, energetic and effective way to stay fit and keep trim.

Ballet (55+)

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.

Hip Hop (Adult)

Hip Hop includes a wide range of styles that have evolved around Hip Hop music and culture. You will get a great exercise workout, boost your energy and bust some moves!

Contemporary (Adult)

Contemporary dance is a term encompassing a variety of techniques and styles closely related to ballet, modern dance, African and jazz dance.

Latin (Adult)

A beginners dance class focusing on the core Latin dances, we will work on styles of Cha-Cha, Samba, Rumba and Jive. A fun and relaxed class, you do not need a partner.



FUSION!

Easter Dance Camp for 6-12 year olds



We are now taking bookings for our fantastic Easter Dance Camp, which will be in-person at Dance City Newcastle.

12 April is the earliest date that children will be allowed to attend face to face events and activities indoor, beyond school.

Smaller groups and social distancing procedures will enable us to deliver this four-day dance camp in a Covid-safe way.

£120 for four days 8.30am-5.30pm.

Fusion! Easter Dance Camp is all about diversity!

Children will learn routines and develop skills in Street and Break, Bollywood, Contemporary and Musical Theatre. Whether your child already dances or is a complete beginner all they need is passion and enthusiasm to get moving and have fun.

Places are very limited so book early to avoid disappointment.