

TIMETABLE

Monday

Yoga - Intermediate.....	6pm
Pilates	6pm
Irish Dance - Intermediate	7.15pm
New Wave	7.15pm
Music Video Dance	8.30pm
Showgirl.....	8.30pm

Tuesday

Body Conditioning	6pm
Irish Dance - Basic	6.10pm
African Dance	7.15pm
Ballroom - Basic	7.15pm
Ballroom - Practice	8.15pm
Ballroom - Intermediate	9pm
Broadway Tap - Basic	8.30pm

Wednesday

Bellydance	6pm
Yoga.....	6pm
Contemporary - Intermediate	7.15pm
West Coast Swing.....	7.15pm
Ballet - Intermediate	8.30pm
1940s Social Dance	8.30pm

Thursday

Mini African Movers.....	10.30am-11.15am	U5s
Ballet - Basic.....	6pm	
Funk Fitness	6pm	
Hip-hop All Styles	7.15pm	
Pilates	7.15pm	
Broadway Tap - Intermediate	8.30pm	
Dubstyle	8.30pm	

Friday

Mini Movers	10.30am-11.15am	U5s
Ballroom - Basic	2pm	
Ballroom - Practice	3pm	
Ballet - Basic Plus	6pm	
Salsacise	6pm	
Contemporary - Basic	7.15pm	
Latin American.....	7.15pm	
Jazz Technique.....	8.30pm	
Argentine Tango	8.30pm	

Saturday

Creative Street Dance	9.30am	6-9
Integrated Contemporary		
Dance Class	10.45am-12.15pm	10-19
Parkour - Basic	12.30pm-2pm	10-19
Parkour - Intermediate	2.15-3.45pm	10-19
Yoga.....	4pm	

Booking Options

Classes are £5 each and can be booked in advance (recommended) or on the day, space permitting.

If there are several classes that you are interested in, or you want to come to a class every week, then you may benefit from our Pavilion Passport. This voucher costs £42 and can be redeemed against any 12 classes of your choice. It is valid for 6 months from the day of purchase and makes your classes cheaper at £3.50 each instead of £5. We have reduced the price of our Under 5s classes and so they are £2.50 each.

All classes are suitable for both men and women and all ages over 16+, and 1 hour in length, unless otherwise stated. Please note that the class timetable can change at any time and so please check our website for updates.

Info and Advice

New to classes? We're on hand Mon-Sat to help you find the right class for you or your child. Just call us and we'll do our best to help. Information about what to wear and what to bring is on our website.

Footwear

Please note we do not allow black-soled trainers or outdoor shoes in our studios because they damage our floors.

Warm Up

Warm-up sections are essential to prevent injury and so if you are more than 5 minutes late, you may find that you are not allowed into class.

How To Find Us

Pavilion Dance is located at the back of Bournemouth Pavilion, Westover Road. We are close to all major bus routes. Parking is available nearby at several car parks but can be limited when town gets busy and so please plan accordingly. As the Pavilion Car Park is often full (£2.20 for 2 hours), we recommend Central Car Park on Upper Hinton Road, BH1 2HH, which is a short walk away and £1 for 2 hours (prices correct at time of print. Please check www.bournemouth.gov.uk for updates).

**Pavilion Dance, Westover Road,
Bournemouth, BH1 2BU**

www.paviliondance.org.uk 01202 203630



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Funk Fitness



Mini Movers



Body Conditioning

pavilion dance Classes

9 Jan – 31 March 2012



www.paviliondance.org.uk
01202 203630

Exciting dance classes for all ages
and abilities at Bournemouth's
national dance house

HOW TO BOOK

Call us on 01202 203630 or book online at www.paviliondance.org.uk using a debit or credit card. You can also book in person at Pavilion Dance (Mon-Sat 10am-5pm).

There is a 50p booking fee for all card transactions. Please note that we are unable to offer refunds or transfers to other classes once booked.

Do you want to start the year in style by learning a new dance technique?

Do you want to feel inspired, fit and toned? Or do you have a child that wants stimulation and motivation? Then we are here for you!

At Pavilion Dance, Bournemouth's national dance house, we have 40 classes each week for you to choose from. New to this term is Creative Street Dance for ages 6-9, as well as 1940s Social Dance and West Coast Swing. We've also reduced the price for Under 5's classes and added more levels to our most popular classes, allowing you to progress in your favourite styles.

Happy 2012!

Ian Abbott, Programme Manager
ian.abbott@dancesouthwest.org.uk

Classics

Ballet - Basic

Natasha Tobin
6pm Thurs
Elegant and beautiful, ballet is an art form as well as a total body workout. Perfect for beginners.

Ballet - Basic Plus

Natasha Tobin
6pm Fri
Improve your technique, barre work and develop a wider range of steps. For those with ballet experience.

Ballet - Intermediate

Arturo Robles
8.30pm Weds
A faster-paced, more challenging class using techniques sourced from a variety of ballet schools.

Broadway Tap - Basic

Kerri Gardiner
8.30pm Tues
A fun and enjoyable tap class for beginners and a great way to keep fit.

Broadway Tap - Intermediate

Kerri Gardiner
8.30pm Thurs
A tap class with more challenging routines for those with experience.

Contemporary - Basic

Arturo Robles
7.15pm Fri
Learn basic dance postures and positioning by using the body's natural lines.

