

Classes Timetable

Monday 7 September – Sunday 13 December 2020

All of the classes listed below are ‘hybrid’ meaning you can choose to take part online via Zoom or in the Studio at a social distance. Look out for ‘SD’ (socially distanced) or ‘Zoom’ in the class title.

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

*Class timetable may be subject to change

	Class	Time	Age	Level
Monday	In Motion	11:00 – 12:00	16+	Admits parent/carer
	Vinyasa Flow Yoga	12:30 -13:15	16+	All
	Slow Flow Yoga	13:45 – 14:45	55+	All
	Meditation	15:15 – 15:45	16+	All
Tuesday	Tap	12:15 – 13:15	16+	Beginners
	Fitsteps	13:45 – 14:45	16+	All
	Ballroom	17:45 – 18:45	16+	All
	Latin	19:15 – 20:15	16+	All
Wednesday	Fun Fit for All	10:00 -11:00	All	All
	Ballet	16:15 – 17:15	55+	All
	Ballet	17:45 – 18:45	16+	All
	Afro Mix	18:00 – 19:00	16+	All
	Hip Hop	19:30 – 20:30	16+	All
Thursday	Mini Movers	10:00 – 11:00	Families with children under 6	All
	Contemporary	19:15 – 20:15	16+	All
Friday	Get Moving	11:15 – 12:15	16+	Admits carer
	Contemporary	17:30 – 18:30	11-15yrs	All
	Hip Hop	17:45 – 18:45	11-15yrs	All
Saturday	Ballet	9:15 -10:15	7-11yrs	Beginners
	Contemporary Club	9:30 – 10:30	7-11yrs	Beginners
	Ballet	10:45 – 11:45	7-11yrs	Improvers
	Contemporary Club	11:00 – 12:00	7-11yrs	Improvers
	Breakdance	11:30-12:30	7-15yrs	All

Afro Mix (16+)

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.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Ballet (16+)

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.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

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. This class is a wonderful way to stretch, learn, and engage your sense of expression through classical movement in a friendly and positive environment.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Ballet Beginners (7-11yrs)

All abilities welcome! This class is an introduction to classical ballet through a combination of technique exercises, movement activities and imaginary games. This class offers those complete beginners the opportunity to develop skills in a fun environment without the pressure of exams.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Ballet Improvers (7-11yrs)

For children aged 7-11 with some ballet experience. These fun and relaxed ballet classes provide an introduction to classical ballet through a combination of technique exercises, movement activities and imaginary games. This class offers those with previous ballet experience the opportunity to develop skills in a fun environment without the pressure of exams.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Ballroom (16+)

A relaxed and social class where you'll learn a range of dances, such as Waltz, Quickstep and Foxtrot. This class is for partners who are already living together or in a social bubble. We cannot partner solo attendees at present due to social distancing rules.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Breakdance (7-15yrs)

Breakdancing is a beginners introduction to all elements of breakdance. Learn how to create your own style using the foundations of breaking. During this class you will learn top rocks, drops, footwork and freezes.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Contemporary (16+)

Learn a fusion of styles and get to grips with group choreography building a variety of movement skills. Contemporary dance is a term encompassing a variety of techniques and styles closely related to ballet, modern dance, African and jazz dance.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Contemporary (11-15yrs)

This class is brilliant for budding contemporary dance students who would like to develop performance skills. You will develop your contemporary dance technique whether you're a complete beginner or have done some dance before.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Contemporary Club Beginners (7-11yrs)

Contemporary Club is all about fun! Children can come along to show off and practice their favourite moves, and learn routines to popular music. Contemporary is mix of lots of different styles, such as ballet, jazz, lyrical and modern so there is plenty of room for creativity.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Contemporary Club Improvers (7-11yrs)

For children with some dance experience. Participants can come along to show off and practice their favourite moves, and learn routines to popular music. Contemporary is mix of lots of different styles, such as ballet, jazz, lyrical and modern so there is plenty of room for creativity.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Fitsteps (16+)

This is a dance and fitness programme designed and choreographed by the professionals on Strictly Come Dancing with Mark Foster (Olympic swimmer). 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 that would appeal to everyone, even if you can't dance!

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Fun Fit For All (All)

A class for all ages for people who simply enjoying moving and keeping fit through dance. Follow our teacher stretching, jumping, twisting and laughing. You can recommend your favourite songs which we will use in the class!

