

DANCE

Location Key:

BAC = Brady Arts Centre
BGC = Bethnal Green Centre
BGT = Bethnal Green Technology College
ISW = Idea Store Whitechapel
SHC = Shadwell Centre

NOCN (National Open College Network) – NOCN courses allow you to study at your own pace to gain credits towards a qualification. If you move within the UK, it's easy to continue with your learning.

Learn Dance for Yourself

Ballet

Our **Get Started in Ballet** courses cover the ballet basics such as style and technique, ballet vocabulary, balance and co-ordination. You will also learn how to warm up and prepare to dance safely, and to improve your posture and alignment by stretching and strengthening. **Improve your Ballet** by learning more advanced exercises and sequences, rehearse and refine combinations and sequences. You will also cover more complex movements such as pirouettes and jumping combinations and the finer points of ballet technique.

Get Started in Ballet

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sat	09:30 - 10:30	26-Apr-08	10	Beg	N	C3294	ISW	£25/10

Improve your Ballet

Improve your Ballet by learning more advanced exercises and sequences, rehearse and refine combinations and sequences. You will also cover more complete movements such as pirouettes and jumping combinations and the finer points of ballet technique.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	19:30 - 21:00	23-Apr-08	10	Int	N	C3295	ISW	£50/15
Sat	10:45 - 12:15	26-Apr-08	10	Int	N	C3296	ISW	£50/15

Don't Delay...

Enrol today

► Don't Delay! Enrol today!

Enrol early for your course and don't be disappointed.
If you know the course you want to enrol on
ask at any Idea Store or Learning Centre,
or call **020 7364 5665**

Contemporary Dance

When you Get Started in Contemporary Dance, you will begin to explore the many styles and techniques used in contemporary dance. Through floor work, centre work and barre exercises, you will develop your strength, flexibility and body alignment. You can Develop your Contemporary Repertoire by developing your awareness of important choreographers' work, and develop new movement language and interpretative skills. For contemporary dancers to learn a full advanced level routine. You can also create your own short sequences individually or in a group.

Contemporary Dance Performance Workshop

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11:30 - 13:30	11-May-08	8	All	N	C3452	ISW	£60/60

Jazz and Street Dance

Get Started in Jazz Dance

Become more flexible, fitter and better coordinated while dancing to jazz rhythms. Through a variety of movement combinations you will develop body awareness, dance ability and expression.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	18:00 - 19:00	21-Apr-08	10	Beg	N	C3297	ISW	£25/10

Improve your Jazz Dance

Improve your Jazz dance by studying the techniques of Luigi. Matt Mattox and Lester Horton and building routines performed to jazz, fusion and R&B and improve you performance skills by looking at stage presentation and space management. You need to have studied this dance style for at least a year before enrolling.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	19:15 - 20:45	21-Apr-08	10	Int	N	C3298	ISW	£50/15

Get Started in Urban Mix and Street Jazz Dance

Get Started in Urban Mix and Street Jazz Dance will familiarise you with the basics of street jazz dance. You can enjoy dancing in a group to a variety of 'urban style' music tracks while improving your body awareness, sense of space and rhythm, flexibility and co-ordination.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	18:15 - 19:15	24-Apr-08	10	Beg	N	C3299	ISW	£25/10

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Improve your Urban Mix and Street Jazz Dance

Improve your Urban Mix and Street Jazz Dance by covering more advanced technique exercises and by practicing group routines and combinations to a variety of 'urban style' music tracks. This will contribute to improving your body awareness, sense of space and rhythm, flexibility and co-ordination and your ability to dance more complex street jazz routines. You need to have studied this dance style for at least a year before enrolling.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	19:30 - 21:00	24-Apr-08	10	Int	N	C3300	ISW	£50/15

Advanced Jazz Performance Workshop

This workshop covers advanced level warm-up through technique exercises based on Mattox and Luigi styles, and learning a full advanced level routine choreographed by a tutor for this workshop. You can also create your own short sequences individually or in a group.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues, Wed & Thur	18:00 - 21:00	27-May-08	1	Int/Adv	Y	C3445	ISW	£55/15

Popular

Whether you want to learn the moves and sequences of the Waltz, Quickstep, Tango and Rumba in our Get Started in Ballroom and Latin American, and brush up your style and technique in our Improve your Ballroom and Latin American Dance sessions, we have the right class for you.