Contemporary - Intermediate

Arturo Robles
7.15pm Weds
Further development work in the Cunningham technique to promote graceful dance.

Jazz Technique

Arturo Robles
8.30pm Fri
Jazz dance is a style recognisable from classic musical films to pop and music videos.

World Dance

Irish Dance - Basic

Kate O'Leary
6.10pm Tues
Get your feet tapping, legs moving and heart beating in this fun and social class.

Irish Dance - Intermediate

Kate O'Leary
7.15pm Mon
A class for people who've done Irish Dance before. It is more intense and will enable you to progress faster on both soft and hard shoes.

African Dance

Natasha Z Player
7.15pm Thurs
A fun, energetic introduction to African Dance. Create movement to upbeat rhythms.

Belly Dance

Julia Sulimenko
6pm Weds
This dance is made for a woman's body and utilises all your muscles. Everyone can learn and enjoy this Middle Eastern dance.



African Dance



Body Conditioning

Street Dance & Urban

New Wave

Rachel King
7.15pm Mon
This class is a rigorous workout which teaches fast-paced choreography: a mixture of old school and commercial dance seen in music videos.

Hip-hop All Styles

Rachel King
7.15pm Thurs
An intro class to all the major Hip-hop Street Dance styles including locking, house, popping, waacking and more.

Dubstyle

Becky Murphy
8.30pm Thurs
A fiercely intensive class set to the heavy bass lines of dubstep music. Combines hard-hitting choreography with fast footwork.

Music Video Dance

Rachel King
8.30pm Mon
Become Beyoncé/ Michael / Justin! Each week you'll learn the moves and routines from different iconic music videos.



Music Video Dance

Health & Fitness

Pilates

Ceri Mak
6pm Mon & 7.15pm Thurs
Pilates is a gentle, yet effective, exercise system which improves posture, core strength and flexibility.

Body Conditioning

Clare Nicholas
6pm Tues
A dance-focused workout using a variety of dance techniques to tone and strengthen the body.

Yoga - Basic

Keith Grant
6pm Weds & 4pm Sat
A holistic workout of the mind and every part of your body. Mats are supplied or bring your own.

Yoga - Intermediate

Keith Grant
6pm Mon
An exploration towards a more intuitive and free-form approach to sequencing. Use variations and adaptations to develop a more complex and intense yoga practice.

Funk Fitness

Rachel King
6pm Thurs
Tone and shape through intense aerobic dance that uses Street Dance and funk moves set to an energetic funk and disco soundtrack!

Salsacise

Kerri Faulkner
6pm Fri
A fun blend of sexy salsa dance moves mixed with Latin attitude; you'll burn the fat, tone and keep fit.

Partner Dances

Booking with a partner is preferred, but not essential.

Ballroom - Basic

Fred & Sheila Kendall
7.15pm Tues & 2pm Fri
Fred and Sheila, our former dance champions will teach you how to glide across the floor.

Ballroom - Practice

Fred & Sheila Kendall
8.15pm Tuesday & 3pm Friday
Practice what you have learnt in either of our Ballroom classes. Free for Ballroom Basic and Intermediate class members.

Ballroom - Intermediate

Fred & Sheila Kendall
9pm Tues
Refine your technique, learn further steps and develop a little more flair.

Latin American

Mario Linge & Julia Sulimenko
7.15pm Fri
A sexy and fun Latin dance class that includes dance styles such as Salsa, Samba, Rumba and Jive.

Argentine Tango

Mario Linge & Julia Sulimenko
8.30pm Fri
"Warning: tango contains highly addictive ingredients, such as pleasure, passion, excitement, connection, freedom, torment and bliss" (Naomi Hotta).

West Coast Swing

Mario Linge & Julia Sulimenko
7.15pm Weds
Originating from American Lindy Hop, WCS is distinctive in its elastic leading and following action and can be danced to pop and R'n'B songs.

Vintage



Ballroom

Showgirl

Ruby Adams
8.30pm Mon
Sizzle and strut; from chair dances to can-cans, learn to perform with confidence and flair.

1940s Social Dance

Ruby Adams
8.30pm Weds
Transport yourself back to the swinging world of the 1940s. Learn the dance sensations that took the era by storm. All dances taught during the course can be danced without a partner.

Younger Dancers



Mini Movers

Creative Street Dance

Kerri Gardiner
9.30 Sat
A fun-filled mix of taught skills and creative opportunities for children to develop their own dance moves.

Integrated Contemporary Dance

Claire Hodgson
10.45am-12.15pm Sat
A class for young people with and without disabilities, focusing on contact work and performance skills.

Supported by



Mini African Movers

Natasha Z Player
10.30am Thurs
Take a magical journey through Africa. Little ones can dance, play and expel energy!

£2.50

Under 5s

Mini Movers

Aimee Smith
10.30am Fri
Children can learn and socialise together in a fun environment that inspires confidence and game play.

£2.50

Under 5s

Parkour - Basic

Scott Jackson
12.30-2pm Sat
Parkour is about getting around objects by jumping, vaulting, swinging and wall-scaling.

Parkour - Intermediate

Scott Jackson
2.15-3.45pm Sat
For those who have attended at least a term of Parkour sessions. Join this class to further develop your technique.

6-9 Years

NEW

10-19 Years

10-19 Years

10-19 Years