



## CLASS TIMETABLE | SPRING 2014

**JERWOOD  
DANCEHOUSE  
IPSWICH**

FIND OUT MORE  
**01473 295230**  
**DANCEEAST.CO.UK**



MONDAY			
Tots & Co	1 – 3yrs & Adults	10.00 – 11.00am	
Nia Dance™	16yrs+	1.00 – 2.00pm	
Adult Ballet	18yrs+	2.00 – 3.15pm	
Yoga	16yrs+	6.00 – 7.00pm	HT
Adult Ballet Improvers	16yrs+	7.30 – 9.00pm	HT
TUESDAY			
Tots & Co	1 – 3yrs & Adults	9.30 – 10.30am	
Jolly Tots! Pre-Schoolers	3 – 4 yrs & Adults	10.30 – 11.30am	
Legs, Bums and Tums	16yrs+	1.00 – 2.00pm	
Springboard	18yrs+	7.30 – 9.00pm	HT
Pilates Beginners	16yrs+	5.30 – 6.30pm	HT
Pilates Beginners	16yrs+	6.45 – 8.00pm	HT
Pilates Improvers	16yrs+	8.15 – 9.30pm	HT
Advanced Contemporary NEW!	18yrs+	8.00 – 9.30pm	HT
WEDNESDAY			
Time to Dance	50yrs+	5.30 – 6.45pm	HT
Adult Tap Intermediate	16yrs+	7.30 – 8.30pm	HT
Adult Tap Improvers	16yrs+	8.30 – 9.30pm	HT
Zumba®	16yrs+	8.00 – 9.00pm	HT
Contemporary Technique	16yrs+	8.00 – 9.30pm	HT
THURSDAY			
Tots & Co	1 – 3yrs & Adults	10.00 – 11.00am	
Engage	18yrs+	11.15am – 12.45pm	
Zumba®	16yrs+	1.00 – 2.00pm	
Pilates	16yrs+	2.00 – 3.15pm	
BOKWA®	16yrs+	5.30 – 6.30pm	HT
Adult Jazz	16yrs+	6.30 – 7.45pm	HT
Egyptian Belly Dance Beginners	16yrs+	6.30 – 7.45pm	HT
Fitsteps! NEW DAY!	16yrs+	6.45 – 7.45pm	HT
Egyptian Belly Dance Improvers	16yrs+	7.45 – 9.00pm	HT
Adult Hip Hop	16yrs+	7.45 – 9.00pm	HT
Yoga	16yrs+	8.00 – 9.30pm	HT
FRIDAY			
Tots & Co	1 – 3 yrs & Adults	10.00 – 11.00am	
Stretch & Tone	16yrs+	10.00 – 11.15am	
Nia Dance™	16yrs+	12.00 – 1.00pm	
Pilates	16yrs+	2.00 – 3.15pm	
Zumba®	16yrs +	5.45 – 6.45pm	HT
SATURDAY			
Tots & Co	1 – 3yrs & Adults	9.15 – 10.15am	HT
Yoga	16yrs+	9.30 – 10.45am	HT

**£5 ADULTS**  
**£4 CONCESSIONS**  
**£3.50 CHILDREN UNDER 16 YEARS**

**JOLLY TOTS! AND TOTS & CO**  
**£5 ADULTS, TOTS GO FREE**  
 (maximum 2 tots), £3.50 additional tots

# SPRING 2014

**MONDAY 6 JANUARY – SATURDAY 5 APRIL**  
**(HALF TERM MONDAY 17 – SATURDAY 22 FEBRUARY)**

MONDAY			
Creative Ballet	4 – 7yrs	4.15 – 5.15pm	
Young Springboard	7 – 11yrs	4.30 – 5.30pm	
Contemporary	11 – 16yrs	5.00 – 6.15pm	
Junior Springboard	12 – 18yrs	6.00 – 7.15pm	
Adult Ballet Beginners	16yrs+	6.15 – 7.30pm	HT
TUESDAY			
Hip Hop	7 – 11yrs	5.15 – 6.15pm	
Hip Hop	11 – 16yrs	6.15 – 7.30pm	
WEDNESDAY			
Adult Tap Beginners	16yrs+	6.30 – 7.30pm	HT
THURSDAY			
Mini Musical Theatre	4 – 7yrs	4.15 – 5.15pm	
Creative Dance	7 – 11yrs	4.30 – 5.30pm	
SATURDAY			
Creative Dance	4 – 7yrs	9.30 – 10.30am	
Creative Hip Hop	4 – 6yrs	10.30 – 11.30am	
Creative Hip Hop	7 – 9yrs	11.45am – 12.45pm	
Hip Hop	10 – 15yrs	1.45 – 3.00pm	
Musical Theatre Dance	7 – 11yrs	11.00am – 12.15pm	
Musical Theatre Dance	12 – 16yrs	12.30 – 1.45pm	

**£55 ADULTS   £44 CONCESSIONS   £35 CHILDREN   \*Per term**

## NEW CLASS – ADVANCED CONTEMPORARY

A fast paced and dynamic class for individuals with considerable dance experience. Led by Kate Durrant, these physically demanding sessions are ideal for dance students and practitioners looking to maintain a high level of technique. There will be an emphasis on musicality, expression and challenging choreography.

## PRE-BOOK ONLINE AT DANCEEAST.CO.UK

All classes and courses can be pre-booked online, over the phone or in person at the Box Office. A 50p fee applies when booking for classes or courses by debit or credit card, whether over the phone or in person. There is currently no fee for booking classes online. Please see website for full terms and conditions.

HT – These classes and courses will continue to run throughout half term. Classes without the HT logo do not run during half term.



# WHAT'S NEW FOR 2014?

We are introducing a number of courses instead of classes to offer more opportunities for development, the chance to increase skills and technique and to work on routines.

All children's classes (under 16s), with the exception of Tots & Co and Jolly Tots! Pre-Schoolers will run as courses, as well as Adult Ballet Beginners and Adult Tap Beginners. Courses require full payment

at the beginning of the term (or a second direct debit instalment can be due the first week after half term).

Due to popular demand we have introduced a new Advanced Contemporary class led by Kate Durrant on Tuesday evenings.

Age groups of the Creative Hip Hop course on Saturdays have now changed to accommodate more children, one for those aged 4-6yrs and one for those aged 7-9yrs.

Dance cards purchased from 1 January 2014 will be valid for six months.



All information correct at time of going to print.

DanceEast reserves the right to amend information at any time.

A child is classified as 16 years and under. For full terms and conditions visit [www.danceeast.co.uk](http://www.danceeast.co.uk)

Photos: Mike Kwasniak



LOTTERY FUNDED



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