

## Dance Visions Studios

### Children's Weekly Dance/ Fitness Classes

#### Monday

Time	Class	Studio	Age
09:30 - 10:15	Tinies Gymnastics	S1	2 - 4 yrs
17:00 - 18:00	Vicky King - Street Dance	S1	7 - 16 yrs

#### Tuesday

Time	Class	Studio	Age
17:00 - 18:00	Acro/Rhythmic Gymnastics - Juniors/Inters (Learn a new routine each Term)	S1	6 - 9 yrs

#### Wednesday

Time	Class	Studio	Age
11:10 - 11:40	Ballet for Babies	S3	2.5 - 3.5 yrs
11:50 - 12:35	Ballet/Tap for Babies	S3	3.5 - 4.5 yrs
16:20 - 17:20	Gymnastics - Juniors	S1	4 - 6 yrs
16:00 - 17:00	Pre-Primary Ballet, Tap & Modern	S2	4.5 - 6 yrs
17:15- 18:00	Primary & Grade 1 Ballet	S2	6 - 9 yrs
17:30 - 18:30	Gymnastics - Inters	S1	7 - 9 yrs
18:40 - 19:40	Gymnastics - Seniors	S1	10 - 16 yrs

#### Thursday

Time	Class	Studio	Age
16:00 - 17:00	Gymnastics - Juniors	S1	4 - 6 yrs
17:10 - 18:10	Gymnastics - Inters	S1	7 - 9 yrs
18:20 - 19:20	Gymnastics - Seniors	S1	10 - 16 yrs

#### Friday

Time	Class	Studio	Age
16:00 - 18:00	DV Gym Squad 2 - Int/Sen	S1	7 - 16yrs
18:00 - 19:00	Gym Squad - Levels Class Inter/Sen ALL	S1	7 - 16yrs
19:00 - 21:00	DV Gym Squad 1 - Int/Sen	S1	7 - 16yrs

#### Saturday

Time	Class	Studio	Age
09:15 - 10:15	Gymnastics -Juniors	S1	4 - 6 yrs
09:05 - 09:35	Ballet for Babies	S3	2.5 - 3.5 yrs
09:50 - 10:35	Ballet / Tap for babies	S3	3.5 - 4.5 yrs
10:50 - 11:50	Pre-Primary Ballet, Tap & Modern	S3	4.5 - 6 yrs
08:55 - 09:55	Primary Ballet, Tap & Modern	S2	6 - 9 yrs
10:10 - 10:55	G1 Ballet	S2	7 - 9 yrs
11:10 - 11:55	G1 Tap	S2	7 - 9 yrs
12:10 - 12:55	G2 & G4 Modern Theatre Dance	S2	8 - 14 yrs
10:30 - 11:30	Gymnastics - Inters	S1	7 - 9 yrs
11:45 - 12:45	Gymnastics - Seniors	S1	10 - 16 yrs
13:10 - 13:55	G2, G3 & G4 Ballet	S2	9 - 14yrs

Please note: For Childrens Ballet, Tap & Modern Classes - All ages are a guide. These classes are based on ability. Gym classes are based on age only so please ask a member of staff if you require guidance or any further information when choosing classes. Childrens classes do not run in School Holidays but we may run holiday camps/workshops. Please check for any changes or breaks to Adult classes which we normally keep running in school holidays.

## Dance Visions Studios

### ADULT Weekly Dance/Fitness Classes

**All Adult classes are Pre-Book only and paid Monthly**

**New Joiners** - First class pay as you go (contact us)

Adult Classes (unless otherwise specified) are suitable for all ages 16yrs+  
13yrs+ and interested in one of these classes? (Please contact us)

#### Monday

Time	Class	Studio	Price
10:30 - 11:30	Contemporary 'Flowdance' - <i>Young at heart!</i> <b>Over 50's</b>	S3	£ 6.00
18:15 - 19:15	Tap Improvers/Int	S1	£ 8.00
19:30 - 20:30	Contemporary	S1	£ 8.00

#### Tuesday

Time	Class	Studio	Price
19:00 - 20:00	Ballet Beginner/Improver	S2	£ 8.00
19:30 - 20:30	Salsa Solo Lessons ( <i>Pre-Improver Level &amp; above</i> )	S1	£ 8.00
20:30 - 21:00	Salsa Solo Workshops <i>New workshop every month (Pre-Improver Level &amp; above)</i>	S1	£ 4.00

**\*\*SALSA BEGINNERS - If you are an Absolute Beginner or Beginner wanting to learn Salsa please contact us for info on Beginner Classes and Courses\*\***

#### Wednesday

Time	Class	Studio	Price
10:00 - 11:00	Silver Dancers Ballet - <i>Young at heart!</i> <b>Over 50's</b>	S2	£ 6.00

#### Thursday

Time	Class	Studio	Price
10:30 - 11:30	Zumba	S1	£ 6.00
19:30 - 20:45	Flowetic ( <i>Dance, Flow, Stretch and Tone</i> )	S1	£ 8.00

#### Friday

Time	Class	Studio	Price
10:30 - 11:45	Flowetic ( <i>Dance, Flow, Stretch and Tone</i> )	S1	£ 8.00

Studios are also available for Hire - Rehearsals, Clubs, Meetings, Training, Talks, Conferences, Corporate Events, Dance/Exercise and Private Lessons.