

# STUDIO PROGRAMME TIMETABLE - AUTUMN TERM 2018

Class	Description	Who?	When?	Cost?
Space Babies	A movement based session which stimulates your baby through rhythm, music and sensory play.	0-17 months	Mondays 10-10.45 am	£3.50
Mini Movers	A dynamic and creative movement and play session with songs and games.	18 months-3 years	Mondays 11-11.45 am	£3.50
 Social Movements	A fun, social and creative dance class with a focus on mobility and fitness. You can also stay for a brew after!	50+ years	Mondays 6-7 pm	£5.50/£5.00*
 Me & My Family Fitness	An exercise class for those with young children. Stretching and strengthening, rather than high impact training.	Adults & 2-5 years	Tuesdays 1.30-2.30 pm	£4.50
Street Crew	A high energy street dance class for those that want to express themselves through an urban dance style.	9-13 years	Tuesdays 5-6 pm	£4.00
Dance Flavours	An open class for adults wanting to explore a variety of ballroom dance styles from jive to salsa.	18+ years	Tuesdays 6-7 pm	£5.50/£5.00*
Tap	Find your dancing feet in this fun and friendly tap class. Suitable for absolute beginners and improvers.	16+ years	Tuesdays 7-8 pm	£5.50/£5.00*
 LYDC Juniors	A new junior contemporary dance class for local dancers aspiring to be part of our national youth company.	10-14 years	Wednesdays 5.15-6.15 pm	£5.00
 Arts Award Drop in	A quick drop in session for local young people working towards either an Explore, Bronze or Silver Award.	11-18 years	Wednesdays 6.30-7 pm	FREE
 BOOST IT	Boost your contemporary technique. Strengthen technical and performance skills and discover your own creativity.	14-21 years	Wednesdays 7-8.30 pm (every other week)	£6.50
 Movement & Mindfulness	Gentle combination of movement, mindfulness techniques and meditation. Feel happier, relaxed and self-assured.	16+ years	Thursdays 6-7 pm	£5.50/£5.00*
Contemporary Dance	An energising and open class which includes a range of dance sequences inspired by contemporary techniques.	18+ years	Thursdays 7-8.15 pm	£6.50/£6.00*
Ballet Bounce	An imaginative and creative ballet based class designed to explore dance through music and movement.	3-4 years	Saturdays 9.45-10.25 am	£3.50
Stage Dance	Step into the world of performance and look at styles from jazz to contemporary and choreography.	5-7 years	Saturdays 10.30-11.15 am	£4.00
Junior Ballet	An introduction to ballet technique for eager little dancers or a perfect way to progress on from Ballet Bounce.	5-7 years	Saturdays 11.30-12.15 am	£4.00

\*concessions available

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