

NEW

Street Fit & Pilates
Classes

SWINDON DANCE



CLASSES FOR EVERYONE

Term Dates: 24.04.17 – 22.07.17 | Live Music for some classes

Adults 16 - 70+ years | Young People 11 - 16 years | Children 18 months – 10 years

SWINDON **DANCE** Regent Circus, Swindon, SN1 1QF. **T:** 01793 601700 **W:** www.swindondance.org.uk



WELCOME

SWINDON DANCE CLASS PROGRAMME

Our classes offer an inspirational experience of quality dance to all, regardless of age, gender or ability, engaging people creatively, artistically and safely in dance.

Our classes are led by highly qualified and experienced dance professionals. The emphasis is on the enjoyment of learning about dance in a welcoming environment.

We value everyone who steps through our doors because you are the pulse that drives and inspires us to continue to offer access to dance opportunities of the highest quality for all.

AGE GROUPS FOR WEEKLY PARTICIPATION

- Adult: 16+ years
- Young People: 11 – 16 years
- Children: 18 months – 10 years

TALENT DEVELOPMENT:

Our Talent Development Programme offers opportunities for the individual to develop their technical, creative and performance dance skills, providing them with their next steps in dance and a pathway to vocational training.

WHAT TO WEAR:

Comfortable, loose fitting clothes that you can move freely in. Choice of footwear depends on dance style, e.g Tap or Ballet. For some classes, bare feet are preferable.

ADULT CLASSES 16 - 70+ YEARS

Our ADULT DANCE CLASSES are for everyone, whether for fun, fitness or skills development. There are classes for all levels taught by professional dance teachers. Most classes are pay as you go apart from Yoga and Salsa which require enrolment.

LEVEL 1

Suitable for beginners.

LEVEL 2

For those who have already learned the basic principles and are ready to work at a faster pace.

LEVEL 3

For those who have previous dance training — these classes are challenging and require good technical knowledge.

GENERAL

Suitable for all except complete beginners.

SAVE MONEY WITH AN ADULT DANCECARD

Save money buy 10 classes for the price of 9!
£55.80 / £38.25 CONC

A Dance Card can be used for all adult pay-as-you-go classes. Just bring your card every time you come and Reception will stamp it. When its full, simply buy another.

Dance Cards are valid for 1 year from the date of purchase and are non-refundable.



ADULT

ADULT CLASSES 16 - 70+ YEARS

BALLET - These classes are designed to be a fun, exploration of classical ballet technique that will aid the development of posture, coordination, balance and strength. This is a fantastic way to improve fitness, whilst also discovering the artistry and finesse of classical dance.

CONTEMPORARY

Accompanied by a musician.™

- An energetic and stimulating class teaching the principles and foundation of contemporary dance. Learn technique and movement vocabulary; develop strength, co-ordination and confidence and wrap it all up in inspirational movement sequences.

CLASSICAL INDIAN DANCE-

BHARATANATYAM - A classical style that originated in the temples of Tamil Nadu and uses co-ordinated body, hand and foot movements to tell stories and express emotions.

SALTO! - An integrated dance class meeting weekly for people with or without learning or physical disability.

An all dancing fun class exploring a range of styles through creativity with opportunities to perform throughout the year.

SALSA - A highly popular form of social dancing with strong influences from Latin America. An energetic class where you can dance solo or with a partner. Loosen up the hips and step to the Salsa timing!

SWING/LINDY HOP - Lindy Hop is the most popular swing dance style and a great social dance with origins from the 20's, 30's & 40's - It Don't Mean a Thing If It Ain't Got That Swing!

TAP - Learn dynamic movement combinations and bring out your inner rhythm in this energetic, toe tappin' experience.

JAZZ - A popular and dynamic dance style with a mix of exciting footwork, sharp movements and up to date funky beats. A great way to strengthen the body and improve fitness, balance and coordination.

HEALTH AND WELLBEING


PILATES (mixed ability) - Pilates is the ultimate mind and body workout. It focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. Pilates is suitable for all ages and abilities.

YOGA (mixed ability) - This class focuses on developing physical and mental wellbeing through yoga poses which build strength, posture, flexibility, balance and co-ordination. Yoga nidra (deep relaxation) and pranayama will also be incorporated

DANCE FIT FUSION (mixed ability) - A full body aerobic workout incorporating a range of dance styles that will increase your fitness transform your body and provide lots of fun.

STREET FIT (mixed ability) - A Street styled Dance fit class with cool tunes, 80's and 90's party dance moves and easy to learn routines. Wear trainers, no floor work.

