

Dance Classes at The Point



the point
EASTLEIGH

Welcome

The Point holds over 25 dance classes per week allowing participants to learn from our team of highly trained dance professionals. Whether you are attending for exercise, fun or to extend your professional training there is a class to suit you.

If you are a parent your child can benefit from active classes to assist their development, confidence and imagination. Classes are held in one of our beautiful and modern dance studios.

When you come to The Point you are assured of quality, value and that you are getting the very best from the region's leading centre for dance.

www.thepointeastleigh.co.uk
023 8065 2333



The Point Youth Dance Company

- Are you a young dancer who wants to learn from top tutors at the region's premier dance venue?
- Do you want to create and perform at some of the south's best dance platforms?
- Are you serious about dance and want to move to the next level?

Joining the dance company will give you the chance to meet new people, learn new skills and nurture your passion for dance, so why not join now?

Weekly sessions take place on Mondays during term time

8-11 yrs: 5.15-6.30pm
11-14 yrs: 6.30-7.45pm
14-18 yrs: 7.45-9.15pm



Pricing

Youth Dance Companies
8-11 yrs £60 for 12 weeks
11-14 yrs £60 for 12 weeks
14-18 yrs £65 for 12 weeks

45 min classes
£22 for 6 weeks / £44 for 12 weeks

1 hour classes
£28 for 6 weeks / £56 for 12 weeks

1 hour 15 min classes
£29.50 for 6 weeks / £59 for 12 weeks

1 hour 30 mins classes
£31 for 6 weeks / £62 for 12 weeks

Movers & Shakers
£4 per session

Pay as you go Tap
£5 per session

Fees and Payments
Unless otherwise stated, all adult classes are available to anyone of 16+ years and will be at an open level

- All participants must complete an enrolment form before joining a class, and previous participants must update their details each term
- If you have any medical condition, an injury, or experience discomfort or pain during class, please inform your tutor
- All participants should become familiar to the dance studio guidelines found on the dance studio notice board
- Tutors are subject to change
- We reserve the right to cancel classes at a weeks notice if attendance is low
- Information subject to change. Please see the website for current details.

- We cannot offer classes as pay as you go unless otherwise stated
- *except for youth companies where full payment for the 12 week term must be received before the first session
- You may choose to pay six weeks or twelve weeks in full*
- Fees are payable at the beginning of each half term before your first session*

How to Find Us

The Point, Leigh Road, Eastleigh, Hampshire, SO50 9DE
023 8065 2333
www.thepointeastleigh.co.uk

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Dance Classes

at The Point

Babies and toddlers

3-18mths **Baby Boogie**

Mondays 10.15-11.00am

Enjoy movement, song and rhymes with your baby and learn baby sign language (babies and parents).

18mths-3yrs **Toddler Twist**

Mondays 9.45-10.15am

Develop movement, confidence and make new friends (toddlers and parents).

3-5yrs **Mini Moves**

Mondays 1.00-1.45pm 1.50-2.35pm

First steps into rhythmical movement.

3-5yrs **Ballet Tots**

Thursdays 11.30am-12.15pm

A fun, relaxed class that covers the basics of ballet.



Children and young people

5-7yrs **Mega Moves**

Mondays 4.00-5.00pm

Great for developing confidence. Focusing on imagination and creativity.

5-7yrs **Ballet**

Thursdays 4.00-5.00pm

The next phase of development in this classic dance form.

Hip Hop

Wednesdays 4.30-5.30pm 8-11yrs

Wednesdays 6.30-7.30pm 11-16yrs

Learn the latest moves from the Hip Hop scene.

8-16yrs **Breakdance**

Wednesdays 5.30-6.30pm

Become a B-Boy or B-Girl pro.



Adults

Contemporary

Tuesdays 7.00-8.30pm (advanced)

Based on release technique, suitable for those with good fitness and technical ability.

Tap

Tuesdays 8.30-9.30pm (intermediate)

Thursdays 12.15-1.15pm (open level, pay as you go)

Fun and challenging. Tap shoes required.

Hip Hop

Wednesdays 7.30-8.30pm (open level)

Learn the latest hip hop moves.

Classical Ballet

Wednesdays 10.15-11.30am (intermediate)

Classical ballet taught in a relaxed, stress-free atmosphere.

Ballet

Thursdays 7.00-8.00pm (beginners)

A fun class for those with little or no experience.

Thursdays 8.00-9.00pm (intermediate)

Experience and ballet shoes essential.

Belly dance

Wednesdays 11.30am-12.30pm (open level)

Increase suppleness, improve posture, fitness and reduce stress.



Access classes

Jajouka

Thursdays 5.00-6.00pm

Movement and creative dance for young people aged 14+ with learning disabilities.

Mosaic

Fridays 11.00am-12.30pm

Enjoy movement through the combined and creative use of visual, audible and tactile props, for adults with physical and learning disabilities.

Movers and Shakers

Fridays 1.30-3.00pm

Fun and lively creative dance for adults with learning disabilities.

