



flexi-time

fun ways to get fit at times to suit you

courses, drop-in classes and workshops for everyone



dancebase
NATIONAL CENTRE
FOR DANCE

spring 09
5 January – 28 March

Dance Base

14 – 16 Grassmarket

Edinburgh EH1 2JU

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welcome

Flex your way into action this Spring at **Dance Base**.

If it's been a while since you last touched your toes and you want to get back into **shape** we're here to help. As well as Edinburgh's widest range of **dance** classes, you can condition your **body** and **mind** with yoga, Pilates and Alexander Technique, all at times and prices to suit you.

This term's **workshops** offer unique one-off glimpses into the worlds of Aerial, Egyptian Belly Dance, Disco and Swásthya Yôga

Dance fans are invited to join CandoCo Dance Company and Scottish Dance Theatre in the studio as they visit Edinburgh to perform new work.

Young dancers can choose from the High School Moves-ical or the Hip Hop School and get grounded in rapping, bboying and (legal) graffiti during the **Easter** holidays.

Round off the end of term with the return of our **BIG** ceilidh and you'll be flexing your way to **fun, fitness** and new pals in no time!

50% of places
available online
dancebase.co.uk



how to dance...

choose your level

From starting out to professional standard – choose your level

Level 1 Beginners

Suitable for people with little or no dance experience

Level 2 Improvers

Suitable for those with a basic skill level (at least one term's previous experience in the dance form)

Level 3 Intermediate

Suitable for those with a minimum of 1-2 years experience

Level 4 Advanced

Suitable for those with good technical ability and a minimum of 2-3 years experience

General Level

An open level class

PRO Professional

Designed for professionals, undergraduate students and advanced community dancers



course or drop-in?

C **New to dancing?** Try a course to begin with. Choose your course and pay in advance for the 12-week term.

D **Got some experience or need to be flexible?** If you've got some knowledge of your chosen style or can't commit to the whole term, drop-in is for you. Simply pay up to 30 minutes before the class; when you first come you'll get a Dance Card. Add some credit to save you carrying cash – add £35 or more and receive 10% extra free.

New classes

Free-style Contemporary	p10
Fosse Fanatics	p11
Tango Argentino Beginners 2	p17
Nu Style	p21
Yoga Flow	p25
Purely Pole	p26
Cheerleading	p26



choose your class

Get some help With 120 classes every week you might feel spoiled for choice; never fear! Our friendly reception staff love talking about dance and would be delighted to recommend the perfect class for you.

Discrimination isn't our style. Dance is for everyone; from babies to seniors and people of all abilities. Unless otherwise specified (for practical reasons) all classes are open to everyone aged 14+

Love Dance If you're coming back to dance after a break, recovering from an injury or looking for a gentler paced class, look out for this symbol. Always let Dance Base or your teacher know about any health issues that may affect your participation.



book

Courses book up quickly so it is advisable to contact us on bookings day (Saturday 13 December from 10am) to secure your place. If a course is sold out, we'll put you on the waiting list.

Phone on 0131 225 5525. Lines are busy on bookings day so please keep on trying!

In person at 14 – 16 Grassmarket, Edinburgh EH1 2JU. On bookings day a queue forms outside before we open so please be prepared to wait. Waiting times are reduced from lunchtime onwards but by this time some of our more popular classes are sold out.

Online at dancebase.co.uk where 50% of course places are on sale.

By post if you're unable to book on bookings day by another method, please contact us in advance to request a postal booking form.

Conditions of booking can be found on page 34.



how to do class

Arrive early, especially for the first class. Many classes involve a warm-up so latecomers may not be admitted. Please come to reception and show your Dance Card to check in each week when you arrive.

Wear comfortable clothing allowing for freedom of movement. For specialist footwear requirements see class descriptions. Please remove outdoor shoes on entering dance studios; indoor trainers must be clean!

Changing rooms are plentiful and equipped with coin-operated lockers and hot showers (bring your own towel and soap).

Ask your teacher if you don't understand or want to go over something in more detail – they're here to help!

Keep your Dance Card. You can use the same one each term.



keep in touch

Change your mind within the first two weeks of term and either swap onto another course or receive a credit note (minus a £5 admin fee) for the remaining weeks of the course.

Find out more with our weekly d-mail e-newsletter. Sign up at dancebase.co.uk for a weekly digest of news, ticket offers and general Dance Base gossip.

Tell us what you think, what you want, what's great and what's not so great. Fill in a feedback form at reception, send us an e-mail (dance@dancebase.co.uk) or go back to basics and just talk to us!



workshops & events

Our workshops are a great opportunity for you to explore new dance styles and develop your talents. Dance Base presents many top-drawer artists from around the world, in Edinburgh to explore your flair for dance.

Booking in advance for workshops is highly recommended as places are limited.

image: Callum McKay



AERIAL SKILLS With **Danuta Ramos** or **Jennifer Paterson**
Climb, swing, suspend, hang and twist your way through these workshops in aerial skills!

AERIAL SKILLS TASTER Beginners

Starting with a warm up and conditioning, the class will then move onto aerial equipment including trapeze and rope. Suitable for those with a good level of fitness and some upper body strength.

Sun 18 Jan or Sun 8 Mar | 11.00 – 12.30 | £18 (£14.50)

MORE AERIAL SKILLS For those with some aerial experience

Starting with a warm up and conditioning, the class will then move onto learning short sequences on aerial equipment including trapeze, rope and fabrics!

Sun 18 Jan or Sun 8 Mar | 12.45 – 14.15 | £18 (£14.50)



EGYPTIAN BELLY DANCE **CROSSING THE GYPSY GODDESS DIVIDE**

With **Hilary Thacker** Musician: **Adam Reid** Level 3/4

This workshop is for women who have mastered the basic moves of Egyptian belly dance and want to take it further. We will explore some Arabic rhythms with the finger cymbals accompanied by live drumming.

We will then apply these rhythms to the frame drum. Women have played frame drums for thousands of years in ceremonies and rituals throughout the world. We will add simple dance moves as we play, ranging from gypsy style to the goddess procession!

This workshop involves the use of finger cymbals so participants will need to bring their own. Frame drums are also required but if you do not have one, please let us know at the time of booking.

Sun 8 Feb | 11.00 – 14.00 | £16 (£13)



HIGH SCHOOL MOVES-ICAL

With **Chris Stuart-Wilson** (9 – 12 yrs)

Disney's *High School Musical* has been a worldwide phenomenon since its release on the Disney Channel in 2006, spawning two sequels. The all-singing, all-dancing story of Troy and Gabriella, two students who are worlds apart brought together by their high school musical, has captured the imaginations of young people the world over.

In this workshop come and "Getcha getcha getcha head in the game!" by learning some of the cool moves from the movie and bring out your inner Troy and Gabriella. Experience what the big hype is all about...like you didn't know already!

Sun 8 Mar | 10.30 – 12.30 | £8



DISCO INFERNO

With **Chris Stuart-Wilson** General Level

The 70s... platforms, Pan's People, Farrah Fawcett, Shaft, flares and, of course, the rise of the DISCOTHEQUE. During the 70s, many major cities had thriving disco club scenes which were centred round discotheques, nightclubs and private loft parties where DJs would play disco hits through powerful PAs. The DJs played "...a smooth mix of long single records to keep people dancing all night long".

In this workshop, Chris (a John Travolta tribute dance artist) will help you to experience for yourself first-hand the magic of the disco era and allow you to learn everything from the Strut through to the Bus Stop. Unleash your ego for the day and blame it on the Boogie – le freak, c'est chic!

Sun 8 Mar | 14.00 – 17.00 | £16 (€13)

workshops & events

image: Philippe Nublat



SWÁSTHYA YÔGA WORKSHOP

With Luciana Gaviao General Level

Completely new to Scotland, Swásthya Yôga is a method for well-being, stress control and life improvement. It provides greater flexibility, removes tension, as well as an awareness of the muscle groups and longer endurance in the most demanding positions.

Swásthya Yôga has a set of techniques which allow a better performance in any kind of sports, dance or martial arts. We have trained such teams as Mormai Surf, artists, and internationally renowned sportsmen, such as the Swimming Olympic Champion, Gustavo Borges.

The class will be divided in four parts: pránáyáma – breathing exercises, ásanas – physical positions, yôganidrâ – relaxation and samyama – meditation techniques.

Sun 8 Mar | 15.00 – 17.00 | £12 (€9.50)

image: Hugo Glendinning



CANDOCO WORKSHOP

With CandoCo Dance Company General Level

CandoCo the contemporary dance company of disabled and non-disabled dancers has been touring nationally and internationally for the past 17 years. This year they are performing exciting new works *The Perfect Human* by Hofesh Schechter and *Still* by Nigel Charnock.

In this creative class for dancers with all levels of experience, the company will share a range of tasks and exercises drawn from their work with a focus on improvisation and moving together. The sessions are designed to be exciting, diverse and inclusive.

All CandoCo workshops are suitable for disabled and non-disabled participants.

Sun 22 Mar | 14.30 – 17.30 | £16 (€13)



SCOTTISH DANCE THEATRE MASTERCLASS

With Janet Smith

"impeccable....lap them up" **The Sunday Times**. Scottish Dance Theatre performs a double bill of original work, created specially for the company by Artistic Director Janet Smith and internationally renowned choreographer Ina Christel Johannessen, at Edinburgh Festival Theatre. Led by SDT Artistic Director Janet Smith, this practical dance workshop will draw on the themes and ideas of the company's work. A fantastic opportunity to be inspired by Janet, who will enthuse you to be creative and give you a unique insight into SDT's work before you see it.

Suitable for dancers with at least one year's dance experience.

Sat 28 March | 13.00 – 15.00 | £12 (£9.50)

SPECIAL OFFER: Take your Scottish Dance Theatre Masterclass receipt to the Festival Theatre box office and get a £7.50 ticket for the performance on Tue 31 March.

RANDOM ASPEKTS' SCHOOL OF HIP-HOP

Hip Hop was born in the Bronx (NYC) during the 1970s. Created by a troubled and penniless youth as a means to channel frustration, anger and creativity, it spawned some of the most incredible art forms. Often dogged by bad press and associations, Hip Hop's true positive message is often muddled and mis-represented. Random Aspekts (Scotland's BBoy missionaries) and Dance Base are offering you the chance to learn all five of Hip-Hop's elements: Turntabalism (DJing); Emceeing (rapping); Graffiti Art; BBoying (breakdancing) and Human Beatboxing.

