

# DANCE CITY SUNDERLAND CLASS TIMETABLE

Monday 3 September - Sunday 16 December 2018

MONDAY				
CLASS	TIME	AGE	LEVEL	PRICE*
Tap	11.00am - 12.00pm	Adult	All	£6.50
House	5.30pm - 6.30pm	Adult	All	£6.50
Modern Jazz	5.30pm - 6.30pm	Adult	All	£6.50
Egyptian Belly Dance	6.30pm - 7.30pm	Adult	Beginners	£6.50
Dance Workout	6.30pm - 7.30pm	Adult	All	£6.50
Afro Mix	7.30pm - 8.30pm	Adult	All	£6.50
Egyptian Belly Dance	7.30pm - 8.30pm	Adult	Intermediate	£6.50

TUESDAY				
Ballet	11.00am - 12.00pm	Adult	All	£6.50
Ballet	12.00pm - 1.00pm	55+	All	£6.50
Salsa	1.00pm - 2.00pm	Adult	All	£6.50
Salsa	2.00pm - 3.00pm	Adult	Improvers	£6.50
Aerial	4.00pm - 5.30pm	7 - 11	All	£10.00
Ballet	5.30pm - 6.30pm	Adult	All	£6.50
Aerial	5.45pm - 7.15pm	Adult	All	£12.00
Tap	6.30pm - 7.30pm	Adult	All	£6.50
Aerial	7.30pm - 9.00pm	Adult	Improvers	£12.00

SATURDAY				
Aerial	9.30am - 11.00am	11 - 15	All	£10.00
Aerial	11.15am - 12.45pm	Adult	All	£12.00
Aerial	1.00pm - 2.30pm	7 - 11	All	£10.00

SUNDAY				
Ballet	10.30am - 11.30am	4 - 7	All	£5.50
Sunday Dance Club	11.30am - 12.30pm	7 - 11	All	£5.50
Girlz Only	12.30pm - 1.30pm	11 - 15	All	£5.50

## MULTI-BUY PACKAGES

Make great savings on classes whilst guaranteeing your place! You can also mix and match your classes.

Adult Discounts from:

£57 for 12 classes  
£42 for 8 classes  
£22 for 4 classes

Children's Discounts from:

£54 for 12 classes  
£38 for 8 classes  
£20 for 4 classes

(Prices based on a one-hour class)

\*We offer £1 off adult prices shown for concessions  
- Students, Over 60's and those in receipt of Jobseekers Allowance. Proof required, not in conjunction with multi-buy packages.

**Dance City Sunderland**  
The Fire Station,  
High Street West,  
Sunderland,  
SR1 3EX

dancecity.co.uk  
0191 261 0505



### Aerial

Develop strength and awareness of the body performing aerial skills on a range of aerial kit including trapeze, silks and cocoon. No previous experience required.

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### Afro Mix

A great fun, and really effective dance workout, featuring a mix of Afro-Caribbean dance styles from dancehall/reggaeton, coupé décalé and azonto, to street, house, voguing and commercial.

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### Ballet

Learn the art of classical ballet, building strength and flexibility throughout the whole body.

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### Dance Workout

Set to popular music this class is designed to increase cardiovascular endurance and improve all round fitness. Come along to feel energized and invigorated.

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### Egyptian Belly Dance

Belly Dance is a great way to get fit, tone and build confidence. Learn and develop your moves and have plenty of fun.

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### Modern Jazz

This upbeat class is filled with jazz and modern technique and choreography. You will learn a variety of routines from favourite musical theatre productions.

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### Salsa

South America's most popular dance, salsa is great fun and great for socialising. Learn footwork, rhythm/salsa beats and partner work. (No partner required.)

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### Tap

Tap is a fun and energetic way to work your body and your brain. Learn technique, travelling steps, combinations and routines.

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### Ballet (4-7 years)

A beginner's session, aiming to teach the basic fundamentals of classical ballet in a fun and encouraging class, without the pressure of exams.

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### Girlz Only (11-15 years)

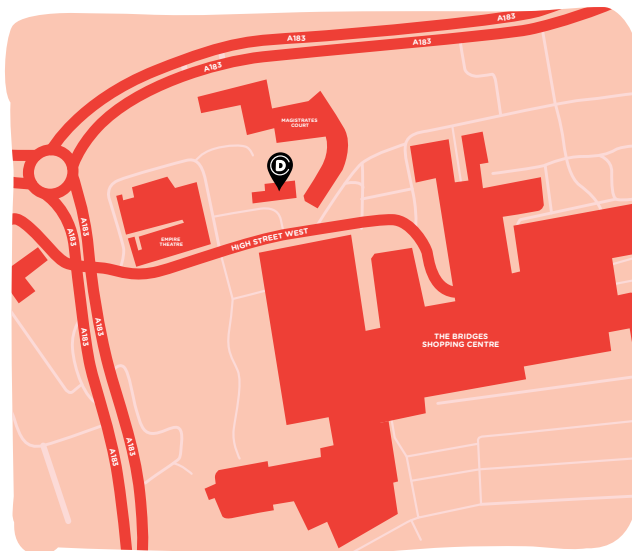
An urban class with a contemporary twist. Enjoy learning hip hop technique, choreography and performance skills.

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### Saturday Dance Club (7-10 years)

A session combining different dance styles, based upon contemporary dance, all set to popular, current music.

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Dance City Sunderland is a five minute walk from Sunderland City Centre Metro. The closest parking to Sunderland Dance City is the park and ride which is directly behind us and the police station.

**DANCECITY**   
Sunderland

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