

DanceEast classes at the Jerwood DanceHouse

Saturday 3 September - Saturday 17 December (Half term 24 - 28 October)

All classes can be booked one week in advance, either over the phone, in person or online. A 50p fee applies when booking for classes by card either over the phone or in person. There is currently no fee for booking classes online.

Adult classes are open to people aged 16 years and over.

Box Office/All enquiries: 01473 295230

MONDAY			Does this class run in Half Term?
Tots & Co	1 - 3yrs +adults	10.00 - 11.00am	
Latin Fit	Adults	1.00 - 1.45pm	
Adult Ballet	18yrs+	2.00 - 3.30pm	
Sprinkles	4 - 7yrs	4.15 - 5.15pm	Yes
Young Springboard NEW!	7 - 11 yrs	4.30 - 5.30pm	Yes
Contemporary for Teens NEW DAY!	11 - 16 yrs	4.45 - 6.00pm	Yes
Junior Springboard	12 - 18yrs	6.00 - 7.15pm	Yes
Adult Ballet Beginners	Adults	6.00 - 7.15pm	Yes
Adult Ballet Improvers	Adults	7.30 - 9.00pm	Yes
TUESDAY			
Tots & Co	1- 3yrs +adults	9.30 - 10.30am	
Tots & Co: Pre-schoolers NEW!	3 - 4yrs +adults	10.30 - 11.30am	
Legs, Bums and Tums NEW!	Adults	1.00 - 2.00pm	
Egyptian Belly Dance	Adults	2.30 - 3.45pm	
Creative Dance	7 - 11yrs	4.30 - 5.30pm	Yes
Pilates Beginners	Adults	5.30 - 6.30pm	Yes
Hip Hop	11 - 16yrs	6.15 - 7.30pm	Yes
Pilates Beginners	Adults	6.45 - 8.00pm	Yes
Springboard	18yrs+	7.30 - 9.00pm	Yes
Pilates Improvers	Adults	8.15 - 9.30pm	Yes
WEDNESDAY			
Tots & Co	1 - 3yrs +adults	10.00 - 11.00am	
Core Conditioning	Adults	1.00 - 1.45pm	
Integr8	All ages	1.30 - 3.00pm	
Time to Dance	50yrs+	6.15 - 7.45pm	Yes
Adult Tap Beginners	Adults	6.30 - 7.30pm	Yes
Adult Tap Intermediate	Adults	7.30 - 8.30pm	Yes
Zumba®	Adults	8.00 - 9.00pm	Yes
Contemporary Technique	Adults	8.00 - 9.30pm	Yes
Adult Tap Improvers	Adults	8.30 - 9.30pm	Yes

THURSDAY

Tots & Co	1 - 3yrs +adults	10.00 - 11.00am	
Contemporary Beginners	Adults	10.00 - 11.30am	
Engage	Adults	11.30am - 1.00pm	
Zumba®	Adults	1.00 - 2.00pm	
Sprinkles	4 - 7yrs	4.15 - 5.15pm	
Funky Jazz NEW TIME!	11 - 16yrs	5.15 - 6.15pm	
Egyptian Belly Dance Beginners	Adults	6.15 - 7.30pm	Yes
Adult Jazz	Adults	6.30 - 7.45pm	Yes
Egyptian Belly Dance Improvers	Adults	7.45 - 9.00pm	Yes
Adult Hip Hop	Adults	7.45 - 9.00pm	Yes
Yoga	Adults	8.00 - 9.30pm	Yes

FRIDAY

Fitness Yoga	Adults	7.30 - 8.30am	Yes
Tots & Co	1 - 3yrs +adults	10.00 - 11.00am	
Stretch & Tone	Adults	10.00 - 11.15am	
Pilates	Adults	2.00 - 3.15pm	
Zumba®	Adults	5.30 - 6.30pm	Yes
Pilates NEW TIME!	Adults	5.30 - 6.30pm	
Flamenco	Adults	6.30 - 8.00pm	Yes

SATURDAY

Tots & Co	1 - 3yrs +adults	9.30 - 10.30am	Yes
Sprinkles	4 - 7yrs	9.30 - 10.30am	Yes
Yoga	Adults	9.30 - 10.45am	Yes
Creative Hip Hop	4 - 7yrs	10.30 - 11.30am	Yes
Musical Theatre Dance	7 - 11yrs	11.00am - 12.15pm	Yes
Commercial Hip Hop NEW NAME!	Adults	11.30am - 12.45pm	Yes
Musical Theatre Dance	12 - 16yrs	12.30 - 1.45pm	Yes
Hip Hop	7 - 12yrs	1.45 - 3.00pm	Yes

Class cost

£5 adults £4 concessions £3.50 under 14yrs

Tots and Co: £5 adults, tots go free (max. 2 tots, £3.50 additional tots)

For pre-bookable classes please call **01473 295230** to book or visit the Box Office at the Jerwood DanceHouse.

DanceCards

Buy 10 classes and get 2 free! £50 adult, £40 concessions (student/ senior citizen/income support), £35 under 14yrs.

Buy 5 classes and get the 6 free! £25 adult, £20 concessions (student/ senior citizen/income support), £17.50 under 14yrs.