In this Easter school led by the Aspekts, they will be joined by friends including Freshmess and Dance Base's own Allan Irvine and some of Scotland's top exponents in Hip Hop performance. These action-packed sessions will culminate in an all-encompassing, ground-shattering show. As well as learning new skills, participants will be schooled in Hip Hop's colourful, fascinating history and the significance of one of the most powerful popular cultures to have grown out of the 20th century.

10-13yrs | Mon 6 Apr – Thu 9 Apr | 10.00-13.00 | £60

14-16yrs | Mon 6 Apr – Thu 9 Apr | 14.00-17.00 | £60

SPECIAL OFFER: Book two places together for £100





THE BIG DANCE BASE CEILIDH

Sat 28 Mar

Come and dance yer socks off to Judith Linton and David Scott of the Glenelvan Dance Band. This band of international fame has played for many Caledonian societies in the Falklands, Russia, India, Venezuela, America and all over Europe.

FAMILY CEILIDH (AGE 6+)

A chance to bring your youngsters along and experience a social time of dancing with others. Dances specially selected and taught for children and parents to enjoy together.

18.30 – 19.30 | Adults £5 Children £3

THE BIG CEILIDH (18YRS+)

Enjoy a huge mix of old and new dances all called by Sheila McCutcheon. A chance to learn some of those less well known Ceilidh dances in Dance Base's beautiful Studio 1.

Get yer glad rags on and comfy shoes and we'll see you there.

20.00 – 23.30 | £10 (£8)

PART OF

EDINBURGH'S
**Ceilidh
Culture**
celebrating traditional arts
www.scottheculture.co.uk

ballet

WEAR COMFORTABLE CLOTHING BUT NOT TOO LOOSE.

BEGINNERS, IMPROVERS & INTERMEDIATES REQUIRE SOFT BALLET SHOES. ALL OTHER BALLET CLASSES CAN BE DONE IN BARE FEET.



50% of places available online
dancebase.co.uk

The source of so many of the dance styles we see today, **ballet** is elegant, beautiful, and one of the best body conditionings you could wish for. The Sun King Louis XIV of France originated the first steps for himself and his court and it continues to grow and diversify all the time.

CLASSICAL BALLET BEGINNERS

With Jonathan Burnett *Level 1*

1 Fri 9 Jan – Fri 27 Mar 17.00 – 18.00 £63 (£50.50)

2 Fri 9 Jan – Fri 27 Mar 18.00 – 19.00 £63 (£50.50)

A relaxed approach to learning the fundamentals of classical technique with no stress or strain.

CLASSICAL BALLET IMPROVERS

With Jonathan Burnett *Level 2*

Fri 9 Jan – Fri 27 Mar 19.00 – 20.00 £63 (£50.50)

Develop your poise, pace, co-ordination and style, learning more of the steps and excerpts from the classical ballet repertoire.

CLASSICAL BALLET INTERMEDIATE

With Jonathan Burnett *Level 3*

Fri 9 Jan – Fri 27 Mar 20.00 – 21.30 £86 (£67)

The Friday night frolic for enhanced technique and performance!

BALLET FUSION

With Charlotte Jarvis *Level 1*

Tue 6 Jan – Tue 24 Mar 20.30 – 21.30 £63 (£50.50)

A ballet conditioning class to tone, stretch and strengthen the entire body, introducing the basics of ballet technique to improve posture and alignment. Charly will teach a simple barre, followed by gentle centre work to increase body awareness and co-ordination. Leave feeling lifted and light on your feet.

BALLET FOR LUNCH

With Lauren Porter Worth *General*

Wed 7 Jan – Wed 25 Mar 12.30 – 13.30 £6 (£5)

A fun weekly class set to a variety of music. We will begin with traditional barre work before progressing to centre. While the foundation of classical technique is taught, the focus will be on fitness and fun!

BALLET STRETCH

With Paul Wood *General*

Mon 5 Jan – Mon 23 Mar 08.00 – 09.00 £6 (£5)

Wed 7 Jan – Wed 25 Mar 08.00 – 09.00 £6 (£5)

An invigorating way to begin the day. Class starts with a cardiovascular and ballet warm up followed by a full body stretch. Feel muscles you never knew you had. Leave feeling revitalised and ready for the challenges ahead.

BAREFOOT BALLET

With Angela Watson *General*

Thu 8 Jan – Thu 26 Mar 10.30 – 11.30 £6 (£5)

A more laid-back approach to ballet without the restriction (or cost) of shoes, but still with the grace and beauty you would normally associate with a ballet class. No shoes means no big jumps or dizzying turns so relax and get svelte at the same time!

contemporary

WE RECOMMEND LOOSE,
COMFORTABLE CLOTHING AND
BARE FEET FOR ALL CLASSES.

Don't miss

Scottish Dance Theatre Masterclass

See page 7



Musicians:

Dougie Hudson

David Ledden

David Robertson

The basics of contemporary dance go back many thousands of years to yoga, scooping up ancient Greek and pagan ritualistic dances on its journey to the great Martha Graham, who mixed them up, adding narrative, fashion and a ground-breaking new technique. This created more building blocks that flourished into as many styles as there are choreographers. That's the wonder of contemporary dance: individuality of style and freedom of creativity.

CONTEMPORARY BEGINNERS

With Errol White *Level 1*

Fri 9 Jan – Fri 27 Mar 17.30 – 19.00 £86 (£67)

This class is a basic introduction to contemporary dance technique with an emphasis on opening and attuning the senses, leading the participants to move fluidly with power, precision and strength. Accompanied by live music for that extra drive and inspiration.

CONTEMPORARY BEGINNERS DROP-IN

With Charlotte Jarvis *Level 1*

Thu 8 Jan – Thu 26 Mar 20.30 – 21.30 £6 (£5)

This class covers the basics of contemporary dance, exploring energy in relation to gravity and weight in terms of fall, rebound, suspension and recovery. An energising class that encourages body awareness, style and technique.

CONTEMPORARY

With Steinvor Palsson *Level 2*

Mon 5 Jan – Mon 23 Mar 11.00– 12.00 £6 (£5)

This class emphasises placement, breath and musicality. A thorough technique warm-up is followed by travelling sequences and jumps that explore a dynamic use of the space, to the rhythms of wonderful live music.

CONTEMPORARY GENERAL DROP-IN

With Abby Warrilow *General*

Tue 6 Jan – Tue 24 Mar 17.30 – 18.30 £6 (£5)

Now that you have mastered the basics, it's time for a fabulous class that will really get you moving. Within a one-hour class Abby guarantees you will be truly energised for the rest of the week. The class is designed to help develop your technique and further your understanding of contemporary dance.



CONTEMPORARY INTERMEDIATE

With Steinvor Palsson *Level 3*

Mon 5 Jan – Mon 23 Mar 19.00 – 20.30 £86 (£67)

This technique class focuses on placement, control, breath and musicality. Emphasis is on finding a strong centre from which to explore movement with care, efficiency and fluidity. Technique exercises lead into longer travelling sequences and jumps to get you really moving in the space to the rhythms of wonderful live music.

CONTEMPORARY ADVANCED / PRO

With Steinvor Palsson *Level 4 / Pro*

Wed 7 Jan – Wed 25 Mar 18.00 – 19.30 £4.50

As in the intermediate class, this advanced class emphasises placement, control, breath and musicality with focus on a strong centre from which to explore movement with care and efficiency. The class incorporates long movement sequences to encourage spatial awareness and diverse dynamic qualities of the body.

FREE-STYLE CONTEMPORARY

With Paul Wood *General*

Wed 7 Jan – Wed 25 Mar 11.00 – 12.00 £6 (£5)

Using a vibrant combination of styles, this is a class that will have wide appeal. An energising warm up gets you ready for a series of short dances set to fantastically uplifting music. Come along and indulge in letting yourself go. For both mature and young dancers.



jazz

Originating in The United States, jazz can be anything from “let’s do the show right here” to steaming hot “Chicago” Fosse-style routines. It’s choc full of energy and sizzling sass, and always benefits from a slice of major attitude. There’s an inner jazz diva in all of us. **Don’t fight it.**

WEAR COMFORTABLE CLOTHING WITH INDOOR TRAINERS OR JAZZ SHOES. WE RECOMMEND BRINGING A BOTTLE OF WATER WITH YOU TO CLASS.

Don’t miss
Disco Inferno workshop
See page 5



JAZZ ABSOLUTE BEGINNERS

C

With Jo Richards *Level 1*

Fri 9 Jan – Fri 27 Mar 18.00 – 19.00 £63 (£50.50)

A fresh approach to dance which is a little bit of hip hop, a little bit of jazz, and lots of fun.

JAZZ BEGINNERS

C

With Jo Richards *Level 1 / 2*

Fri 9 Jan – Fri 27 Mar 19.00 – 20.00 £63 (£50.50)

JAZZ INTERMEDIATE

C

With Jo Richards *Level 2 / 3*

Fri 9 Jan – Fri 27 Mar 20.00 – 21.30 £86 (£67)

JAZZ ADVANCED/PRO

C D

With Paul Wood *Level 4 / Pro*

Fri 9 Jan – Fri 27 Mar 19.00 – 20.30
Course £86 (£67) or Drop-in £7.50 (£6)

A fast-paced jazz class that touches on several different jazz styles throughout the term. Challenging and fun.

MUSICAL MADNESS

D

With Chris Stuart-Wilson *General*

Wed 7 Jan – Wed 25 Mar 13.30 – 15.00 £7.50 (£6)

Can you name all the colours in Joseph’s Technicolor® dreamcoat? Do you know what makes a cat a Jellicle Cat? If you have the answers, this is the class for you. Drop in to sample the delights of many Broadway and movie musical show-stopping routines from Calamity Jane to Hairspray – you name it, we got it... Mamma Mia!

JAZZ TURN UP & DANCE

new time D

With Jo Richards *General*

Mon 5 Jan – Mon 23 Mar 18.00 – 19.00 £6 (£5)

Wannabe pop idols take serious note: here’s the best jazz class for your ongoing development as a dance-floor diva/god!

GENTLE JAZZ

D

With Laura Proudfoot *Level 1*

Fri 9 Jan – Fri 27 Mar 12.15 – 13.15 £6 (£5)

Learn the basics of jazz in a relaxed and friendly environment! Combining a gentle warm-up with basic jazz technique, providing all the fun and none of the fatigue. An excellent way to improve your mobility and coordination as you learn dances in varying jazz dance styles.

DESTINATION JAZZ

C

With Chris Stuart-Wilson *General*

Sat 10 Jan – Sat 28 Mar 14.45 – 16.15 £86 (£67)

Destination Jazz is in Retro mode this term where you’ll be able to sample the delights of the 50s, 60s, 70s and 80s embracing everything from the Mashed Potato through to the Running Man. Throw away your inhibitions and check in for some truly awesome and high energy styles.