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Get Moving (16+)

This class is a specially designed for people with Parkinson's and their assistants, friends, families and carers and run by a specially trained tutor. During the class participants will be encouraged to express themselves through dance in a supportive, fun and friendly environment.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Hip Hop (16+)

Hip Hop includes a wide range of styles that have evolved around hip hop music and culture. Join our high energy dance class for complete beginners and those with a little more experience. You will get a great exercise workout, boost your energy and bust some moves!

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Hip Hop (11-15yrs)

Hip Hop began during the late 60's and early 70's originally inspired by the movements of African dancing and modern dance, and flourished as a new style of dance performed on the street. Hip Hop includes a wide range of styles that have evolved around hip hop music and culture.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

In Motion (16+)

In Motion is a class for young to older adults with additional support needs, learning and physical disabilities. These classes are about getting people moving and being active. Carers or Support Workers must accompany the participants in the class and have a Carer ticket to account for studio capacity.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Meditation (16+)

Meditation is the practice of mindfulness and focusing the mind to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. These relaxing classes will teach you the skills and technique to clear the mind and achieve a sense of calm and flow.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Latin (16+)

A beginners dance class focusing on the core Latin dances, we will work on styles of Cha- Cha, Samba, Rumba and Jive, learning the basic steps and then building to small combinations to suit all levels. A fun and relaxed class, you do not need a partner.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Mini Movers (Families with children under 6)

Wriggling and giggling, moving and grooving! A fun creative class for parents/carers and little ones. Who is it for? Families with children aged 6 and under.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Tap (16+)

Learn the steps and technique of this iconic style and work them into combinations and routines. At dance city we teach a variety of tap styles incorporating musical theatre, street, traditional and American style.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Slow Flow Yoga (55+)

Slow Flow Yoga will work slowly and smoothly through yoga postures connecting with the breath. By practising postures progressively we will achieve more alertness, steadiness and overall comfort bringing the body, mind and breath into unison.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Vinyasa Flow Yoga (16+)

The word 'vinyasa' can be translated as to 'place in a special way'. Using this concept, this flowing class will consciously link the breath and body. By practising postures progressively we will achieve more alertness, steadiness and overall comfort bringing the body, mind and breath into unison.

[Click here to book Zoom class.](#)

[Click here to book Studio class.](#)

Important Information

Studio classes must follow social distancing rules, please keep a 2 metre distance where possible. Due to reduced capacity studio class tickets are very limited. These are 'hybrid classes'. This means that some people will be taking part in the studio with social distancing, while some will be taking part at home via Zoom. There will be a camera and screen in the studio live streaming the class into Zoom participants' homes.

Studio Classes

Masks must be worn around the Dance City building which you may remove once inside the studio. There is a possibility that you will be asked to keep your mask on during class. Go straight to your studio when you arrive, and show your E-ticket to the teacher using your phone or print out from

home. The café remains closed for now. Drinking fountains, lockers and showers are currently out of use to reduce risk of contamination. Please bring your own bottles of water, yoga mats, dance shoes and any other items as Dance City cannot supply these.

Do not attend Dance City if you have possible Covid 19 symptoms. Inform us immediately if you have attended and develop Covid 19, so that we can implement Track and Trace. We are taking every reasonable precaution to protect the health and safety of our staff and building users.

If you have any further queries, please consult our regularly updated [FAQ's page here](#).

Zoom Classes

Children must be supervised by an adult Please make sure you have plenty of space to move in, clear of objects and tripping hazards. Dance City is not responsible for the safety of your home environment or for any accidents. You must keep your camera on at all times for safeguarding purposes. You can talk at the beginning and end of the class but should keep your microphone muted while dancing. You can write any questions or comments in the group 'chat' at any time which will be picked up by the class assistant.

If you aren't confident with Zoom, you can read our ['How to book a Zoom Class'](#) and ['How to take part in a Zoom Class'](#) guides.

How do I book my class?

Both physical and digital classes can be booked online at www.dancecity.co.uk. We ask that customers please book online if possible to ease the pressure on our reduced Ticket Office team. We also encourage customers to use the E-Ticket delivery option to minimise unnecessary printing and surfaces for contamination. If you have any trouble with this process you can get in touch as usual by contacting info@dancecity.co.uk or calling 0191 261 0505.

Using your credit

You can now view your credit on your Dance City online account and use it against the purchase of tickets. You can view your credit by selecting 'Account Credit' in the list of options after logging in. To use this credit, go to book the class as you usually would, after selecting card payment, you will be given the option to 'use account credit'.

[We have created a simple user guide on how to access and use your credit here.](#)