



**DANCECITY**   
DANCE FOR THE NORTH EAST

**DANCE CLASSES  
FOR EVERY BODY**



**BE IN THE ROOM  
OR ON ZOOM**

**Autumn/Winter 2020 Classes & Workshops**



# CLASSES TIMETABLE AUTUMN/WINTER 2020

We are delighted to be welcoming visitors back to our dance studios in Newcastle from 7 September. Our timetable will be updated each month so keep checking our website for details of new classes as they are added.

## BE IN THE ROOM OR ON ZOOM? WHAT DOES THIS MEAN?

Most of the classes listed on the timetable are 'hybrid' meaning you can choose to take part live in the studio with social distancing in place or online via Zoom. Look out for 'SD' (socially distanced) or 'Zoom' in the class title when booking using the website.

Zoom classes are 'pay as you feel' and you can access them for free. Just select £0 as your ticket type when checking out. Dance City is a registered charity and the Coronavirus pandemic has hit us hard, so please consider paying a small amount for Zoom classes.

## STAYING SAFE AT DANCE CITY

We have carried out extensive risk assessments and put in place many new procedures to ensure our visitors are as safe as possible from Coronavirus. Booking in advance is essential. You will be asked to wear a face covering when moving about the building (but not in the studio). Please check our website for the latest guidance on staying safe at Dance City.



**BOOKING**

### Adult classes (16+ years)

Single 1 hr class £7 (£6 concession)

Book 12 classes and save 25%

Book 8 classes and save 20%

Book 4 classes and save 15%

### Zoom Classes

Pay As You Feel - select at checkout:  
£0, £3, £6 or £10

### Kids' classes

Single 1 hr class £6

Book 12 classes and save 20%

Book 8 classes and save 15%

Book 4 classes and save 10%

### Zoom Classes

Pay As You Feel - select at  
checkout: £0, £3, £6 or £10

Concessions are available for students, and people on income-related benefits including over 60s. Multi-buy discounts are not in conjunction with concessionary rates.

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

	Class	Time	Age	Level
Monday	In Motion	11am-12pm	Adult	Admits parent/carer
	Slow Flow Yoga	1.45-2.45pm	55+	All
	Pilates	5-6pm	Adult	All
Tuesday	Tap	12.15-1.15pm	55+	Beginners
	Fitsteps	1.45-2.45pm	55+	All
	Ballroom	5.45-6.45pm	Adult	All
	Tap	7-8pm	Adult	All
	Latin	7.15-8.15pm	Adult	All
Wednesday	Ballet	2.45-3.45pm	55+	Improvers
	Ballet	4.15-5.15pm	55+	Beginners
	Ballet	5.45-6.45pm	Adult	All
	Afro Mix	6-7pm	Adult	All
	Egyptian Belly Dance	7.15-8.15pm	Adult	All
	Hip Hop	7.30-8.30pm	Adult	All
Thursday	Contemporary	7.15-8.15pm	Adult	All
Friday	Get Moving	11.15am-12.15pm	Adult	Admits carer
	Contemporary	5.30-6.30pm	11-15	All
	Fitsteps	5.45-6.45pm	Adult	All
	Contemporary Ballet	7-8pm	Adult	All
	Salsa	7.15-8.15pm	Adult	All
Saturday	Ballet	9.15-10.15am	7-11	Beginners
	Contemporary Club	9.30-10.30am	7-11	Beginners
	Ballet	10.45-11.45am	7-11	Improvers
	Contemporary Club	11am-12pm	7-11	Improvers
	Breakdance	11.30am-12.30pm	7-15	All

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

### 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.

### Ballet Beginners (7-11yrs)

This class offers complete beginners the opportunity to develop skills in a fun environment without the pressure of exams.

### Breakdance (7-15yrs)

Learn how to create your own style using the foundations of breaking. During this class you will learn top rocks, drops, footwork and freezes.

### Contemporary Club Beginners (7-11yrs)

Contemporary Club is all about fun! Come along to 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.

### 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.

### 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.

### Salsa (Adult)

This fluid and expressive style is quick to learn and is set to a fantastic soundtrack. The classes will take you right from step one, great for if you've never danced before.

### 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.

### Ballet Improvers (7-11yrs)

This class offers those with previous ballet experience the opportunity to develop skills in a fun environment without the pressure of exams.

### Contemporary (Adult)

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

### Contemporary Club Improvers (7-11yrs)

For children with some dance experience. Contemporary is mix of lots of different styles, such as ballet, jazz, lyrical and modern so there is plenty of room for creativity.

### Get Moving (Adult)

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.

### 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.

### Slow Flow Yoga (55+)

Slow Flow Yoga will work slowly and smoothly through yoga postures connecting with the breath.

### 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.

### Ballroom (Adult)

A relaxed and social class where you'll learn a range of dances, such as Waltz, Quickstep and Foxtrot.

### Contemporary Ballet (Adult)

A ballet-focused contemporary class, with new exercises every week and building on a short phrase at the end of class.

### 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.

### 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!

### Pilates (Adult)

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

### Tap (Adult)

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