FOSSE FANATICS

new class C

With Chris Stuart-Wilson *General*

Sat 27 Sep – Sat 6 Dec 16.30 – 17.30 £86 (£67)

Let’s get down to some serious jazz by sampling the sassy, sexy style of choreographer Bob Fosse. From the decadent Kit Kat Klub of Cabaret to the sultry Cell Block of Chicago, there’s a wide range of basic techniques and performance styles to keep every Fosse Fanatic fabulous.

world dances

WEAR COMFORTABLE LOOSE CLOTHING AND BARE FEET FOR ALL CLASSES EXCEPT SAMBA WHICH REQUIRES JAZZ SHOES OR INDOOR TRAINERS.



What more fantastic way is there to understand the roots and energy of a culture than to feel their dance and music with your entire body? The dances of the people (folk dance) tell stories of their history, beliefs, tragedies and triumphs of life. To dance with a group of other people is the most heart-warming and joyous feeling. **Dance the world** and feel that connection for yourself.

AFRICAN

AFRO-WORLD DANCE

With Dougie Hudson *General*

Mon 5 Jan – Mon 23 Mar 20.30 – 21.30 £63 (£50.50)

From basic traditional to lively contemporary world dance moves, this high-energy class combines fun, African and world culture and rhythm. Live music played by David Robertson.

WEST AFRICAN DANCE

With Raquel Ribes Miro *Level 2*

Sat 10 Jan – Sat 28 Mar 13.30 – 14.30 £6 (£5)

Come and enjoy traditional West African dance movements combined together in a creative way. The live drumming and energetic movements will leave you uplifted and buzzing for the rest of the weekend! Live music played by Stuart Dinwoodie.

BRAZILIAN

CAPOEIRA

With Group Senzala Scotland *Level 1*

Thu 8 Jan – Thu 26 Mar 19.00 – 20.30 £86 (£67)

The movements are reminiscent of some martial arts; this is because the African slaves from Brazil invented the dance as a form of self-defence. Great exercise, combined with Afro-Brazilian rhythms, make for a brilliant way to spend a Thursday night!

SAMBA

With Lucia Falconer *Level 1*

Thu 8 Jan – Thu 26 Mar 18.00 – 19.00 £63 (£50.50)

This class goes deeper into the legendary Brazilian dance culture. After a fun Samba and Maraca Tu style warm-up Lucia adds a slice of Frevo. Frevo (from Northern Brazil) is the sassy big sister in the Samba family, with little jumps, great rhythmic co-ordination of shoulders, feet and torso and of course, amazing carnival music.

BELLY DANCING

BELLY DANCE FOR MATURE MOVERS

With Fiona Grossart *General*

Tue 6 Jan – Tue 24 Mar 15.00 – 16.00 £63 (£50.50) or Drop-in £6 (£5)

An afternoon delight! This class is gentle, relaxing and keeps you in shape too. Belly Dance gives older women of all shapes and sizes the chance to feel good about their bodies, doing wonders for self-esteem.

“One of the best classes I’ve ever been to!
The best teacher ever!”

Afro-World Dance Participant



BELLY DANCE DIVAS BEGINNERS

With Caroline Evans *Level 1*

1 Wed 7 Jan – Wed 25 Mar 18.00 – 19.00 £63 (£50.50)

2 Wed 7 Jan – Wed 25 Mar 20.00 – 21.00 £63 (£50.50)

Bring out your inner Diva. A class to introduce you to belly dance performed by the 'Divas' of Cairo. Inspirations are old style Hollywood glamour, Egyptian Silver Screen, plus a little bit of kitsch for fun! Wear tracksuit bottoms & bring your own silk veil.

BELLY DANCE DIVAS INTERMEDIATE

With Caroline Evans *Level 2/3*

Wed 7 Jan – Wed 25 Mar 19.00 – 20.00 £63 (£50.50)

You've been learning belly dance for at least a year, can layer shimmies, travel with most steps, Egyptian walk/camel effortlessly, and now want more! We will learn more complex variations, combinations, travelling steps, veil and musical interpretation. This class is inspiring, glamorous and fun! Please bring your own silk veil.

Don't miss

**Egyptian Belly Dance Workshop
– Crossing the Gypsy Goddess Divide**

See page 4

INDIAN

BOLLYWOOD

new teacher

With Nazhat Ahmed *Level 1*

Thu 8 Jan – Thu 12 Mar 20.30 – 21.30 £52.50 (£42)

Ever fancied being a glamorous Bollywood dancer, or strutting your stuff at an Indian wedding? Now is your chance in this fun-filled hour! Bollywood is a popular dance style that started in the Indian film industry, fusing Indian traditional dance and folk dance such as Bhangra, with Western dance styles like street dance and jazz. Come along and learn routines to the latest Bollywood songs and get fit at the same time.

LATIN AMERICAN

LATIN AMERICAN BEGINNERS

new time

With Sagi Iluz *Level 1*

Thu 8 Jan – Thu 26 Mar 19.15 – 20.15 £63 (£50.50)

Sagi Iluz is a very popular teacher with a great reputation nationally and internationally. His style is smooth and slick, as yours will be after this term of classes. Sagi teaches On 1 cross-body, LA-style, Cuban Rueda, and On 2 New York style. The emphasis is on leading techniques, timing, following technique and styling, all learned in a fun, relaxed atmosphere. Get to grips with the basics of salsa and merengue, learning enough cool footwork and basic partnerwork to enjoy yourself on any Latin dancefloor. www.salsasuave.co.uk

WEAR COMFORTABLE CLOTHING AND WELL-FITTING HARD-SOLED SHOES WITH A SMALL HEEL. FOR LATIN CLASSES IT IS PREFERABLE TO BRING A PARTNER BUT NOT ESSENTIAL.

WEAR COMFORTABLE CLOTHING AND WELL-FITTING HARD-SOLED SHOES WITH A SMALL HEEL. FOR LATIN CLASSES IT IS PREFERABLE TO BRING A PARTNER BUT NOT ESSENTIAL.

world dances *continued*



LATIN AMERICAN

LATIN AMERICAN IMPROVERS/INTERMEDIATE new time **C** **D**

With Sagi Iluz & Sian McKay *Level 2/3*

Thu 8 Jan – Thu 26 Mar 20.30 – 21.30
Course £63 (£50.50) or Drop-in £6 (£5)

This class will concentrate on leading and following technique in partnerwork and adding style to your salsa!

(IM)MATURE LATIN MOVERS new time **D** **♥**

With Fiona Blair *Level 1*

Mon 5 Jan – Mon 23 Mar 12.00 – 13.00 £6 (£5)

A leisurely start to the week. Get up late and wigglego in salsa rhythm. Shimmies and footwork routines to cha cha cha and mambo. No partner required.

SPANISH

FLAMENCO BEGINNERS **C**

With Linda Skakel *Level 1*

Mon 5 Jan – Mon 23 Mar 19.00 – 20.00 £63 (£50.50)

Introducing basic Flamenco techniques and choreography – Jerez style. This is an energetic, no-frills class designed to build a strong foundation in essential Flamenco skills and develop understanding of the intricate palos (rhythms) and expression at the heart of undiluted Flamenco. Prepare to dig deep.

FLAMENCO INTERMEDIATE (SOLEÁ) **C** **f**

With Maria 'Tote' Conte *Level 3*

Tue 6 Jan – Tue 24 Mar 20.30-21.30 £63 (£50.50)

The soleá (meaning "solitude"), dramatic and slow, is a dance form which is often referred to as the "mother of flamenco" and is the perfect dance to see the intelligence of a dancer. In this dance we will focus on the movement of the arms and the dancer's figure, we will also include escobillas (footwork) and end it with a bulería.

SEVILLANAS **C**

With Linda Skakel *Level 1*

Mon 5 Jan – Mon 23 Mar 18.00 – 19.00 £63 (£50.50)

Frills galore! This lively Andalusian dance of Fiestas and Ferias fuses the legendary style of Seville with elements of Flamenco. Sevillanas is excellent for enhancing posture, co-ordination and body tone. An ideal introduction to the lighter side of Flamenco or for those wishing to refresh and develop their Sevillanas style.

TANGO FLAMENCO new class **C**

With Maria 'Tote' Conte *Level 3*

Thu 8 Jan – Thu 26 Mar 17.00 – 18.00 £63 (£50.50)

Tangos are one of the basic styles of flamenco, with popular origins and a 4/4 structure. They are upbeat, lively and one of the 'festeros' styles par excellence. Tangos are, then, a sensual dance style ideal as an introduction to flamenco dance. The class consists of a technique warm up and choreography.

tap

WEAR COMFORTABLE CLOTHING
AND TAP SHOES OR STRONG
HARD-SOLED SHOES.



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Percussive dance occurs in every nation in the world, but the one we love and know the best is tap. Fred Astaire and Gene Kelly took it to the Silver Screen, but the true origins lie in American/African street culture and the genius of invention that it had. Learn three steps and you have a whole dance. It's true, 2,3,4.

TAP ABSOLUTE BEGINNERS



With Dawn Turner *Level 1*

Tue 6 Jan – Tue 24 Mar 17.30 – 18.30 £63 (£50.50)

This class is suitable for those who have never tapped before. It introduces all the basic tap steps along with technique for rhythm, close work and elevation, as well as building a fun routine each week with the steps you will learn. This is a relaxed class with plenty of time for practice and chat.

TAP BEGINNERS



With Dawn Turner *Level 1/2*

Tue 6 Jan – Tue 24 Mar 18.30 – 19.30 £63 (£50.50)

Suitable for those who have done at least one term of Absolute Beginners or equivalent. You should be able to shuffle ball change, tap step ball change, tap step heel etc. Building on previous technique, we will produce more challenging combinations. Have fun while increasing your confidence and ability.

TAP IMPROVERS



With Jan Findlay *Level 2*

Thu 8 Jan – Thu 26 Mar 20.30 – 21.30 £63 (£50.50)

This class is designed to improve your tap skills and learn slightly more advanced steps in a relaxed and friendly environment. After a warm-up combination, the class will work on technique and rhythm exercises and will build a routine throughout the term. After all of that hard work you can enjoy a gentle warm down!

TAP INTERMEDIATE



With Jan Findlay *Level 3*

Tue 6 Jan – Tue 24 Mar 19.30 – 20.30 £63 (£50.50)

This is a challenging class designed to tighten technique and timing. Each week the class will work on technique and rhythm exercises that will develop the communication between the brain and feet, building up to a fun and funky routine. It's all about making music with your feet!