Get Started in Ballroom and Latin American Dance

Learn the moves and sequences of the Waltz, Quickstep, Tango and Rumba in our Get Started in Ballroom and Latin American course.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	19:00 - 21:00	23-Apr-08	10	Beg	N	C3301	BGC	£36/15

Improve your Ballroom And Latin American Dance

An opportunity to learn more about all the ballroom and Latin American dances - foxtrot, quickstep, cha cha, rumba and more - with an emphasis on style and rhythm. Come alone or with a partner. Suitable for learners who have completed a beginners course or equivalent in ballroom and Latin American dance.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	19:00 - 21:00	21-Apr-08	10	Int	N	C3302	BGCT	£ 70/15

Traditional

Our traditional dance classes cover styles from all over the world. In all the **Get Started** classes, you will learn the basics of form and technique, and go on in the intermediate classes to develop more advanced dance sequences and techniques.

Get started with African Dance

Discover the traditional, social and ceremonial dances from West and South Africa including Tokwe, Azania and Fume Fume. High energy dances that will develop rhythm, coordination and stamina.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sat	12:30 - 14:30	26-Apr-08	10	All	N	C3304	ISW	£36/15

Get Started with Capoeira

This ancient Brazilian martial art (Angolan style) combines elements of dance, play and discipline with music and song. Develop your confidence along with a strong sense of centre and balance.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	19:00 - 21:00	22-Apr-08	10	Beg	N	C3306	ISW	£36/15

Get Started in Salsa

Would you like to be able to dance the Merengue? Come and learn the basic moves and combinations of Salsa including leading and following skills. Develop your flexibility and coordination with your dance moves to energetic Latin American music.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18:15 - 19:30	23-Apr-08	10	Beg	N	C3309	BAC	£36/15

Improve your Salsa Skills

Already familiar with the basics of Salsa and want to develop your vocabulary of movements and steps? You will work on consolidating the leading and following skills, and expand your repertoire of moves and combinations to more complex rhythms. Participants should have completed a beginners course and be familiar with the basic structures of salsa.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	19:45 - 21:00	23-Apr-08	10	Int	N	C3310	BAC	£40/15

Have Fun with Flamenco

This course gives a good grounding in flamenco dance as well as building technique, rhythm and footwork and learning dances such as the Tangos and Soleo.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	19:00 - 20:00	22-Apr-08	10	All	N	C3307	BGC	£ 36/15

Improve your Flamenco

An in depth course developing the flamenco technique, movement vocabulary and learning choreographed dances to performance level. Participants should have studied flamenco for at least one year and be confident with the footwork and rhythmical structures.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	19:00 - 21:00	24-Apr-08	10	Int	N	C3308	BGC	£70/15

Bollywood Performance Workshop

Work on your own dance sequences combining elements of Indian classical and folk dances with non-Indian dance styles.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	13:45 - 15:45	11-May-08	8	All	N	C3365	ISW	£55/15

Family Fun

Our Creative Dance workshop is a great way for parents and children to learn together, and cover rhythm dance games, warm-ups, stretches and simple dances suitable for all levels. Up to two children aged 7-12 may accompany each adult.

Family Fun - Creative Dance

Our Creative Dance workshop is a great way for parents and children to learn together and cover rhythm dance games, warm-ups stretches and simple dances suitable for all levels. Up to two children aged 5-9 may accompany each adult.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	16:30 - 18:00	24-Apr-08	5	All	N	C3454	ISW	£0/0

