

McAlpine Dance Studio

Longfield Hall, 50 Knatchbull Road, London SE5 9QY

www.mcalpinedance.com

Class Groupings and Venues. Spring term 2019

Class notes	
"Start to Dance"	Start to Dance is designed for the toddler to learn the basic dance movements through rhythmic exercises and story telling with the use of nursery rhymes and fun musical extracts.
"Stage Club"	Stage Club incorporates Tap dance and Musical Theatre Dance (ISTD Tap and Modern). The class levels (1, 2 and 3) correspond to the ISTD Modern and Tap Primary to Grades 3 syllabi. Children will also enjoy dancing together in non syllabus routines each week.
Adult dance class notes	
"General"	General indicates that a basic knowledge of technique is helpful.
"Intermediate"	Intermediate is a faster pace than the General class and geared for adults who have a good knowledge of technique.
"50+ Ballet/Conditioning"	These free classes are funded by Sport England through Longfield Hall. They are designed for people who would like to enjoy the benefits that dance brings for the mind and body. A fun class which uses barre work and basic ballet technique, to develop strength, stretch and balance.

Venues notes	LH	TR	CH
	Longfield Hall 50 Knatchbull Road, London SE5 9QY	Tamberlin Room St John's Church, Shirley Church Rd, Croydon CR0 5EE	Clyde Hall Clyde Rd, Croydon CR0 6SZ

"Start to Dance", Pre-Primary and Primary in Dance and "Boys Dance" classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Start to Dance (2-4 yrs)	Monday	1.30-2.10 pm	LH
Start to Dance (2-4 yrs)	Monday	2.15-2.50 pm	LH
Pre Primary (4-5 yrs)	Monday	4.30-5.15 pm	LH
Pre Primary (4-5 yrs)	Saturday	9.15-10.00 am	LH
Primary (6 yrs)	Wednesday	4.30-5.15 pm	LH
Primary (6 yrs)	Saturday	11.15-12.00 am	LH
Boys Dance (4-6 yrs)	Monday	4.30-5.15 pm	LH

RAD Grades 1 to 8 Ballet classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Grade 1	Thursday	4.00-4.45 pm	LH
Grade 1	Saturday	11.00-12.00 am	LH
Grade 2	Wednesday	5.15-6.00 pm	LH
Grade 3	Wednesday	4.00-4.45 pm	LH
Grade 4	Wednesday	5.30-6.30 pm	LH
Grade 4	Saturday	12.00-1.00 pm	LH
Grade 7	Tuesday	4.45-5.45 pm	LH
Grade 8	Thursday	5.30-6.30 pm	LH

RAD Progressing Ballet Grade classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Grade 2 to Grade 3	Saturday	10.00-11.00 am	LH
Grade 4 to Grade 5	Saturday	1.00-2.00 pm	LH

RAD Intermediate Foundation, Intermediate / Advanced Foundation Ballet classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Intermediate Foundation	Monday	5.15-6.15 pm	LH
Intermediate Foundation	Saturday	3.15-4.15 pm	LH
Advanced Foundation/Advanced 1	Tuesday	4.45-5.45 pm	LH
Intermediate	Tuesday	5.45-6.55 pm	LH
Intermediate/Adv. (Adults welcome)	Saturday	2.00-3.30 pm	LH

Adult Dance classes at Longfield Hall

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Adult Ballet (General)	Thursday	6.45-7.45 pm	LH
Adult Ballet (General)	Friday	10.00-11.00 am	LH
Adult Tap (General)	Friday	11.10-12.10 pm	LH
Adult Tap (Intermediate)	Friday	12.15-1.15 pm	LH
Adult Ballet (Intermediate)	Friday	1.20-2.20 pm	LH
Adult Ballet/Conditioning (50+ funded)	Friday	2.30-3.30 pm	LH

Adult Dance classes at Clyde Hall and Tamberlin Room (Croydon)

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Adult Tap (General)	Monday	7.30-8.30 pm	TR
Adult Tap (General)	Wednesday	9.30-10.20 am	CH
Adult Ballet (General) with pianist £11	Wednesday	10.30-12.00 pm	CH

Stage Clubs, and Contemporary/Lyric Jazz classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Stage Club (level 2)	Wednesday	4.45-5.30 pm	LH
Stage Club (level 1 & 2)	Saturday	12.05-12.50 pm	LH
Stage Club (level 3)	Saturday	2.00-3.00 pm	LH
Stage Club (level 1)	Thursday	4.45-5.30 pm	LH
Contemporary/Lyric Jazz	Saturday	3.30-4.30 pm	LH

Spanish Dance and Drama classes

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Spanish (Beginners)	Monday	5.15-6.00 pm	LH
Spanish (Grades 2 -4)	Monday	6.00-6.45 pm	LH
Spanish (Advanced)	Tuesday	5.45-6.40 pm	LH
Drama	Saturday	1.00-2.00 pm	LH

Private Lessons (£30 per hour)

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>
Private Lesson	Saturday	9.30-10.00 am	LH
Private Lesson	Saturday	10.00-11.00 am	LH