TAP ADVANCED



With Vicky Farnworth *Level 4*

Fri 9 Jan – Fri 27 Mar 17.30 – 19.00 £86 (£67)

Develop your vocabulary of steps and fast footwork through challenging technique exercises and increase your rhythmical awareness with complicated cross-rhythm work. Then put it all into practice in a fantastic routine which we will build week by week. Come to this class ready for a challenge.

TAP FOR MATURE MOVERS



With Dawn Turner *Level 2/3*

Tue 6 Jan – Tue 24 Mar 16.30 – 17.30
Course £63 (£50.50) or Drop-in £6 (£5)

This class will teach you all the lovely things about tap: the steps, the rhythm and the fun without the exhaustion! There is a warm-up, technique exercises and a routine which builds up week by week. Come along and enjoy. Designed for those aged 50+ who have done Absolute Beginners and Beginners or Gentle Tap or equivalent.

GENTLE TAP



With Laura Proudfoot *Level 1*

Fri 9 Jan – Fri 27 Mar 13.30 – 14.30 £63 (£50.50)

From Time-steps to 'Shuffle off to Buffalo', this class will help you tap spring your way to the basics of tap dance technique. Experience all the fun without the exhaustion! Combining warm-up, technique exercises and a routine to develop your skills week by week, this class is definitely suitable for any budding Fred or Ginger!

partner dances

WEAR WELL-FITTING COMFORTABLE SHOES, LADIES WITH A SMALL HEEL.



Back in the mists of time, dancing was a purely social non-contact activity and was then the only chance to get up close and personal with potential paramours. Thankfully we've moved on from such buttoned up times but that doesn't mean we have to stop enjoying the pleasures of two moving as one and the sheer good fun of **sharing a great experience**. Scottish culture has, and always will, celebrate people dancing together, and at Dance Base we delight in giving you the chance to feel, dance, hear and see how its done all over the world!

BALLROOM BEGINNERS C

With Chris Malone & Dawn-Claire Robertson *Level 1*

1 Mon 5 Jan – Mon 23 Mar 18.00 – 19.00 £63 (£50.50)

2 Mon 5 Jan – Mon 23 Mar 19.00 – 20.00 £63 (£50.50)

Chris, an international coach, and Dawn-Claire, a former British and World Champion, will take you through the basics of the waltz, quickstep, cha-cha and jive. Whether you want to learn for a specific social event or just fun, it's a great class to get you moving on a dance floor with style.

BALLROOM IMPROVERS D C

With Chris Malone & Dawn-Claire Robertson *Level 2*

1 Mon 5 Jan – Mon 23 Mar 20.00 – 21.30 £86 (£67)

2 Wed 7 Jan – Wed 25 Mar 20.00 – 21.30
Course £86 (£67) or Drop-in £7.50 (£6)

If you have already learnt the basics of ballroom, this class will improve your technique and style. Besides adding to your step patterns in the waltz, quickstep, cha-cha and jive, you can add the exciting tango, samba and paso doble to your repertoire.

SOCIAL BALLROOM BEGINNERS C

With Jane Bell & Marina Delicata *Level 1 / 2*

Fri 9 Jan – Fri 27 Mar 19.00 – 20.00 £63 (£50.50)

Strictly Social Dancing - learn to take the floor with the confidence to lead and follow your partner through waltz, social foxtrot, cha cha, jive, rumba and more. No routines, just pure dance!

SOCIAL BALLROOM INTERMEDIATE/ADVANCED C

With Jane Bell & Marina Delicata *Level 3 / 4*

Fri 9 Jan – Fri 27 Mar 20.00-21.30 £86 (£67)

Polish, refine and define your ballroom and Latin skills. Strictly Social Dancing; learn to lead and follow, adding figures to your beginner-level dances and increasing your repertoire to include foxtrot, tango, samba and more.

BALLROOM PRACTICE SESSION D ♥

With Chris Malone *Level 1*

Fri 9 Jan – Fri 27 Mar 11.00-12.00 £6 (£5)

A new practice session for ballroom and Latin dancers who have got some moves together and would like to try them out. You will be under the watchful eye of Chris Malone, who will be there to offer guidance on style, technique and posture. So come on down and have a dance!

“Difficult to see how this course could be better!”

Ballroom Improvers participant

Partners:

To aid your progress your teacher might encourage you to dance with different partners during your class.

It is recommended to book with a partner for all classes except Jive and Swing.



JIVE

With CPN Dance Company (Chalky Whyte) *Level 1*

Fri 9 Jan – Fri 27 Mar 20.30 – 21.30 £63 (£50.50)

Edinburgh Jive (Le Roc) is based on Rock and Roll, which was first introduced in France by American GIs at the end of WWII. You will learn some moves that are surprisingly easy and will soon be dancing with confidence to all types of music.

SWING

With Fly Right Dance Company *Level 1*

Thu 8 Jan – Thu 26 Mar 18.00 – 19.30 £86 (£67)

If you like the cool swing sounds from the thirties, forties and fifties, then this is the dance for you! It can be cool and sophisticated, or wild and energetic. Fly Right's fun approach will take you through the basics of partner swing dances like Lindy Hop and Charleston, and also some fun non-partner dances which you can take to the dance floor. www.flyrightdanceco.com

CUBAN SALSA BEGINNERS

With Kath Bateman & Ernesto Reyes *Level 1*

Tue 13 Jan – Tue 24 Mar 17.30 – 19.00 £79 (£61)

Cuban Salsa is a joyous expression of life and the feel-good factor in these classes is guaranteed! Gradually learning the basic steps and turns, you will learn how to move to fabulous Cuban rhythms and will soon be dancing elementary salsa routines with confidence.

CUBAN SALSA IMPROVERS/ INTERMEDIATE

With Kath Bateman & Ernesto Reyes *Level 2/3*

Tue 13 Jan – Tue 24 Mar 19.00 – 20.30 £79 (£61)

This class follows on from the beginners class and all students must have taken at least one term of beginners Cuban salsa or be able to dance the basic Cuban style salsa moves with confidence in order to join this level.

TANGO ARGENTINO BEGINNERS

new teacher new class

With Rumbos de Tango *Level 1*

1 Tue 6 Jan – Tue 24 Mar 18.00 – 19.00 £63 (£50.50)

2 Tue 6 Jan – Tue 24 Mar 19.15 – 20.15 £63 (£50.50)

A course to introduce you to the wonders of Argentine Tango in a fun and relaxed way. Rumbos de Tango will guide you through the foundations of the dance and help you discover how to embrace your partner and walk with elegance. www.rumbosdetango.com

TANGO ARGENTINO IMPROVERS

new teacher

With Rumbos de Tango *Level 2*

Tue 6 Jan – Tue 24 Mar 20.30 – 21.30 £63 (£50.50)

Now you're hooked... so this is the time to start enjoying the magic of improvisation that this dance can offer. In this class you will be exploring connection and creativity as you learn key steps to develop your dance. www.rumbosdetango.com

Booking for Tango and Cuban Salsa

Tango and Salsa are dances for couples and these classes need to have a balance of people dancing each role. To achieve this, bookings for the Tango and Cuban Salsa classes will only be by phone or in person. Those booking individually may need to wait until numbers balance before receiving confirmation.

courses

Bookings open Sat 13 December
Enrolment closes Sat 17 January

	Mon 5 Jan – Mon 23 Mar	Tue 6 Jan – Tue 24 Mar	Wed 7 Jan – Wed 25 Mar	Thu 8 Jan – Thu 26 Mar	Fri 9 Jan – Fri 27 Mar	Sat 10 Jan – Sat 28 Mar
morning	11.00-12.00: ICM 1 p25	11.00-12.00: ICM 2 p25				
lunchtime					13.30-14.30: Gentle Tap p13	12.15-13.15: Alphabet Aerobics p28 13.00-14.00 Funky Feet p28
afternoon	15.00-16.30: Aerial Skills Beginners p26	12.00-13.00: Pilates Beginners p24 13.00-14.00: Pilates Improvers p24 15.00-16.00: Belly Dance – Mature p12	16.00-17.00: P1 – P3 Mini Dance Academy p27		16.30-17.30: Street & Contemporary Teens p30	13.30-14.30 Breakin’ For Beginners p20 14.00-15.00: Beat Street Sat p29
early evening	17.00-18.00: Street Dance Beginners p21 17.00-18.00: Funky Feet p28 18.00-19.00: Ballroom Beginners 1 p16 18.00-19.00: Sevillanas p14 18.30-19.30: Highland Dance Beginners p23	16.30-17.30: Tap for Mature Movers p15 17.00-18.00: Fuel p30 17.30-18.30: Tap Absolute Beginners p15 17.30-19.00: Cuban Salsa Beginners p17* 18.00-19.00: Tango Argentino Beg p17 18.30-19.30: Tap Beginners p15	17.00-18.00: Beat Street Wed p29 17.00-18.00: Breakin’ & Hip Hop Teens p30 18.00-19.00: Belly Dance Divas Beg 1 p13 18.00-19.00: Alexander Technique p24	17.00-18.00: Tango Flamenco p14 17.00-18.00: Breakdancing P3-P5 p28 17.00-18.00: Ballet P3-P5 p28 17.00-18.00: Breakdance Beg P6-P7 p29 18.00-19.00: Hip Hop Intermediate p20 18.00-19.30: Swing p17 18.00-19.00: Yoga Flow p25 18.00-19.00: Samba p12 18.00-19.00: Bollywood p13	17.00-18.00: Classical Ballet Beg 1 p9 17.30-19.00: Contemporary Beginners p10 17.30-19.00: Tap Advanced p15 18.00-19.00: Classical Ballet Beg 2 p9 18.00-19.00: Jazz Absolute Beginners p11	14.45-16.15: Destination Jazz p11 14.45-15.45: Breakdance Int P6 – P7 p29 15.00-16.00: Ashtanga Yoga Beginners p25 15.00-16.00: Fuel p30 16.00-17.30: Breakin’ Imp / Int p20 16.00-17.30: Ashtanga Yoga Int p25 16.30-17.30: Fosse Fanatics p11
evening	19.00-20.30: Contemporary Intermediate p10 19.00-20.00: Ballroom Beginners 2 p16 19.00-20.30: Flamenco Beginners p14 19.30-20.30: Highland Dance Imp / Int p23 20.00-21.30: Ballroom Improvers 1 p16 20.30-21.30: Burlesque Beginners 1 p26 20.30-21.30: Afro-World Dance p12 20.45 – 21.45: Purely-Pole p26~	19.00-20.30: Cuban Salsa Intermediate p17* 19.15-20.15: Tango Argentino Beg 2 p17 19.30-20.30: Burlesque Beginners 2 p26 19.30-20.30: Tap Intermediate p15 20.30-21.30: Ballet Fusion p9 20.30-21.30: Tango Argentino Improvers p17 20.30-21.30: Burlesque Improvers p26	19.00-20.00: Belly Dance Divas Int p13 19.15-20.15: Ceilidh Dancing Beg p23 19.30-21.00: Contact Improvisation Beg p22 19.30-21.00: Contact Improvisation Int p22* 20.00-21.30: Ballroom Improvers 2 p16 20.00-21.00: Belly Dance Divas Beg 2 p13 20.30-21.30: Cheerleading p26	19.00-20.30: Street Style Hip Hop Jazz p21 19.00-20.30: Capoeira p12 19.15-20.15: Latin American Beg p13 20.30-21.30: Latin American Imp/Int p14	19.00-20.00: Classical Ballet Imp p9 19.00-20.00: Jazz Beginners p11 19.00-20.00: Social Ballroom Beg p16 19.00-20.30: Jazz Advanced Pro p11 20.00-21.30: Classical Ballet Int p9 20.00-21.30: Jazz Int p11 20.00-21.30: Social Ballroom Int/Adv p16 20.30-21.30: Jive p17	~ Two six week courses * Class begins in second week of term • Class begins Wed 18 Feb A large print version of this planner is available on request from reception

drop-in classes

No need to book, just turn up and dance!