ADULT CLASSES 16 - 70+ YEARS NO CLASSES ON BANK HOLIDAY MONDAYS, 1ST & 29TH MAY

| MONDAY | LEVEL | TIME | INSTRUCTOR | COSTS |
|--|-----------|---------------------------|---------------------------|---|
| SALTO! | General | 1:30-2:30 ^{pm} | Jemma Turland | £42.00 Per Term Or £3.50 Per Class |
| Ballet | Level 1 | 6:30-7:30 ^{pm} | Sarah Ferris | £6.20/£4.25 |
| Dance Fit Fusion | General | 6:30-7:30 ^{pm} | Kimmy Brewser | £6.20/£4.25 |
| Yoga 24th Apr – 22nd May | General | 6:30-7:30 ^{pm} | Carrie Barton-Fox | £28.00/£19.60 |
| Yoga 5th June – 17th July | General | 6:30-7:30 ^{pm} | Carrie Barton-Fox | £49.00/£34.50 |
| Jazz | Level 2/3 | 7:30-8:30 ^{pm} | Sarah Josh | £6.20/£4.25 |
| Salsa 24th Apr – 22nd May | Level 1 | 7:30-8:15 ^{pm} | Claudia Alborno | £19.60/£13.60 |
| Salsa 5th June – 17th July | Level 1 | 7:30-8:15 ^{pm} | Claudia Alborno | £34.50/£24.00 |
| Salsa 24th Apr – 22nd May | Level 2 | 8:15-9:00 ^{pm} | Claudia Alborno | £19.60/£13.60 |
| Salsa 5th June – 17th July | Level 2 | 8:15-9:00 ^{pm} | Claudia Alborno | £34.50/£24.00 |
| TUESDAY | LEVEL | TIME | INSTRUCTOR | COSTS |
| Indian Dance-Bharatanatyam | General | 6:00-7:00 ^{pm} | Chaitanya G.A | Call 0743 823 6386 for details/ booking |
| Tap | Level 1 | 6:15-7:00 ^{pm} | Sarah Josh | £4.90/£3.40 |
| Tap | Level 2 | 7:00-8:00 ^{pm} | Sarah Josh | £6.20/£4.25 |
| Street Fit 25th April – 23rd May | General | 7:00-8:00 ^{pm} | Banxy | £6.20/£4.25 |
| Tap | Level 3 | 8:00-9:00 ^{pm} | Sarah Josh | £6.20/£4.25 |
| WEDNESDAY | LEVEL | TIME | INSTRUCTOR/MUSICIAN | COSTS |
| Pilates | General | 12:30-1:30 ^{pm} | Gemma Bowen | Call 07935 398 686 for details/ booking |
| Contemporary  | Level 1 | 6:30-7:30 ^{pm} | Luke Antysz/Emma Holbrook | £6.20/£4.25 |
| Jazz | Level 1 | 8:00-9:00 ^{pm} | Vicki Bailey | £6.20/£4.25 |
| THURSDAY | LEVEL | TIME | INSTRUCTOR | COSTS |
| Swing/Lindy Hop | Level 1 | 7:00-8:00 ^{pm} | Swingout Swindon | £6.00 Call 01793 340 271 for details/ booking |
| Ballet | Level 2 | 7:00-8:00 ^{pm} | Sarah Ferris | £6.20/£4.25 |
| Ballet | Level 3 | 8:00-9:00 ^{pm} | Sarah Ferris | £6.20/£4.25 |
| Swing/Lindy Hop | Level 2 | 8:00-9:00 ^{pm} | Swingout Swindon | £6.00 Call 01793 340 271 for details/ booking |
| SATURDAY | LEVEL | TIME | INSTRUCTOR | COSTS |
| Indian Dance-Bharatanatyam | General | 10:00-11:00 ^{am} | Chaitanya G.A | Call 0743 823 6386 for details/ booking |

ADULT

YOUNG

YOUNG PEOPLES CLASSES 11 – 16 YEARS

Our **YOUNG PEOPLE'S CLASSES** are designed to give inspirational and fun dance opportunities by taking part in weekly technique classes, youth groups and performance projects. Whether they want to dance for fun, fitness, enjoyment or a career in dance.

BALLET - These classes are designed to be a fun, exploration of ballet technique that will aid the development of posture, coordination, balance and strength. A fantastic way to improve fitness and discover the artistry and finesse of classical dance.

