



South East Dance Studios

Dance Classes | January–March 2012



Useful Information

Getting Here...

By Car

The Studios are a 10 minute drive via the B2173 from the A20 (London) or junction 3 of the M25. South East Dance Studios/Hextable School site has approximately 100 free off street parking spaces in the enclosed car park.

By Public Transport

There is a regular train service from London Victoria to Swanley. Taxis are available outside Swanley station. Train journey time = approx 30 minutes. Regular local bus services run to within 500 yards of South East Dance Studios – no. 477 via Hextable.

Access

The building is entirely on the ground floor and fully accessible. All of our studios and theatre space have a loop system and we welcome Guide Dogs and Hearing Dogs.

Enquiries / Bookings

If you have an enquiry or would like to book for a class please don't hesitate to get in touch:

South East Dance Studios
39 Egerton Avenue
Hextable
Kent BR8 7LG
01322 618618

studios@southeastdance.org.uk

www.southeastdance.org.uk

Payment

We accept: cash/cheques (made payable to 'South East Dance Ltd')/credit/debit card*

*Please note there is a £1 charge per credit/debit card transaction

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Ballroom | Ballet | Contemporary | Tap | Street Dance | Yoga | Zumba and more...

GENERATING EXCEPTIONAL EXPERIENCES IN DANCE

Spring Term Timetable

Tuesday 3 January – Friday 30 March

Half Term (no classes): Monday 13 – Friday 17 February

Monday	6.45–7.15pm 7.00–8.30pm 7.20–8.00pm 8.05–8.45pm	Beginners Tap with Pam Howard MBE £5 Yoga with Clair Yates £7 Intermediate Tap with Pam Howard MBE £5 Advanced Tap with Pam Howard MBE £5
Tuesday	1.00–2.00pm 2.15–3.00pm 6.30–7.15pm 7.30–9.00pm	Contemporary 40+ with Pam Howard MBE* £5 per class Adult Tap with Pam Howard* or £8 for both Adult Ballet with Pam Howard MBE £5 Dance Enriches Lives 50+ with Pam Howard MBE £6
Wednesday	10.00–11.30am 7.45–9.00pm	Yoga with Clair Yates £7 Ballroom with Sam Goddard £6
Thursday	4.30–5.30pm 8.00–9.00pm	Street Dance with Letitia Simpson £5 Zumba with Fiona Murphy £6
Friday	10.15–11.00am 1.00–1.45pm 2.00–2.45pm	Mini Movers with Emmeline Harris £4 Beginners Ballet 40+ with Pam Howard MBE £5 per class Jazz 40+ with Pam Howard MBE or £8 for both

*On the following dates ONLY: 3 January, 7 February, 6 March

Discounts

First class is FREE for new participants

Buy six classes in advance and get one FREE (must be redeemed within Spring Term)

Adult Ballet

Bringing back your movement memory and enjoying the skills, fun and elegance in barre and centre work (no pointe shoes required).

Adult Tap

These classes will help to improve and develop technique whilst having fun learning new routines. Please bring your own tap shoes.

Advanced Tap

A progression from intermediate tap that will provide a greater challenge through developing technique whilst having fun learning more complex routines. Bring your own tap shoes.

Ballroom

A mixed ability Latin American and Ballroom class. Covering a mix of styles, from cha-cha-cha, rumba and jive to the tango, quickstep and waltz. Beginners welcome & no partner necessary.

Beginners Ballet 40+

An introduction to ballet. If you have always wanted to try a ballet class, join us for these classes specially created for beginners.

Beginners Tap

If you have always wanted to try tap dancing, join us for these classes created especially for beginners (it is not essential to have your own tap shoes – leather soled flat shoes are an ideal alternative for beginners).

Contemporary 40+

A monthly day time class for adults looking to tone their bodies and extend their performance skills through contemporary styles of movement.

Dance Enriches Lives 50+

A gentle class for adults who may have some experience in basic contemporary, modern or jazz dance and wish to rekindle their love of dancing along with others of a similar age.

Intermediate Tap

A progression from beginners tap, these classes will help to improve and develop technique whilst having fun learning new routines. Please bring your own tap shoes.

Jazz 40+

An introduction to jazz dance. If you have always wanted to try a jazz class, join us for these classes specially created for beginners.

Mini Movers

A creative dance class for children under 5 years to develop their imagination, coordination and social skills whilst moving to music and having fun.

Street Dance

Learn the latest street moves with Letitia Simpson from Avant Garde Dance. This class is for young people aged 12+ and is aimed at all levels.

Yoga

Alignment based Hatha yoga which is safe and accessible for all ages. You do not need to be flexible to start. Yoga mats will be provided, but please bring a blanket for relaxation.

Zumba

Dance yourself into fitness with this Latin inspired class. Are you ready to party yourself into shape?