	Mon 5 Jan – Mon 23 Mar	Tue 6 Jan – Tue 24 Mar	Wed 7 Jan – Wed 25 Mar	Thu 8 Jan – Thu 26 Mar	Fri 9 Jan – Fri 27 Mar	Sat 10 Jan – Sat 28 Mar
morning	08.00–09.00: Ballet Stretch <i>p9</i> 11.00–12.00: Contemporary <i>p10</i>	08.00–09.00: Power Yoga <i>p25</i> 10.00–11.00: Dance Express <i>p27</i>	08.00–09.00: Ballet Stretch <i>p9</i> 09.45–10.45: Pilates Morning <i>p24</i> 11.00–12.00: Free-Style Contemporary <i>p10</i> 11.00–11.45: Dance 'n' Play <i>p27</i>	08.00–09.00: Wake-up Warm-up <i>p24</i> 10.30–11.30: Barefoot Ballet <i>p8</i>	08.00–09.00: Pilates <i>p24</i> 11.00–12.00: Hip Hop (ASN) <i>p21</i> 11.00–12.00: Ballroom Practice Session <i>p16</i>	10.00–11.00: Creative Dance 1 <i>p27</i> 11.00–12.00: Creative Dance 2 <i>p27</i>
lunchtime	12.00–13.00: (Im)mature Latin Movers <i>p14</i> 13.15–14.00: Hula Hooping <i>p26</i>		12.30–13.30: Ballet for Lunch <i>p8</i> 13.30–15.00: Musical Madness <i>p17</i>	12.15–13.15: Alexander Technique Lunch <i>p24</i> 13.15–14.00: Hip Hop for Lunch <i>p21</i>	12.15–13.15: Gentle Jazz <i>p16</i> 14.30–15.30: Urban Cool P3 – P5 <i>p28</i> 15.30–16.30: Urban Cool P6 – P7 <i>p29</i>	13.30–14.30: West African <i>p12</i>
afternoon	17.00–18.00: Street Dance Beginners <i>p21</i>	15.00–16.00: Belly Dance – Mature <i>p13</i> 16.30–17.30: Tap for Mature Movers <i>p15</i>	15.30–16.30: Time of Your Life <i>p26</i>	16.00–17.00: Creative Kids <i>p27</i>	19.00–20.30: Jazz Advanced Pro <i>p11</i>	16.00–17.00: Breakin' Imp / Int <i>p20</i>
evening	18.00–19.00: Jazz Turn Up & Dance <i>p11</i>	17.30–18.30: Contemp General Drop in <i>p10</i> 18.30–19.30: Nu Style <i>p21</i>	17.00–18.00: Linedancing <i>p26</i> 18.00–19.00: Turn Up & Hip Hop Beg <i>p20</i> 18.00–19.00: Contemporary Adv/Pro <i>p9</i> 19.15–20.15: Ceilidh Dancing Beg <i>p23</i> 19.30–21.00: Contact Improvisation Int <i>p22*</i> 20.00–21.30: Ballroom Improvers 2 <i>p14</i> 20.15–21.45: Ceilidh Dancing Int <i>p23</i>	18.00–19.00: Yoga Flow <i>p25</i> 19.00–20.30: Street Style Hip Hop Jazz <i>p21</i> 19.15–20.15: Latin American Imp / Int <i>p14</i> 19.30–19.00: Turn Up and Hip Hop Beg 2 <i>p20</i> 20.30–21.30: Contemporary Beginners Drop in <i>p10</i>		

- Class begins Wed 18 Feb

Class Prices:

45 minutes **£5 (£4)**

60 minutes **£6 (£5)**

90 minutes **£7.50 (£6)**

Kids Classes **£3 / £3.50**

Dance Card

Top up your Dance Card with £35 or more and receive 10% extra credit free

Breakdance and Hip Hop

WEAR COMFORTABLE LOOSE CLOTHING AND INDOOR TRAINERS.



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The Zulu Nation of hip hop was formed by rapper Afrika Bambaata way back in the '70s and since then hip hop and breaking have gone global. The roots go back much further though, to the footwork originated by street dancers fused with the of jazz dance styles of the Cotton Club. Funk happened. Breaking broke out. The rest is **hip hop** history.

BREAKIN' FOR BEGINNERS

With Random Aspekts *Level 1*

Sat 10 Jan – Sat 28 Mar 13.30 – 14.30 £63 (£50.50)

Random Aspekts are Scotland's number one B-Boy crew and largely responsible for the renaissance of the Scottish Scene. You couldn't be in better hands. Ever fancied spinning on your back, toprocking or learning how to freeze? After a new party trick? This class will cover breaking foundations including toprock, basic footwork, spins and freezes. The class is good fun, hard work and will give your WHOLE body a workout.

BREAKDANCE IMPROVERS/INTERMEDIATE

With Random Aspekts *Level 2/3*

Sat 10 Jan – Sat 28 Mar 16.00 – 17.30
Course £86 (£67) or Drop-in £7.50 (£6)

So you've got your foundations down? You want to take it to the next level and earn the right to call yourself a B-Boy or a B-Girl? This class will include footwork drills, advanced choreography, basic power and some history behind the culture. You should have a firm grasp of foundations, at least one year of experience and be up for getting down in the circles!

TURN UP & HIP HOP BEGINNERS

With Wallace Sulley *Level 1*

Wed 7 Jan – Wed 25 Mar 18.00 – 19.00 £6 (£5)

Learn the basics to the hip hop style. Throughout the term you will learn hip hop routines that can be extended to suit the individual. Get your funky fix of hip hop to the freshest hip hop music, taught by one of the original tutors in Scotland.

TURN UP & HIP HOP BEGINNERS 2 new teacher

With Jenny Young *Level 1*

Thu 8 Jan – Thu 26 Mar 19.30 – 20.30 £6 (£5)

So you have seen it on TV, you love the music and you may have even had a go? Well now's your chance to get those steps down to surprise and impress your friends and family on the dance floor! This class will teach you new moves and choreography at a pace that suits you, in a fun and friendly environment. Bring a bottle of water...and be prepared to sweat!

HIP HOP INTERMEDIATE new teacher

With Jenny Young *Level 3*

Thu 8 Jan – Thu 26 Mar 18.00 – 19.00 £63 (£50.50)

For those who already have the foundations, here is your chance to gain some fresh new moves. Each week will bring an explosive new routine, giving you the chance to improve on your skills week after week. This class will give you a taste of various styles and keep you up to date with the latest moves! Be prepared to sweat, get funky and ultimately...have fun!

“ The hour slips by fast, and before you know it, you're on the floor with your bum in the air and your left leg knotted round your right ankle.”

Erin McElhinney, *The Skinny*, Turn Up & Hip Hop Beginners 2



HIP HOP FOR LUNCH

new time **D**

With Allan Irvine *General*

Thu 8 Jan – Thu 26 Mar 13.15 – 14.00 £5 (£4)

Liven up your day the hip hop way with Allan Irvine, who has been teaching the fresh stuff since the eighties! The classes will cover a variety of styles for all abilities. These will include body poppin' and funky lockin' with the occasional breakdance move thrown in (because everyone needs a party piece!). Allan will also teach the kinds of street dance that you may find in your favourite music videos.

HIP HOP (FOR DANCERS WITH ADDITIONAL SUPPORT NEEDS)

D

With Mi-Mi Mackenzie *General*

Fri 9 Jan – Fri 27 Mar 11.00 – 12.00 £4

Come along and move with style to the freshest tunes! You'll dance with your classmates, making up and learning hip hop inspired moves. Lots of fun, this brand new class will get you into your very own groove as you work that dance floor. Everyone is welcome to join in! Wear loose clothing and bring plenty of water.

STREET DANCE BEGINNERS

new time **C** **D**

With Nico Major *Level 1*

Mon 5 Jan – Mon 23 Mar 17.00 – 18.00
Course £63 (£50.50) or Drop-in £6 (£5)

Street Dance is the umbrella term for the dance forms invented in the schoolyard or clubs, usually inspired by the music's feel and the developed by the dancers' inventiveness. Today the most popular forms are from Hip Hop culture such as Breaking, Popping, Locking, Rocking. This will be an energetic funk-fuelled class covering original foundation moves and routines while encouraging each dancer to find their own free style.

STREET STYLE HIP HOP JAZZ

C **D**

With Barry Samuel *Level 3*

Thu 8 Jan – Thu 26 Mar 19.00 – 20.30
Course £86 (£67) or Drop-in £7.50 (£6)

For lovers of R&B, pop and hip hop, this class is best described through the movements of two of the best dance performers out there: Justin Timberlake and Usher. Each week you will be challenged with a new and explosive routine that's certain to wow the masses on the dance floor.

NU STYLE

new class **D**

With Jenny Young *General*

Tue 6 Jan – Tue 24 Mar 18.30-19.30 £6 (£5)

Wanna try something different?! This is a high energy class with a big emphasis on fun, flava, and attitude. It's a true collaboration of different techniques and styles of dance with touches of old school hip-hop, new style hip hop, jazz, funk and the vibe of the New York dance scene. Each class will bring a fresh new routine that will change in style...so expect the unexpected!