CONTEMPORARY

Accompanied by a musician. ^(M)

- An energetic and stimulating class teaching the principles and foundation of contemporary dance. Learn technique and movement vocabulary; develop strength, coordination and confidence and wrap it all up in inspiring movement sequences.

TAP - A chance to learn and improve the technique of tap in the current American Percussive style.



Weekly classes involve rhythmical and creative exercises to allow young people to express their musicality as well as learning the fundamental skills of tapping. A fun and creative hour of tapping!!!

JAZZ - Inspirational and dynamic classes offering young people the chance to learn the latest moves as seen on TV! A mix of exciting footwork, sharp movements and funky beats!

JUST FOR KICKS - For boys and girls aged 9-13 years, offering an exciting range and fusion of Dance styles and opportunities to create and perform.

STEREOTYPE BOYS YOUTH DANCE COMPANY

- An all boys youth dance company that meet weekly working creatively through contemporary dance and other dance styles to create performance pieces.

A highly physical, fun and motivational dance company where boys can be boys.

SALTO! JUNIORS - Salto! Juniors is a dance class for children aged 7-12yrs with learning disabilities. Salto! Juniors explores a range of dance styles through creativity. Previous dance experience is not required.

TALENT DEVELOPMENT PROGRAMME 9 - 19 YEARS

TALENT DEVELOPMENT PROGRAMMES FOR CHILDREN AND YOUNG PEOPLE

- Our Talent Development programme offers opportunities for the young dancer to develop their technical, creative and performance dance skills, providing them with their first steps in dance and a pathway to vocational training and a career in dance. Entry is by audition only.

THE ROYAL BALLET SCHOOL [RBS] - PRIMARYSTEPS PROGRAMME

- PrimarySTEPS is run by the RBS Partnership and Access Programme and Swindon Dance. It is a national junior school programme that provides year 3-6 class groups from 6 local Swindon schools with a positive introduction to ballet and access to a first experience in dance. PrimarySTEPS is funded by the Department for Education.

STEPS2 (9-13 YEARS) - STEPS2 provides the pathway for aspiring children to develop their dance skills and natural ability, encouraging potential and preparing them for the next steps.



STEPS2 helps develop physical confidence, inspires creativity, musicality and performance skills through contemporary, ballet and jazz dance styles. It is taught by core and guest tutors and artists.

SWINDON DANCE YOUTH COMPANY (13-19 YEARS) - Swindon Youth Dance Company (SYDCo) offers technical, choreographic and extensive performance opportunities across the south west. It provides a unique pathway for aspiring young dancers and artists.

YOUTH DANCE ACADEMY (11-18 YEARS)

- The Youth Dance Academy (YDA) is 1 of 9 Centres for Advanced Training (CAT) across the country. It is a national coaching programme offering pre-vocational training for exceptionally talented, passionate and committed dancers. The YDA covers the south west of the country and runs 3 programmes; Swindon Contemporary, Swindon Urban & Exeter Contemporary. The CATs are funded by the Department for Education.

FOR FURTHER INFORMATION

- on PrimarySTEPS, STEPS2 and SYDCo contact Swindon Dance: 01793 601700 / info@swindondance.org.uk

