



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 Sunday 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 
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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.