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improvisation

Also thought of as expressive dance, improvisation began as soon as human beings did. The art of play is so often lost to us as we strive to be grown up, responsible and far too sensible. In **improvisation** we let go of our inhibitions and play again, releasing fresh energy and ideas and rediscovering the beauty of taking your imagination out for an airing!

WEAR COMFORTABLE CLOTHING
AND BARE FEET.



CONTACT IMPROVISATION BEGINNERS

(6 week course)

With Merav Israel *Level 1/2*

Wed 7 Jan – Wed 11 Feb 19.30 – 21.00 £43 (£33.50)

Contact Improvisation is a contemporary form which works on body and mind. It is usually danced with one or more partners in physical contact but it can also be enjoyed!

We will develop techniques and the ability to listen and respond in improvisation, making a dance that is created in the moment. The class introduces the main elements of CI: working with the floor, gravity, following the point of contact, falling, giving and receiving weight, and basic lifts.

It is suitable for beginners or anyone with some experience in CI who would like to deepen their practice. It will be possible for those who attend to continue to the intermediate level in the second half of the term.



CONTACT IMPROVISATION INTERMEDIATE

(6 week course)

With Merav Israel *Level 3*

Wed 18 Feb – Wed 25 Mar 19.30 – 21.00
Course £43 (£33.50) or Drop-in £7.50 (£6)

This second half of the term will assume a basic level of experience and will aim to develop further movement skills and contact skills. We will work with listening and responding, following momentum, falling, supporting and lifting. The class is aimed towards those who have been practising CI in the past few years and are interested in developing further.



Don't miss

CandoCo Workshop

See page 6

Scottish

Scotland is still called the dancing nation, and rightly so, as we like to kick up our heels more than any of our European neighbours. Step dances have outrageous rhythmic invention and our original Highland dancing is tough, aerobic and a truly inspiring pagan warrior dance. That's before it got competitive and tidy. Join in the dance with the country that dances [Caledonia style](#).

WEAR COMFORTABLE CLOTHING AND SHOES. FOR HIGHLAND DANCE WEAR BALLET, JAZZ OR SOFT, FLAT FLEXIBLE SHOES.

Musicians:
Freeland Barbour
Calum Marwick
Neil Simpson



Don't miss

The **BIG** Dance Base Ceilidh

See page 8

CEILIDH DANCING BEGINNERS



With Sheila McCutcheon *Level 1*

Wed 7 Jan – Wed 25 Mar 19.15 – 20.15
Course £63 (£50.50) or Drop-in £6 (£5)

A chance to learn those traditional dances and join in at the ceilidh. Aimed at socialising through dancing. Only those prepared to have fun should be there!

CEILIDH DANCING INTERMEDIATE



With Sheila McCutcheon *Level 3*

Wed 7 Jan – Wed 25 Mar 20.15 – 21.45 £7.50 (£6)

For those already familiar with the traditional dances and ready to try out the less well-known. Prepare for a reel mix, all in authentic ceilidh style.

HIGHLAND DANCE BEGINNERS



With Veronica Jackson *Level 1*

Mon 5 Jan – Mon 23 Mar 18.30 – 19.30 £63 (£50.50)

Enjoy the energetic, rhythmic steps of our country's national dances. Veronica, a former World Champion, will teach you the way to enjoy all the swirling sounds of not just the bagpipes, but all the up-tempo music Scotland has to offer.

HIGHLAND DANCE IMPROVERS/INTERMEDIATE



With Veronica Jackson *Level 2 / 3*

Mon 5 Jan – Mon 23 Mar 19.30 – 20.30 £63 (£50.50)

The class is energetic, fast and of a higher standard in Highland dance steps. An hour of fun enjoying the sounds of Scotland, dancing our national hornpipes and jigs.



12 week course



Drop-in



Love Dance, gentler classes



Class accompanied by live music

Class Levels are detailed on p2

health, fitness & well-being

WEAR COMFORTABLE LOOSE CLOTHING WITH SOCKS OR BARE FEET. FOR ICM WEAR INDOOR TRAINERS.

hands on

Treatment Room

On top of all of the classes and workshops on offer, our Treatment Room provides a selection of professional complementary health treatments right here in the Dance Base building.

Treatments including holistic/therapeutic massage, dynamic bodywork and on-site chair massage are undertaken by highly qualified and professional therapists, with a background in dance.

E-mail dance@dancebase.co.uk or ask at reception for more information or to book an appointment.

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Every fibre of the body wants to keep moving; there is never a moment in life when we are completely still. When the natural movement of life is accelerated and the flow of energy is released, then your body gets happy, feels well and knows it's loved. Unite your body and mind, and feel as wonderful as you deserve to feel.

ALEXANDER TECHNIQUE



With Robert Robertson & Sarah Bonner-Morgan *Level 1*

Wed 7 Jan – Wed 25 Mar 18.00 – 19.00 £63 (£50.50)

The Alexander Technique analyses your whole movement pattern and helps you to become aware of balance, posture and co-ordination while performing everyday actions. This brings into consciousness tensions throughout our body that have previously gone unnoticed.

ALEXANDER TECHNIQUE FOR LUNCH



With Robert Robertson or Sarah Bonner-Morgan *Level 1*

Thu 8 Jan – Thu 26 Mar 12.15 – 13.15 £6 (£5)

Banish that daytime energy void. Here's a chance to regain balance and poise and add renewed zest to your day with the Alexander Technique. This is a relaxed, informal class helping you realign and refocus your mind and body. Teachers Robert and Sarah have years of experience and will give you the individual attention you know you deserve.

WAKE-UP WARM-UP



With Paul Wood *General*

Thu 8 Jan – Thu 26 Mar 08.00 – 09.00 £6 (£5)

Start off the day with this energising warm-up class. Using a variety of exercises used by dancers to stay in shape, this fun and engaging workout will tone and lengthen your muscles. Suitable for everyone, this will leave you feeling supple, strong and ready for anything!

Health: Our Pilates classes are not suitable for those with any of the following conditions: disc herniation, osteoporosis, spinal stenosis, spondylosis and spondylolisthesis or during pregnancy and until four months after giving birth.

PILATES BEGINNERS

new teacher

new time



With Jelica Kricskovics *Level 1*

Tue 6 Jan – Tue 24 Mar 12.00 – 13.00 £63 (£50.50)

Pilates is a refreshing form of exercise for your mind and body that can improve your strength, flexibility and overall mobility. You will achieve a strong core, develop leaner muscles and improve your complete sense of well-being. Pilates improves physical awareness, posture, balance and focuses on full use of the breath. It will all enable you to look and feel your very best.

PILATES IMPROVERS

new teacher

new time



With Jelica Kricskovics *Level 2*

Tue 6 Jan – Tue 24 Mar 13.00 – 14.00 £63 (£50.50)

PILATES



With Pamela Day *General*

Fri 9 Jan – Fri 27 Mar 08.00 – 09.00 £6 (£5)

Pilates is a great way to maintain your physical health. It develops core strength, tones and stretches muscles and improves posture. A wonderful way to start the day!

PILATES MORNING

new time



With Skye Reynolds *General*

Wed 7 Jan – Wed 25 Mar 09.45 – 10.45 £6 (£5)

Pilates develops physical awareness and control from the centre to the periphery, helping you find natural alignment and develop full use of the body's breath and muscular structure. Pilates is ideal for building core stability as well as rehabilitating and conditioning the body.

Don't miss

Swāsthya Yōga Workshop

See page 6



ASHTANGA YOGA BEGINNERS



With Gillian Ingram *Level 1*

Sat 10 Jan – Sat 28 Mar 15.00 – 16.00 £63 (£50.50)

Ashtanga yoga is a dynamic form of movement that works the whole body in a series of asanas (postures) that flow in a sequence linked by a vigorous breathing technique that stimulates the connection of mind and body. It is meditation in movement, and a form of conditioning that builds flexibility, body awareness and deep strength.

ASHTANGA YOGA INTERMEDIATE



With Gillian Ingram *Level 2*

Sat 10 Jan – Sat 28 Mar 16.00 – 17.30 £86 (£67)

Ashtanga is a unique form of yoga, combining strong flowing movements with powerful breath control. Ashtanga provides a wonderful balance of grace and energy, aimed to improve stamina, flexibility and core strength. Release new levels of energy in your body and a sense of well-being in the mind.

YOGA FLOW

new class



With Linda Douglas *General*

Thu 8 Jan – Thu 26 Mar 18.00 – 19.00
Course £63 (£50.50) Drop in £6 (£5)

Yoga Flow combines a series of exquisite yoga postures with movement and breath. The class will aim to increase flexibility and will move through dynamic phases (with alternatives/modifications) finishing with a tranquil relaxation. The class is open to all with some degree of flexibility/experience. Leave your world behind and enjoy some peace and serenity.

Some yoga experience is required when dropping in the class.

POWER YOGA

new teacher



With Jodi Carey *Level 2*

Tue 6 Jan – Tue 24 Mar 08.00 – 09.00 £6 (£5)

Power yoga is a vigorous form of yoga based on the principles of breath-movement coordination of the Ashtanga Vinyasa style. This early-morning session starts with several salutes to the sun and continues with a flowing sequence of postures emphasising dynamic movement for improved circulation and body awareness. Expect an invigorating experience suitable for starting the morning and leaving you with a boost of energy to last all day.

INTEGRATED CREATIVE MOVEMENT



With Pamela Day and Mi-Mi Mackenzie *General*
Musician: Marc Pilley

1 Mon 5 Jan – Mon 23 Mar 11.00 – 12.00 £44

2 Tue 6 Jan – Tue 24 Mar 11.00 – 12.00 £44

This class is a creative dance class for adults with additional support needs, their service providers and the general public. A chance to explore your creativity and converse with others through movement. Free your inhibitions and discover the benefits of movement and dance in a fun and supportive environment.

Flexible payment arrangements can be made. Please contact Box Office for more info.

Lighthouse Dance Project

Dance Base and Telford College have joined forces to present the Lighthouse Dance Project for dancers with additional support needs. Sign up to the d-mail (see p3) for updates on the progress of the group.



12 week course



Drop-in



Love Dance, gentler classes

Class Levels are detailed on p2

just for fun

Can't dance? Won't dance! We are on a mission to help you on your way to finding that inner dancer and what a great joy it will be for us all when you discover that one of those two left feet is actually a right foot screaming to get out and party with its pal. It's there, trust us.

WEAR LOOSE COMFORTABLE CLOTHING. HULA HOOPS WILL BE SUPPLIED!

