

CITYMOVES

DANCE AGENCY SCIO



CLASS PROGRAMME

YOUNG/ADULT/MATURE
AUGUST – DECEMBER 2018



www.citymoves.org.uk

CLASSES AT A GLANCE

If something's caught your eye in our timetable, but you're unsure about what that particular class is about, visit our website or email citymoves@citymoves.org.uk



Term Dates:

Block 1 - Monday 20th Aug – Sunday 7th Oct 2018

Block 2 - Monday 29th Oct – Sunday 16th Dec 2018



Venue: Citymoves Studio, Top Floor, Triple Kirks, Schoolhill, Aberdeen, AB10 1JS

YOUNG DANCERS

YOUNG ADULT/ ADULT

MATURE DANCERS

N/A

DROP-IN CLASSES (D):

ADVANCE BOOKING (A):

BEGINNERS:

IMPROVERS:

Simply turn up and pay on the door.

Book and pay in advance, these classes are popular and fill up quickly.

Fun classes learning the basics, no previous experience required.

Aimed at those with a good understanding of the dance style and knowledge of technique who want to develop their skill (you should have at least two terms or equivalent experience).

OPEN LEVEL:

Adult classes without a specific level are open to all levels of experience.

If you're unsure which level is right for you, please contact us and we will be happy to advise.

MONDAY

Activate	(D)	10.00 - 11.00	Age 50+
Mature Ballet	(D)	11.00 - 12.00	Age 50+
Feldenkrais Technique	(D)	12.00 - 13.00	Age 16+
Higher Dance	N/A	14.00 - 16.30	Age N/A
Fusion	N/A	16.30 - 18.30	Age 13 -18
Bring it Boys	(D)	18.30 - 19.30	Age 8-16
Tap	(D)	19.30 - 20.30	Age 16+
Irish	(D)	20.30 - 21.30	Age 16+

TUESDAY

* Begin the w/c 3rd September

RRR	(D)	10.00 - 11.00	Age 50+
Mature Yoga	(D)	11.10 - 12.10	Age 16+
Tai Chi	(D)	13.00 - 14.00	Age 16+
Fit to Dance	(D)	14.00 - 14.55	Age 50+
Contemporary Jazz *	(A)	16.00 - 17.00	Age 5-7
Ballet Beginners	(D)	17.30 - 18.30	Age 16+
Ballet Improvers	(D)	18.30 - 20.00	Age 16+

WEDNESDAY

* Begin the w/c 3rd September ** Begins the 12th September

Mature Moves	(D)	10.00 - 10.55	Age 50+
Fit to Dance	(D)	11.00 - 11.55	Age 50+
Professional Class	(A)	12.00 - 13.30	Age 16+
Contemporary Jazz*	N/A	16.30 - 17.30	Age 9-11
Pilates**	(D)	18.30 - 19.30	Age 16+
Katie Milroy Dance	(A)	19.30 - 21.00	Age 16+

THURSDAY

* Begin the w/c 3rd September

Mini Movers	(D)	10.00 - 11.00	Age 18m-3y
Monster Brunch	(D)	11.00 - 12.00	Age 0-18m
Creative Movement	(D)	12.00 - 13.00	Age 16+
QuickSilver	(D)	13.00 - 15.00	Age 50+
FitSteps	(D)	15.00 - 15.55	Age 50+
Contemporary Jazz*	(A)	16.00 - 17.00	Age 7-9
Contemporary	(D)	18.00 - 19.00	Age 16+
Jazz	(D)	19.00 - 20.00	Age 16+

FRIDAY

*For Professional Dancers

FitSteps Fab	(D)	10.00 - 10.55	Age 50+
Open Studio*	(A)	11.00 - 16.30	Age 20+
Pulse	(A)	16.30 - 18.00	Age 11-16
Step Forward	(A)	18.00 - 20.00	Age 16+

SATURDAY

RSCDS Scottish Dancing	(D)	10.00 - 11.00	Age 11-15
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YOUNG DANCERS

YOUNG ADULT/ ADULT

MATURE DANCERS

N/A

CLASSES FOR YOUNG DANCERS

We offer a range of creative classes for dancers aged 0-16 in a variety of styles.

