

Dance Visions Studios

Children's Weekly Dance/ Fitness Classes

Use QR CODE to Book a Trial Class

Monday

| Time | Class | Studio | Age |
|---------------|----------------------------------|--------|-------------|
| 16:30 - 17:30 | Pre-Primary Ballet, Tap & Modern | S4 | 4 - 6 yrs |
| 17:30 - 18:30 | Primary Ballet, Tap & Modern | S4 | 6 - 9 yrs |
| 18:30 - 19:30 | Grade 3 Ballet | S4 | 8 - 12 yrs |
| 19:30 - 20:30 | Contemporary Flowdance | S4 | 10 - 16 yrs |

Tuesday

| Time | Class | Studio | Age |
|---------------|----------------------|--------|-----------------|
| 09:30 - 10:15 | Tinies Tumble & Move | S1 | Walking - 4 yrs |
| 16:45 - 17:45 | Grade 1 Tap & Modern | S2 | 6 - 9 yrs |
| 17:45 - 18:30 | Grade 1 Ballet | S2 | 6 - 9 yrs |
| 18:30 - 19:15 | Pre-Pointe Ballet | S2 | 10 - 16 yrs |
| 19:15 - 20:15 | Intermediate Tap | S2 | 16 yrs + |

Wednesday

| Time | Class | Studio | Age |
|---------------|----------------------|--------|-------------|
| 16:15 - 17:15 | Gymnastics - Juniors | S1 | 4 - 6 yrs |
| 17:15 - 18:15 | Gymnastics - Inters | S1 | 7 - 9 yrs |
| 18:15 - 19:15 | Gymnastics - Inters | S1 | 7 - 9 yrs |
| 19:15 - 20:15 | Gymnastics - Seniors | S1 | 10 - 16 yrs |

Thursday

| Time | Class | Studio | Age |
|---------------|--|--------|-------------|
| 16:15 - 17:15 | Gymnastics - Juniors | S1 | 4 - 6 yrs |
| 17:15 - 18:15 | Gymnastics - Inters | S1 | 7 - 9 yrs |
| 18:15 - 19:15 | Acro/Rhythmic Gymnastics - (Learn a new routine each Term) | S1 | 6 - 12 yrs |
| 19:15 - 20:15 | Gymnastics - Seniors | S1 | 10 - 16 yrs |

Friday

| Time | Class | Studio | Age |
|---------------|--------------------------|--------|------------|
| 18:15 - 19:15 | Gym Squad - Levels Class | S1 | 7 - 16 yrs |
| 19:15 - 20:15 | DV Gym Squad | S1 | 7 - 16 yrs |

Saturday

| Time | Class | Studio | Age |
|---------------|----------------------------|--------|-------------|
| 08:55 - 09:40 | Grade 2 Ballet | S2 | 8 - 12 yrs |
| 09:00 - 09:45 | Twinkle Toes Ballet | S3 | 2 - 4 yrs |
| 09:40 - 10:40 | Grade 1 Tap/Grade 2 Modern | S2 | 7 - 11 yrs |
| 09:45 - 10:30 | Pre-Primary Ballet | S3 | 4 - 6 yrs |
| 10:30 - 11:30 | Just Dance - Juniors | S3 | 4 - 6 yrs |
| 10:40 - 11:25 | Grade 3 Ballet | S2 | 10 - 14 yrs |
| 11:25 - 12:10 | Grade 4 Modern Theatre | S2 | 10 - 14 yrs |
| 11:30 - 12:30 | Just Dance - Inters | S3 | 7 - 11 yrs |
| 12:10 - 12:55 | Grade 3 Tap | S2 | 10 - 14 yrs |
| 12:55 - 13:40 | Grade 4 Ballet | S2 | 12 - 15 yrs |
| 13:40 - 14:25 | Grade 5 Ballet | S2 | 15 - 18 yrs |

Please note: Annual Membership per student applies. OUR CHILDRENS CLASSES ALL HAVE A UNIFORM. 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. Children's classes do not run in School Holidays but we may run holiday camps/workshops.

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Dance Visions Studios

ADULT Weekly Dance/Fitness Classes

Please Pre-Book Adult Classes - Use QR CODE to Book a Trial/Class

Monday

| Time | Class | Studio | Drop in | Members |
|---------------|---|--------|---------|---------|
| 10:30 - 11:30 | Contemporary 'Flowdance' - <i>Young at heart!</i> Over 50's | S3 | £ 9.00 | £ 7.00 |
| 18:30 - 19:30 | Tap Improvers/Int | S2 | £ 10.00 | £ 8.00 |
| 19:30 - 20:30 | Contemporary Beginners | S2 | £ 10.00 | £ 8.00 |

Tuesday

| Time | Class | Studio | Drop in | Members |
|---------------|--|--------|---------|---------|
| 19:00 - 20:00 | Ballet Beginner/Improver | S2 | £ 10.00 | £ 8.00 |
| 19:00 - 20:00 | Cuban Salsa - Beginners Fundamentals | S1 | £ 10.00 | £ 8.00 |
| 20:00 - 21:00 | Cuban Salsa for all other levels + Freestyle | S1 | £ 10.00 | £ 8.00 |

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|--|--|---------------|---|----------------|---|----------------|
| 21:00 - 21:30 | Salsa Freestyle Only (Freestyle Dancing is where the music goes on and you have some time to just dance and practice what you have learnt in the classes) | S1 | £ | 6.00 | £ | 4.80 |
| Wednesday | | | | | | |
| Time | Class | Studio | | Drop in | | Members |
| 10:00 - 11:00 | Ballet - <i>Young at heart! Over 50's</i> | S2 | £ | 9.00 | £ | 7.00 |
| Thursday | | | | | | |
| Time | Class | Studio | | Drop in | | Members |
| 10:30 - 11:30 | Zumba - With Beki | S1 | £ | 9.00 | £ | 7.00 |
| Friday | | | | | | |
| Time | Class | Studio | | Drop in | | Members |
| | Available for Hire | | | | | |
| Saturday | | | | | | |
| Time | Class | Studio | | Drop in | | Members |
| | Available for Hire | | | | | |
| Studios are also available for Hire - Rehearsals, Clubs, Meetings, Training, Talks, Conferences, Corporate Events, Dance/Exercise and Private Lessons. | | | | | | |
| Annual Adult Membership - Benefit from promotions, discounts and limited time offers exclusively for members Adult Classes are suitable for all ages 16yrs+ | | | | | | |
| info@dancevisions.co.uk www.dancevisions.co.uk 01233 660393 | | | | | | |