Don't miss Aerial Skills Workshops

See page 4



50% of places
available online
dancebase.co.uk

AERIAL SKILLS FOR BEGINNERS C

With Jennifer Paterson and Danuta Ramos *Level 1*

Mon 5 Jan – Mon 23 Mar 15.00 – 16.30 £110 (£88)

Climb, swing, suspend, hang and twist your way through this new class in the basics of aerial skills. Starting with a warm up and conditioning, the class will then move onto aerial equipment including trapeze, rope and fabrics. Suitable for those with a good level of fitness and some upper body strength.

BURLESQUE BEGINNERS C

With the Ministry of Burlesque Academy *Level 1*

1 Mon 5 Jan – Mon 23 Mar 20.30 – 21.30 £63 (£50.50)

2 Tue 6 Jan – Tue 24 Mar 19.30 – 20.30 £63 (£50.50)

Think Gypsy Rose Lee, think Betty Page... This is a fun class teaching the basics of peeling, posing and teasing. The class will incorporate these key elements of burlesque with various forms of modern dance, and will teach you how to 'de-robe' with grace, style and elegance while gently toning the body. www.academy.ministryofburlesque.com Age 18+

BURLESQUE IMPROVERS C

With the Ministry of Burlesque Academy *Level 2*

Tue 6 Jan – Tue 24 Mar 20.30 – 21.30 £63 (£50.50)

This is a class designed for those initiated in the world of old-fashioned burlesque. Following on from the beginners' course, this class incorporates posing, peeling and teasing in a re-working of the old-school burlesque classics. www.academy.ministryofburlesque.com Age 18+

HULA HOOPING D

With Fiona Blair *Level 1*

Mon 5 Jan – Mon 23 Mar 13.15 – 14.00 £5 (£4)

For big kids and kids. Hoop it on the waist, knees, wherever you fancy. Angle it, bump it up, use one or three. A freestyle class with lots of different music. Suitable for beginners and all levels of fitness.

LINEDANCING D

With Chris Stuart-Wilson *General*

Wed 7 Jan – Wed 25 Mar 17.00 – 18.00 £6 (£5)

Line dancing is a popular dance form and is practiced and learned in country-western dance bars, social clubs, dance clubs and ballrooms worldwide. Its success is partly to do with the fact that it avoids the problem of imbalance of male/female partners that plagues many other dancing clubs. Drop in for some heel-kicking, thigh-slapping action and learn some authentic line dances, past, present and future. Yee ha!

PURELY POLE C

With Patricia Brannigan *Level 1*

1 Mon 5 Jan – Mon 9 Feb 20.45 – 21.45 £35 (£28)

2 Mon 16 Feb – Mon 23 Mar 20.45 – 21.45 £35 (£28)

Dance yourself dizzy as you discover the invigorating art of Pole-Dancing. Starting with a thorough warm-up and conditioning designed to improve your strength and flexibility, this class will then focus on the techniques of simple but breath-taking spins and manoeuvres around the pole and on the floor. Once you have mastered the basic moves, they will be incorporated into a choreographed routine over the duration of the course. Trainers are recommended for the warm-up while bare arms and legs are essential for gripping the pole. Skin must be free from oils and lotions.

CHEERLEADING C

With Kayleigh Cameron *Level 1*

Wed 7 Jan – Wed 25 Mar 19.00 – 20.00 £63 (£50.50)

'gimme a C, gimme a H, gimme a E E R...' This new and exciting class will involve piecing together a high-energy routine each week, learning chants and cheers and most importantly having fun shaking those pompoms! Stunts optional but not a requirement. Pompoms provided. All welcome, from beginners to experienced dancers. Just bring a smile and heaps of enthusiasm. See you there!

young dancers

The very first thing we do is move, in fact even before we are born, and young dancers remember that more clearly than most. Thumb bandits and couch potatoes are old news; kids want to be sleek, confident, cool, fit and ready for life. We celebrate the pure energy and fun that exists in **young dancers** and there's not an exam in sight.

WEAR COMFORTABLE LOOSE CLOTHING AND BARE FEET.

PLEASE NOTE: ALL CHILDREN UNDER THE AGE OF 5 MUST BE ACCOMPANIED BY AN ADULT. ADULTS ARE ENCOURAGED TO TAKE THEIR SHOES AND SOCKS OFF AND JOIN IN!



Toddlers and preschool prices are for one adult and one child – bring an extra child for just £1 more!

TODDLERS

DANCE 'N' PLAY

With Skye Reynolds

Wed 7 Jan – Wed 25 Mar 11.00 – 11.45 £3

Turn up and play! In this class we will use music and movement to develop our creative skills and awareness. The class will offer a variety of playful approaches to dance including story, image, texture, music and voice. Themes may vary from week to week and group suggestions will be invited. Bring your parents too!

PRESCHOOL

CREATIVE DANCE

With Charly Jarvis

1 Sat 10 Jan – Sat 28 Mar 10.00 – 11.00 £3.50

2 Sat 10 Jan – Sat 28 Mar 11.00 – 12.00 £3.50

Creative dance takes the under 5s on a journey into the magical world of dance and movement. In a sensory, fun and exciting space this playful session is devised to develop and increase co-ordination, movement skills and imagination. With different approaches to dance through storytelling, images, music and props, children can express themselves freely in an encouraging and creative atmosphere. Parents get to join in too!

DANCE EXPRESS

With Dawn Turner

Tue 6 Jan – Tue 24 Mar 10.00 – 11.00 £3.50

Step aboard our dance train and express yourself! Move along to the music and find your rhythm while you dance in a circle, on the floor or round the room. This class will introduce movement to music and pre-dance skills where parents can join in and help their children express themselves.

D

P1 – P3

MINI DANCE ACADEMY

Charly Jarvis & Grainne Anderson

Wed 7 Jan – Wed 25 Mar 16.00 – 17.00 £39

It's all here, a world of dance in little easy-to-learn chunks! The first half term will focus on the basics of body awareness and flow that come from contemporary and ballet, whilst the second half takes the star supernova with jazz and tap, involving rhythmic games and an understanding of percussion. With a start-up like this, they are good to go for anything their school show or vivid imagination asks of them!

C

D

CREATIVE KIDS

With Grainne Anderson

Thu 8 Jan – Thu 26 Mar 16.00 – 17.00 £3.50

Imagine the excitement travelling into outer space, becoming a lion tamer and being chased by dinosaurs in the same afternoon! It's never too early to explore movement and develop a taste for creativity. Through fun games and a variety of movement this class will encourage children to invent new adventures far removed from everyday life. Where else could you catch falling stars, go on a camel ride and dig for treasure all in one day? So come on board; we'll travel to fantasyland, where indeed, anything is possible!

new time

D

new time

D

C

12 week course

D

Drop-in

young dancers *continued*

WEAR COMFORTABLE,
LOOSE CLOTHING AND
INDOOR TRAINERS.

If you need to leave
Dance Base while
your child is in class,
please remember to
leave contact details
at Reception in case
of emergency.

Don't miss
High School Moves-ical
See page 5

P3 – P5

FUNKY FEET

With Grainne Anderson

1 Mon 5 Jan – Mon 23 Mar 17.00 – 18.00 £39

2 Sat 10 Jan – Sat 28 Mar 13.00 – 14.00 £39

This class integrates R&B, jazz and different styles of hip hop. Give your mind and body a workout by learning some challenging choreography in this energetic dance class to suit all levels. Interested in further pursuing your dance skills? Want to polish up your dance moves and be the envy of all your friends? Then this class is for you! What better way to meet new friends and have fun! No experience necessary so if you're interested in having fun and learning the newest dance moves, we'll see you there!

BALLET

With Lauren Porter Worth

Thu 8 Jan – Thu 26 Mar 17.00 – 18.00 £39

The study of ballet is the foundation for many forms of dance. This introductory class will introduce basic ballet vocabulary and technique. Students will work towards developing strength and flexibility with a focus on correct posture, musicality, and coordination. No prior knowledge of dance is required but those with previous exposure will have the opportunity to refine their skills.



BREAKDANCING

With Allan Irvine

Thu 8 Jan – Thu 26 Mar 17.00 – 18.00 £39

Learn the foundations of breakdancing – top rock, footwork, spins and freezes as well as dynamic routines and an emphasis on developing individuality and style.

URBAN COOL

With Allan Irvine

Fri 9 Jan – Fri 27 Mar 14.30 – 15.30 £3.50

All the moves from street and hip hop but with an extra flavour. Using contemporary dance ideas and brilliant music, Allan encourages you to make up your own dances and find your own unique and personal style.

ALPHABET AEROBICS

With Nico Major

Sat 10 Jan – Sat 28 Mar 12.15 – 13.15 £39

Named after the Blackalicious tune "Alphabet Aerobics" this fun & energetic class will incorporate hip hop, breakdance and basic acrobatics with influences from signing, semaphore and graffiti art to make a unique and funky moving name for yourself! WORD UP!

(This class will include a free mix CD to practice with at home)

WEAR COMFORTABLE
LOOSE CLOTHING AND
INDOOR TRAINERS.



P6 – P7

BEAT STREET

With Nico Major

1 Wed 7 Jan – Wed 25 Mar 17.00 – 18.00 £39

2 Sat 10 Jan – Sat 28 Mar 14.00 – 15.00 £39

A funk-fuelled hip hop workout with Dr. Beat. From floorwork, to footwork to freezes danced to the sounds from the birth of hip hop and breakin'... Get yer nimble feet down to Beat Street.

(This class will include a free mix CD to practice with at home)

BREAKDANCE BEGINNERS

With members of Random Aspekts

Thu 8 Jan – Thu 26 Mar 17.00 – 18.00 £39

Random Aspekts are Scotland's number one B-Boy crew and largely responsible for the renaissance of the Scottish Scene. You couldn't be in better hands. If you want a sure-fire way to impress your mates, here's the place to do it! This class will cover breaking foundations including toprock, basic footwork, spins and freezes. Don't just dream about spinning on your head, take the first few steps to getting there!

BREAKDANCE INTERMEDIATE

With members of Random Aspekts

Sat 10 Jan – Sat 28 Mar 14.45 – 15.45 £39

So you got the basics, now you want to get some serious moves down? You should have completed at least three kids breakdance beginners courses and be up for a bit of hard work. If you keep going and put in the effort, you might just be ready to start your own crew!

URBAN COOL

With Allan Irvine

Fri 9 Jan – Fri 27 Mar 15.30 – 16.30 £3.50

All the moves from street and hip hop but with an extra flavour. Using contemporary dance ideas and brilliant music, Allan encourages you to make up your own dances and find your own unique and personal style.