MONSTER BRUNCH (0-18m)

with Sara Kelly

These parent and child movement classes will help your child's early development by getting you moving! We will increase physical strength, muscle control, motor skill development, coordination, balance, as well as spatial and perceptual awareness. Followed by social interaction time, you are welcome to bring a snack!

Thursdays | 11.00 - 12.00 | £4

MINI MOVERS (18m-3yrs)

with Sara Kelly

Themed movement and dance for young children and their parents. These classes help develop basic movement skills, musical awareness, focus and confidence. Suitable for confident walkers and upwards. A new adventure every week!

Thursdays | 10.00 - 11.00 | £4

CONTEMPORARY JAZZ (5-11 years)

with Gillian Farquhar and Eowyn Emerald Barratt.

Our childrens classes have moved to weekday evenings! Offering technique classes to see your child develop in a fusion of Contemporary and Jazz. *Begin the w/c 3rd September*

Tuesdays | 16.00-17.00 | 5-7 years

Wednesdays | 16.30-17.30 | 9-11 years

Thursdays | 16.00-17.00 | 7-9 years

£19 Block 1 | £27 Block 2

BRING IT BOYS (8-16yrs)

with Amy Park

A just for boys class focusing on a variety of different dance styles across the term, working towards creating pieces for performance.

Mondays | 18.30 - 19.30 | £4

RSCDS SCOTTISH DANCING

with Heather McKenna

Heather has vast experience in the delivery. The group have excellent reputation and perform regularly.

Saturdays | 10.00 - 11.00 | £4

PERFORMANCE GROUPS

FUSION (13-18yrs)

Youth Dance Company
with Gillian McKechnie

Company, for talented young dancers. Fusion regularly performs on stage and in unusual spaces; they regularly work with guest choreographers throughout the year. Recently Fusion performed a work by Joan Cleville at The Edinburgh Fringe Festival, performed two works at the Lemon Tree as well as a week long residency with White and Givan's company. Members are expected to attend all of the sessions.

Auditions for new members happen all year round so keep your eyes peeled!

**Mondays | 16.30 - 18.30
£120/ term | £65/ blocks**

PULSE (11-16yrs)

with Amy Park

A creative teen dance group who perform in a variety of styles including: hip hop, musical theatre and contemporary dance.

**Fridays | 16.30 - 18.00
£79/term | £42/ blocks**

CLASSES FOR MATURE DANCERS

Sociable classes which are tailored to the bodies of mature dancers.

ACTIVATE

with Gillian McKechnie

An upbeat class designed to get you moving on a Monday morning. A great mix of music combined with easy-to-follow moves for an invigorating class that's friendly and fun.

Mondays | 10.00 – 11.00 | £4

MATURE BALLET

with Valentina Lammey

Due to popular demand, we have added a mature ballet for dancers over 50. This will be a gentle introduction to the technique of ballet while being a fun way to exercise the mind and body.

Mondays | 11.00 – 12.00 | £4

RRR

with Ruth Kent

Revitalise, Rejuvenate and Relax with this upbeat and enjoyable class, mixing a range of music and dance styles for a great all-round workout.

Tuesdays | 10.00 – 11.00 | £4

FIT TO DANCE

with Hazel Cameron

Dance and exercise class using rhythms from a variety of music, including Latin, tango and jazz.

Tuesdays | 14.00 – 14.55 | £4

Wednesdays | 11.00 – 11.55 | £4

MATURE MOVES

with Hazel Cameron

Gentle exercise, movement and dance.

Wednesdays | 10.00 – 10.55 | £4

MATURE YOGA

with Grace McKelvie

Join us for a gentle approach to yoga which focuses on breathing, meditation and light stretching.

Tuesdays | 11.10-12.10 | £4

QUICKSILVER (+50)

with Ruth Kent

Citymoves' Elders Company showcases maturity and depth of experience, creating new pieces for performance on-stage, across the city and beyond.