For the YDA contact: 01793 601702 opt. 3 / yda@swindondance.org.uk



YOUNG PEOPLES CLASSES 11 – 16 YEARS

NO CLASSES ON BANK HOLIDAY MONDAYS,
1ST & 29TH MAY - HALF TERM 29TH MAY - 3RD JUNE

| MONDAY | AGE | TIME | INSTRUCTOR | COSTS |
|---------------------------------|-----------|---------------------------|---------------------------|------------------------|
| Youth Tap | 11-16 yrs | 5.00-6.00 ^{pm} | Katie Purcell | £50.00/£35.00 |
| TUESDAY | AGE | TIME | INSTRUCTOR | COSTS |
| SALTO! Juniors | 7-12 yrs | 5.00-5.45 ^{pm} | Salto! Junior Team | £38.00/£26.50 |
| Just for Kicks | 9-13 yrs | 5.15-6.15 ^{pm} | Emma Carter | £50.00/£35.00 |
| Swindon Youth Dance Co. | 13-19 yrs | 6.15-8.15 ^{pm} | Emma Carter | Next Audition 4th July |
| WEDNESDAY | AGE | TIME | INSTRUCTOR/MUSICIAN | COSTS |
| Youth Contemporary [Ⓜ] | 11-16 yrs | 5.30-6.30 ^{pm} | Luke Antysz/Emma Holbrook | £54.00/£38.00 |
| THURSDAY | AGE | TIME | INSTRUCTOR | COSTS |
| Youth Ballet Level 1 | 11-16 yrs | 4.45-5.45 ^{pm} | Tanya Reilly | £54.00/£38.00 |
| Youth Ballet Level 2 | 11-16 yrs | 5.45-6.45 ^{pm} | Tanya Reilly | £54.00/£38.00 |
| STEREOTYPE Boys Youth | 11-16 yrs | 6.00-7.00 ^{pm} | Luke Antysz | £50.00/£35.00 |
| FRIDAY | AGE | TIME | INSTRUCTOR | COSTS |
| STEPS2 | 9-13 yrs | 4.30-6.00 ^{pm} | STEPS2 Team | Next Audition 7th July |
| SATURDAY | AGE | TIME | INSTRUCTOR | COSTS |
| Jazz | 11-12 yrs | 10.15-11.00 ^{am} | Sarah Josh | £50.00/£35.00 |
| Jazz | 13-16 yrs | 11.00-11.45 ^{am} | Kimmy Brewser | £50.00/£35.00 |
| Youth Dance Academy | 11-17 yrs | 12.00-5.30 ^{pm} | Amie Hawker | Entry by Audition only |
| SUNDAY | AGE | TIME | INSTRUCTOR | COSTS |
| Youth Dance Academy | 11-17 yrs | 11.00-4.30 ^{pm} | Charlene Smith | Entry by Audition only |

CHILDRENS CLASSES 18 MONTHS - 10 YEARS



SWINDON
DANCE
CENTRE

CHILDREN

CHILDRENS CLASSES 18 MONTHS – 10 YEARS

Our CHILDREN'S CLASSES are designed to give an inspirational and fun first step into dance – they are non-exam orientated and dancers progress by age and ability to the next class, enabling them to follow a unique and age appropriate dance pathway.

PARENT & TOTS

Accompanied by a musician.™

- A fun creative class where parents and tots explore movement together through rhymes, stories and imaginary visits to the circus or under the sea! Classes aid social skills, confidence, cognitive and physical development.

BALLET

Some classes accompanied by a musician.™

- These classes are a fun and engaging way of learning the early steps of classical ballet and a great way for children to develop coordination, balance and agility.

SALTO! JUNIORS - Salto! Juniors is a dance class for children aged 7-12yrs with learning disabilities. Salto!



Juniors explores a range of dance styles through creativity. Previous dance experience is not required.

STREET JAM - Fun filled, energetic street dance classes where you can learn the latest street and hip hop techniques.

MOVERS PROGRAMME - Lively dance classes focusing on movement, musicality, physicality and fun. Classes emphasise the development of children inspiring them to explore their creativity and imagination while developing cognitive, social and emotional skills.

JAZZ - Inspirational and dynamic classes offering children the chance to learn the latest moves as seen on TV! A mix of exciting footwork, sharp movements and funky beats!

JUST FOR BOYS - A boys only dance group, highly energetic and motivational - providing a physical and creative experience for all. The group works creatively through contemporary dance as well as introducing other dance styles to create performance pieces.

JUST FOR KICKS - For boys and girls aged 9-13 years, offering an exciting range and fusion of Dance styles and opportunities to create and perform.

TAP - Children will learn the fundamentals of Tap, using a range of technical and creative exercises in an American percussive style.

CLASSICAL INDIAN DANCE- BHARATANATYAM - A classical style that originated in the temples of Tamil Nadu and uses co-ordinated body, hand and foot movements to tell stories and express emotions.