Don't miss

**Random Aspekts
School of Hip Hop**

See page 7

young dancers *continued*

WEAR COMFORTABLE LOOSE CLOTHING AND INDOOR TRAINERS.

Young people aged 14+ are able to attend the majority of other classes listed in this programme except those that specify a higher minimum age.

TEENAGERS

FUEL

With Mi-Mi Mackenzie

1 Tue 6 Jan – Tue 24 Mar 17.00 – 18.00 £39

2 Sat 10 Jan – Sat 28 Mar 15.00 – 16.00 £39

This is a funky fresh hip hop class for teenagers. Get to grips with some hard-core routines and develop choreography skills in a fun and encouraging class. Bring plenty of water, knee pads recommended!

BREAKIN' & HIP HOP

With Alan Irvine

Wed 7 Jan – Wed 25 Mar 17.00 – 18.00 £39

Learn the foundations of breakdance including top rock and footwork and get funky with super-cool hip hop routines.

STREET & CONTEMPORARY DANCE

With Jan Findlay

Fri 9 Jan – Fri 27 Mar 16.30 – 17.30 £39

If you are into dance, this is for you. Each week the group will start with a contemporary-style warm-up and then work on routines using a blend of street, hip hop, jazz and contemporary to the most up-to-date tunes, building to an end-of-term performance. All are welcome...



Don't miss

**Random Aspekts
School of Hip Hop**

See page 7

for hire

As well as being a great place to dance, Dance Base offers a unique setting for meetings, seminars, conferences, parties and launches. All our studios are available for hire at competitive rates.

For more information,
contact **Matt Roe**
on 0131 226 9651 or
[hires@dancebase.co.uk](mailto: hires@dancebase.co.uk)



outreach



Did you know that Dance Base works with schools and community groups to deliver the same great dance that you find in our building?

Thank you for letting me take part, I have had the time of my life!

Karl – Craigmount High School pupil

It is so refreshing and encouraging to see young people benefit so much from what is clearly not just a great form of exercise, but an example of team work, creativity and fun for all involved.

George Foulkes MSP

What a lovely and inspiring morning...would make such a wonderful and moving documentary. I wish more people could see what you do and what you inspire others to do.

Maggie Young, Chest Heart & Stroke Scotland

Long may this brilliant stuff continue.

John McVeigh, The Orchard Centre

The Dance Base Outreach Programme is fully inclusive and works with individuals and groups with a wide range of interests and abilities. We take dance to nurseries, primary and secondary schools, youth groups and community centres. We also bring groups to our fabulous studios at Grassmarket for their classes and to watch professional company rehearsals. Many of our groups also go to see dance shows as part of their Outreach Programme.

Every week we have up to 400 people dancing throughout Edinburgh and beyond. Many of these people have never danced before and some even go on to performing for Royalty!

Dance is a healthy, creative activity – it's good for your body and soul! The Outreach Team are skilled motivators and guarantee that whatever your age or ability, dancing will change your life!

If you are interested in having the outreach team work with you, or your group, please contact Janet Dick, Outreach Co-ordinator on 0131 226 9653 janet@dancebase.co.uk



information

Concessionary rates

Are listed in brackets and available to anyone who is receiving income support or Jobseekers Allowance, a student, under 16, over 60, disabled, entertainment union member or a Big Issue Vendor. Concessionary rates cannot be given without proof of eligibility.

Refunds & Exchanges

All courses are non-refundable. Refunds will only be issued in the unlikely event of cancellation of a class or workshop by Dance Base and will not be issued for situations outwith our control. If you wish to change or cancel a class, Dance Base must be informed by the end of the second week of term. When cancelling a class, credit will be issued for the remaining number of weeks less a £5 administration charge. Credit will be valid for two further terms. Double bookings will incur a £5 administration fee.

Drop-in

Tickets for these classes are sold on a first-come, first-served basis and go on sale 30 minutes before the start of each class.

Latecomers

Please ensure that you arrive in plenty of time for your class, as latecomers may not be admitted.

Lost Property

Will be stored for one month.

Should you lose an item at Dance Base, please contact reception on 0131 225 5525. Please note that Dance Base cannot take responsibility for any articles lost or stolen.

Child Protection

Dance Base operates a child protection policy. All teachers of children and young people have been police-checked by Disclosure Scotland.

Child Supervision

Dance Base cannot accept responsibility for unsupervised children outside of classes.

Health – General

Participants take classes at their own risk. Please inform reception and your teacher of any medical condition that may affect your participation. We may require a doctor's confirmation that your participation is approved.

Age

Unless otherwise specified, all activities are open to anyone over 14 years with no upper age limit!

Spectators

To respect other participants in the class, we do not allow spectators in any classes.

Class Sizes

Class sizes range from 15 – 50 participants depending on the dance style, with maximum numbers agreed between our teaching staff and Artistic Director.

Dance Card

Add credit to your Dance Card for use on any drop-in classes. Credit has no expiry date and may be redeemed at any time. Add £35 or more and receive 10% extra free.

Board

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Seconded to Cultural Excellence Team

Lucy Mason

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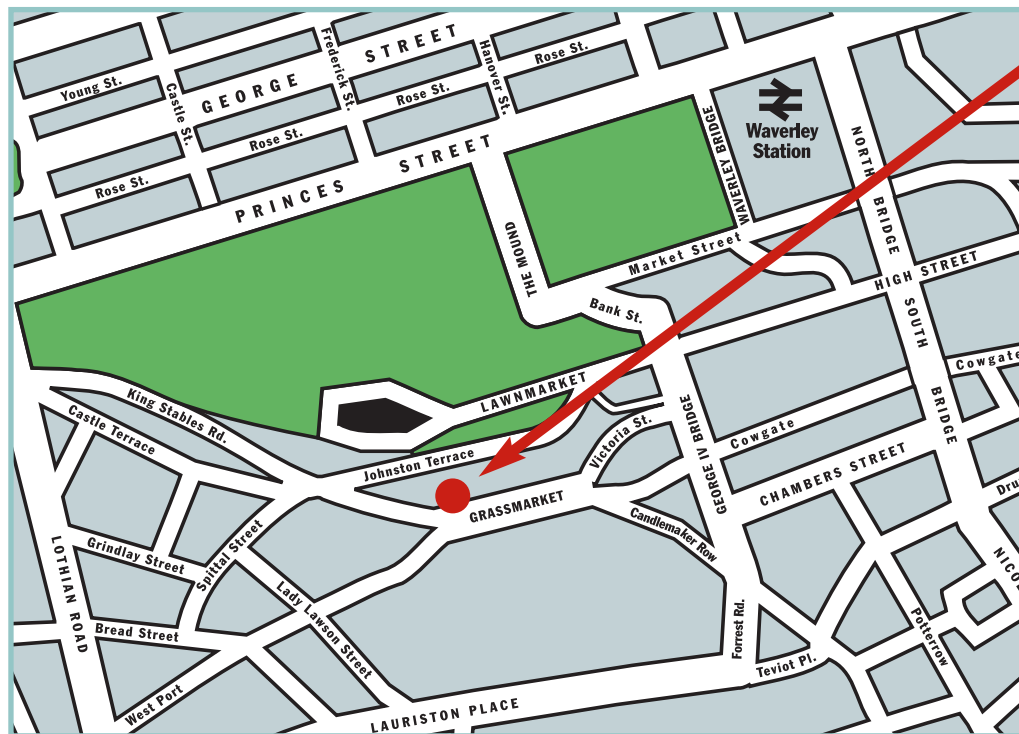
Charity No: SCO22512. VAT Reg: 663852510.

Whilst we try to ensure the accuracy of information in this brochure mistakes occasionally occur. Dance Base reserves the right to make any changes deemed necessary.

location & access

Contact Details 14 – 16 Grassmarket, Edinburgh EH1 2JU

t 0131 225 5525 f 0131 225 5234 e dance@dancebase.co.uk w dancebase.co.uk



HOW TO FIND US

Dance Base is located in the Grassmarket and is easily accessible by bus and is 10 minutes walk from Princes Street.

Buses Grassmarket: 2 from Dalry via Haymarket – daytime only. George IV Bridge: 23, 27, 28, 45. Johnstone Terrace: 35. For all public transport information call Traveline Scotland: 0870 608 2608.

ACCESS AND FACILITIES FOR DISABLED PEOPLE

Dance Base is accessible via a lift from our entrance in the Grassmarket. Dance Base has been awarded the ADAPT Trust Access Award in recognition of our facilities for people of all abilities. Dance Base publications are also available in large print upon request.

PARKING

There is free parking after 18.30 in the Grassmarket and there is also an NCP car park in Kings Stables Road.



support us

Dance Base relies on a wide variety of funding for our work, from outreach projects with disadvantaged young people to movement classes for the elderly. You can support these vital projects as an individual donor, and your business, large or small, can take advantage of our corporate membership scheme:

Individual Giving

We are immensely grateful for the generosity of our current donors. If you would like to support Dance Base, you can give via payroll giving, direct debit or a simple one-off donation. Please see dancebase.co.uk for more details.

Corporate Membership

Dance Base is a unique city-centre venue for businesses to hold private events, conferences, training, networking and dance classes, all as part of our corporate membership scheme.

For further information about how you can join the supporters of Dance Base, please contact: Ben Fletcher-Watson, Development Manager 0131 243 0773 ben@dancebase.co.uk

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a big thank you

Dance Base gratefully acknowledges support from:



ANONYMOUS DONORS

Corporate Members



emma quinn creative design



 **DANCE AT BRUNTON THEATRE**
musselburgh

X Factor Dance Company: Query
Thursday 22 January 7.30pm
Choreography: Alan Greig, Gerald Casel

Sakoba Dance Theatre: Respite
Thursday 26 February 7.30pm
Traditional and modern African dance
Choreography: Bode Lawal

Verve Dance Company
Saturday 14 March 7.30pm
Choreography: Filip Van Huffel, Jenni Kiveld,
Glenn Wilkinson, Milan Kozánek

Tickets £10-50 (£8-50, £8 under 18s)

To book call 0131 665 2240 or visit www.bruntontheatre.co.uk



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www.traverse.co.uk

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Make It Stretch with **Apex Ticket Offer**.

Buy tickets before one week in advance and pay only £8/£5 concessions
(subject to availability)

**scottish
dance theatre**

Artistic Director Janet Smith

'Impeccable ...
lap them up'
Sunday Times



Spring Tour 2009
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Tues 31 March at 7.30pm

www.scottishdancetheatre.com



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