Thursdays | 13.00 – 15.00 | FREE

FITSTEPS

with Hazel Cameron

Fun workout based on Latin and ballroom moves, no dance experience necessary, ending with light, functional stretching and relaxation.

Thursdays | 15.00 – 15.55 | £4

FITSTEPS FAB

with Hazel Cameron

A lighter class than the regular FitSteps workout, based on Latin and ballroom moves. No dance experience necessary, ending with light, functional stretching and relaxation

Fridays | 10.00 – 10.55 | £4

CLASSES FOR ADULT DANCERS

Citymoves offers a variety of classes aimed at improving physical & mental wellbeing as well as dance classes in a variety of style and varying levels for those aged 16+.

FELDENKRAIS TECHNIQUE

with Paolo Maccagno

Feldenkrais is based on "awareness through movement". Learn to move more freely, with greater ease, flexibility and grace whilst improving posture, balance and coordination.

Mondays | 12.00 - 13.00 | £6 (£5.50)

TAP

with Danielle Pirie

This class is for those who want to try something new or refresh existing skills. It's a fun and expressive style that allows you to keep fit and tap away.

Mondays | 19.30 - 20.30 | £6 (£5.50)

IRISH

with Danielle Pirie

Learn how to turn the basics of Irish dancing into fun dances. An easy to follow warm up with strengthening exercises. Bring soft dance shoes if possible, but socks or bare feet are acceptable. This class is aimed at beginner level, although those with more experience are also welcome.

Mondays | 20.30 - 21.30 | £6 (£5.50)

BALLET

with Wai-Lum Sung

These classes range from an introduction to the basics of classical ballet in the 60 minute Beginners class to more challenging barre and centre work in the 90 minute Improvers class.

Beginners:

Tuesdays | 17.30 - 18.30 | £62 (£56)

Please advance book for this class.

Improvers:

Tuesdays | 18.30 - 20.00 | £8 (£7.50)

TAI CHI

with Matthew Knight

Tai chi (Taijiquan) is meditation in motion, a type of low-impact, weight-bearing, and aerobic (yet relaxing) exercise with the purpose of enhancing physical and mental health. This class focuses on slow, gentle movements, deep breathing and meditation.

Tuesdays | 13.00 - 14.00 | £6 (£5.50)

PILATES

with Jonathan Krebs

Pilates is a body-conditioning technique designed to stretch, strengthen and balance the body. Excellent for improving posture, flexibility and aligning the body correctly.

Starts back September 12th

Wednesdays | 18.30 - 19.30 | £6 (£5.50)

JAZZ

with Éowyn Emerald

This class begins with a set Luigi technique jazz warm-up with a focus on opposition, isolation, and use of contraction, progressing into travelling sequences and phrase work that draws from articulation of footwork and musicality.

Thursdays | 19.00-20.00 | £6 (£5.50)

CONTEMPORARY

with Amy Park and Éowyn Emerald

This 60 minute introduction to beginning contemporary is dynamic and physical. A full body conditioning warm-up moves to centre and floor work.

Thursdays | 18.00 - 19.00 | £6 (£5.50)

FOR CLASSES FOR THOSE WITH ADDITIONAL SUPPORT NEEDS, PLEASE VIEW THE BACK PAGE

CLASSES FOR THOSE WITH ADDITIONAL SUPPORT NEEDS

These classes are designed for those with learning difficulties to enjoy dance classes and give them the opportunity to perform.

CREATIVE MOVEMENT (16+) with Amy Park

Creative dance sessions for adults with learning difficulties. These sessions are inclusive and carers/supporters are encouraged to participate in the session.

Thursdays | 12.00 - 13.00 | £6

STEP FORWARD (16+) with Ruth Kent

Our integrated performance company for people with and without learning disabilities. We introduce differently-abled dancers into the class, where we work together to develop dance and performance skills.

Fridays | 18.00 - 20.00 £98/term | £51/block

For more information please visit our website:
www.citymoves.org.uk



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