CHILDRENS CLASSES 18 MONTHS – 10 YEARS

NO CLASSES ON BANK HOLIDAY MONDAYS,
1ST & 29TH MAY - HALF TERM 29TH MAY - 3RD JUNE






| MONDAY | AGE | TIME | INSTRUCTOR/MUSICIAN | COSTS |
|--|---------------|---------------------------|---------------------------|---|
| Ballet  | 3-4 yrs | 3.45-4.15 ^{pm} | Zoe Humphries/Peter Haime | £35.00/£24.50 |
| Ballet  | 5-6 yrs | 4.15-4.45 ^{pm} | Zoe Humphries/Peter Haime | £35.00/£24.50 |
| Street Jam | 5-8 yrs | 4.15-4.45 ^{pm} | Banxy | £35.00/£24.50 |
| Ballet  | 7-8 yrs | 4.45-5.30 ^{pm} | Jemma Turland/Peter Haime | £46.00/£32.00 |
| Ballet | 9-10 yrs | 5.30-6.15 ^{pm} | Jemma Turland | £46.00/£32.00 |
| TUESDAY | AGE | TIME | INSTRUCTOR/MUSICIAN | COSTS |
| Parents and Tots  | 18 mths-4 yrs | 10.15-11 ^{am} | Jemma Turland/Peter Haime | £50.00/£35.00 |
| Tap | 7-10 yrs | 4.00-4.45 ^{pm} | Katie Purcell | £50.00/£35.00 |
| Ballet  | 3-4 yrs | 4.00-4.30 ^{pm} | Sarah Josh/Peter Haime | £38.00/£26.50 |
| Ballet  | 5-6 yrs | 4.30-5.00 ^{pm} | Sarah Josh/Peter Haime | £38.00/£26.50 |
| SALTO! Juniors | 7-12 yrs | 5.00-5.45 ^{pm} | Salto! Junior Team | Please call for details |
| Just for Kicks | 9-13 yrs | 5.15-6.15 ^{pm} | Emma Carter | £54.00/£38.00 |
| Indian Bharatanatyam Dance | 5+ yrs | 6.00-7.00 ^{pm} | Chaitanya G.A | Call 0743 823 6386 for details/ booking |
| WEDNESDAY | AGE | TIME | INSTRUCTOR | COSTS |
| The Royal Ballet Primary STEPS | 7-11yrs | 4.00-7.45 ^{pm} | Primary STEPS Team | Partnership programme |
| THURSDAY | AGE | TIME | INSTRUCTOR | COSTS |
| Just For Boys | 7-10 yrs | 5.00-6.00 ^{pm} | Luke Antysz | £50.00/£35.00 |
| FRIDAY | AGE | TIME | INSTRUCTOR | COSTS |
| STEPS2 | 9-13 yrs | 4.30-6.00 ^{pm} | STEPS2 Team | Next Audition 7th July |
| SATURDAY | AGE | TIME | INSTRUCTOR | COSTS |
| Tiny Movers | 3-4 yrs | 9.00-9.30 ^{am} | Sarah Fletcher | £38.00/£26.50 |
| Jazz | 5-7 yrs | 9.00-9.30 ^{am} | Sarah Josh | £38.00/£26.50 |
| Midi Movers | 5-7 yrs | 9.30-10.15 ^{am} | Sarah Fletcher | £50.00/£35.00 |
| Jazz | 8-10 yrs | 9.30-10.15 ^{am} | Sarah Josh | £50.00/£35.00 |
| Mega Movers | 8-10 yrs | 10.15-11.00 ^{am} | Sarah Fletcher | £50.00/£35.00 |
| Indian Bharatanatyam Dance | 5+ yrs | 10.00-11.00 ^{am} | Chaitanya G.A | Call 0743 823 6386 for details/ booking |

Photo credits: Rachel Cherry & Mark Pepperall



BOOKING INFORMATION

To book for enrolled classes

- Call in to Swindon Dance Reception in person
- Call us on 01793 601700
- Book online – swindondance.org.uk/classes/

Classes must be paid for at the time of booking.

For children's and young people's classes an enrolment form will need to be completed which includes emergency contact details, medical information and media consent. Swindon Dance reception will give / send you the form at the time of booking.

Pay as you go sessions - Some of our Adult Classes run on a Pay-as-you-go basis. There's no need to pre-book, just come along to reception before the class to pay. You will be given a ticket which you will need to hand to your class teacher.

Dance Cards – you can use a Dance Card for any Adult Pay-as-you-go class. Just bring your card to reception and they will sign off for the class you want to do and give you a token to hand to the class teacher.

Refunds / exchanges - Refunds/transfer of classes are at the discretion of Swindon Dance.

Concessions

(Evidence of eligibility required on first visit)

Adults:

Students (16 & over in full-time education)
Job Seekers/Unwaged
Senior Citizens
Registered Disabled

Children and young people:

This rate is available when the parent/carer meets one of the following:
Students (16 & over in full-time education)
Job Seekers/Unwaged
Senior Citizens
Registered Disabled

Booking fees - For online booking a fee of £1.25 is charged per transaction. For credit and debit card payment a fee of 50p is charged per transaction. We accept cheques, made payable to Swindon Dance, and cash. There are no extra charges for using these payment methods.

Opening hours - please refer to our website www.swindondance.org.uk

**SWINDON
DANCE**



www.swindondance.org.uk



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