



DANCECITY 
DANCE FOR THE NORTH EAST

CLASSES & WORKSHOPS

**GET INTO
DANCE**



SUMMER 2023

0191 261 0505 | dancecity.co.uk

CLASS TIMETABLE

Monday 17 April
to Friday 23 July

SCAN THE
QR CODE
TO BOOK
ONLINE:



Monday

| Class | Time | Age | Level |
|-----------------|--------------|-------|---------------------|
| In Motion | 11am-12pm | Adult | Admits parent/carer |
| Slow Flow Yoga | 12.30-1.30pm | 55+ | All |
| Commercial | 5.30-6.30pm | Adult | All |
| Argentine Tango | 5.30-6.30pm | Adult | All |
| Pilates | 6.30-7.30pm | Adult | All |
| Contemporary | 6.30-7.30pm | Adult | Beginners |
| Salsa | 7-8pm | Adult | Improvers |
| Ballet | 7.30-8.30pm | Adult | Improvers |
| Contemporary | 7.30-8.30pm | Adult | Improvers |
| Salsa | 8-9pm | Adult | Beginners |

Tuesday

| | | | |
|-------------------|-------------|-------|-----------|
| Tap | 12-1pm | 55+ | Beginners |
| Tap | 1-2pm | 55+ | Beginners |
| Fitsteps | 5.30-6.30pm | Adult | All |
| Vinyasa Flow Yoga | 5.30-6.30pm | Adult | All |
| Musical Theatre | 6.30-7.30pm | Adult | All |
| Ballroom | 6.30-7.30pm | Adult | Beginners |
| Jazz | 7.30-8.30pm | Adult | All |
| Ballroom | 7.30-8.30pm | Adult | Improvers |

Wednesday

| | | | |
|----------------------|-------------|-------|--------------------|
| Pilates | 11am-12pm | 55+ | All |
| Ballroom & Latin | 1.30-2.30pm | 55+ | All |
| Tap Show Class | 2.30-3.30pm | 55+ | Improvers/Advanced |
| Egyptian Belly Dance | 5.30-6.30pm | Adult | Beginners |
| Afro Mix | 6-7pm | Adult | All |
| Tap | 6.30-7.30pm | Adult | Beginners |
| Egyptian Belly Dance | 7-8pm | Adult | Improvers |
| Tap | 7.30-8.30pm | Adult | Improvers |
| Hip Hop | 7.30-8.30pm | Adult | Improvers |

Thursday

| Class | Time | Age | Level |
|--------------------------|-------------|-------|-----------|
| Ballet | 12-1pm | 55+ | Improvers |
| Ballet | 1-2pm | 55+ | Beginners |
| Contemporary Flow | 2.15-3.15pm | 55+ | All |
| Ballet | 5-6pm | Adult | Beginners |
| Cabaret Heels NEW | 6-7pm | Adult | All |
| Dance Workout | 6.30-7.30pm | Adult | All |
| Hip Hop | 6.30-7.30pm | Adult | Beginners |
| Commercial Heels | 7-8pm | Adult | All |

Friday

| | | | |
|----------------|-----------------|-------|------------------|
| Boogie Babies | 9.30-10.30am | 1-3 | All |
| Get Moving | 11.15am-12.15pm | Adult | Admits companion |
| Tap | 12.30-1.30pm | 55+ | Improvers |
| Fitsteps | 1.45-2.45pm | 55+ | All |
| Ballet Primary | 4.30-5.30pm | 4-6 | All |
| Bollywood | 5-6pm | 7-11 | All |
| Flamenco | 6-7pm | Adult | Beginners |
| Bollywood | 6-7pm | Adult | All |
| Vogue | 6.30-7.30pm | Adult | All |

Saturday

| | | | |
|---------------------|---------------|-------|-----------|
| Ballet Primary | 9.30-10.30am | 4-6 | All |
| Hip Hop | 9.30-10.30am | 7-11 | All |
| Contemporary Club | 10-11am | 7-11 | Beginners |
| Ballet Junior | 10.30-11.30am | 7-11 | All |
| Hip Hop | 10.30-11.30am | 12-17 | All |
| Contemporary Club | 11am-12pm | 7-11 | Improvers |
| Breaking | 11am-12pm | 7-11 | Beginners |
| Pop Steps | 12-1pm | 4-6 | All |
| Contemporary Fusion | 12-1pm | 12-17 | All |
| Breaking | 12-1pm | 7-11 | Improvers |
| Breaking | 1-2pm | 12-17 | All |

Sunday

| | | | |
|---------------------|-----------------|-------|-----------|
| Ballet | 10.30-11.30am | Adult | Beginners |
| Ballet | 11.30am-12.30pm | Adult | Improvers |
| Pilates / Stretch | 12.30-1.30pm | Adult | All |
| Ballet Choreography | 12.45-1.45pm | Adult | Improvers |

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

BOOKING

New to Dance City?

Try your first class for free.

Call us to book quoting "New For 23"

ONLINE dancecity.co.uk

PHONE 0191 261 0505

Adults Class prices

| Ticket price | Ticket type | Price per 12 classes |
|--------------|--|----------------------|
| £9 | Full Price | £108 |
| £6 | Accessible Price* | £72 |
| £7 | Member's Price | £84 |
| £6 | Termly ticket (Members only - £6 per class when you book 12 or more classes) | £72 |

Kids Class prices

| Ticket price | Ticket type | Price per 12 classes |
|--------------|--|----------------------|
| £8 | Full Price | £96 |
| £5 | Accessible Price* | £60 |
| £6 | Member's Price | £72 |
| £5 | Termly ticket (Childrens Members only - £5 per class when you book 12 or more classes) | £60 |

*To find out more about Accessible Prices and Membership, please visit the website.

ADULT WORKSHOPS

Hang Aerial

Adults – Sundays, 3.30-5pm – 23 Apr, 7 May, 11 Jun – Priced at £15[†]

55+ – Mondays, 9.30-10.45am – 24 Apr, 15 May, 12 Jun, 10 Jul – Priced at £12

A unique and challenging workshop in which you will use trapeze, aerial hoop, cocoon, and silks to build strength and technique.



KIDS WORKSHOPS

Hang Out and Dance

Sundays - 23 Apr, 7 May and 11 Jun

Age: up to 11, 1-2pm | 12+, 2.15-3.15pm




£8

Dance and Aerial sessions for all, with lots of props and games. This group is inclusive and has just 10 spaces so that we can welcome all abilities and needs.

DANCECITY 
DANCE FOR THE NORTH EAST

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More workshops to be announced, please check the website for updates.

*To find out more about Accessible Prices and Membership, please visit the website. **Terms and conditions apply. Offer can only be used by new customers to Dance City, and for bookings for the Summer 2023 term. Bookings must be made over the phone with a member of the ticket office team. Offer can only be used once per customer. Offer is redeemable against 1x adult or 1x child class, workshops or dance camps are not included. †Accessible pricing available, please speak to ticket office.