

McAlpine Dance Studio Classes Autumn 2017

Autumn Term: Saturday 9th September – Saturday 9th December

Half Term: Saturday 21st – Saturday 28th October (two Saturdays off)

Venue notes:

LH = Longfield Hall
50 Knatchbull Road,
London SE5 9QY

VF = Virgo Fidelis Convent senior school
147 Central Hill, Upper Norwood, London SE19 1RS

TR = Tamberlin Room
St John's Church,
Shirley Church Rd, Croydon CR0 5EE

CH = Clyde Hall
Clyde Rd, Croydon CR0 6SZ

Class notes:

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 incorporates Tap dance and musical theatre (ISTD Tap and Modern)

General = a basic knowledge of technique is required.

Intermediate = A fast class for the professional and adults who have a thorough knowledge of technique.

Improvers = a gentle class for adults who have some knowledge of Tap.

Start to Dance, Pre Primary and Primary Ballet classes

| Class | Day | Time | Venue |
|---------------------------|-----------|------------------|-------|
| Start to Dance (2 -4 yrs) | Monday | 2.10 - 2.50 pm | LH |
| Pre Primary (4-5 yrs) | Monday | 4.00 - 4.45 pm | LH |
| Pre Primary (4-5 yrs) | Saturday | 9.45 - 10.30 am | LH |
| Pre Primary (5 yrs) | Saturday | 10.30 - 11.15 am | LH |
| Primary | Wednesday | 4.50 - 5.40 pm | LH |
| Primary | Saturday | 11.15 am -12.00 | LH |

Grade 1 and 2 Ballet classes

| Class | Day | Time | Venue |
|---------|-----------|------------------|-------|
| Grade 1 | Thursday | 4.00 – 4.45 pm | LH |
| Grade 1 | Saturday | 10.30 – 11.15 am | LH |
| Grade 2 | Wednesday | 4.00 - 4.45 pm | LH |
| Grade 2 | Saturday | 12.15 -1.10 pm | LH |
| Grade 2 | Friday | 4.00 - 5.00 pm | LH |

Grade 3 and 4 Ballet classes

| Class | Day | Time | Venue |
|---------|-----------|-----------------|-------|
| Grade 3 | Wednesday | 4.00 – 4.45 pm | LH |
| Grade 3 | Saturday | 9.30 - 10.30 am | LH |
| Grade 4 | Tuesday | 4.15 - 5.15 pm | LH |
| Grade 4 | Wednesday | 5.40 - 6.30 pm | LH |
| Grade 4 | Saturday | 2.30 - 3.25 pm | LH |

Grade 5 and 6 Ballet classes

| Class | Day | Time | Venue |
|---------|----------|----------------|-------|
| Grade 5 | Saturday | 3.30 - 4.25 pm | LH |
| Grade 6 | Saturday | 4.30 - 5.30 pm | LH |

Grade 7 and 8 classes

| Class | Day | Time | Venue |
|------------------------|----------|----------------|-------|
| Grade 7 | Tuesday | 5.15 - 6.15 pm | LH |
| Grade 7 boys and girls | Thursday | 5.30 - 6.30 pm | LH |
| Grade 8 | Saturday | 5.30 - 6.30 pm | LH |

Intermediate Foundation, Intermediate and Advanced Foundation Ballet classes

| Class | Day | Time | Venue |
|--------------------------------------|----------|----------------|-------|
| Intermediate Foundation | Monday | 5.15 - 6.15 pm | LH |
| Intermediate | Tuesday | 6.00 - 7.00 pm | LH |
| Intermediate | Saturday | 5.30 - 6.30 pm | LH |
| Advanced Foundation (adults welcome) | Tuesday | 5.00 - 5.55 pm | LH |
| Advanced Foundation (adults welcome) | Saturday | 4.30 - 5.25 pm | LH |

Adult Dance classes ** = students also in class

| Class | Day | Time | Venue |
|---|-----------|------------------|-------|
| Adult Tap (improvers) | Monday | 7.30 - 8.30 pm | TR |
| Advanced Foundation ** | Tuesday | 5.00 - 5.55 pm | LH |
| Adult Ballet (general) with pianist £11 | Wednesday | 10.30 am - 12.00 | CH |
| Adult Ballet (general) | Friday | 10.00 - 11.00 am | LH |
| Adult Tap (general) | Friday | 11.10 am - 12.10 | LH |
| Adult Tap (intermediate) | Friday | 12.15 - 1.15 pm | LH |
| Adult Ballet (intermediate) | Friday | 1.20 - 2.20 pm | LH |
| 55+ Women Funded (free) Conditioning | Friday | 2.30 - 3.30 pm | LH |
| ISTD Intermediate Tap (advanced) ** | Saturday | 2.30 - 3.25 pm | LH |
| Contemporary/Lyric Jazz ** | Saturday | 3.30 - 4.25 pm | LH |
| Advanced Foundation ** | Saturday | 4.30 - 5.25 pm | LH |

Stage Clubs, Modern, Tap and Contemporary classes

| Class | Day | Time | Venue |
|-------------------------|-----------|---------------|-------|
| Stage Club (level 1) | Wednesday | 4.50 - 5.40 | LH |
| Stage Club (level 2) | Saturday | 10.30 - 11.30 | VF |
| Stage Club (level 1) | Saturday | 11.15 - 12.10 | LH |
| Stage Club (level 3) | Saturday | 12.15 - 1.10 | LH |
| Drama | Saturday | 1.15 - 2.10 | LH |
| Grade 5 modern | Tuesday | 4.15 - 5.00 | LH |
| Grade 6 modern | Saturday | 1.30 - 2.25 | LH |
| ISTD Tap (general) | Thursday | 4.45 - 5.30 | LH |
| ISTD Tap (advanced) | Saturday | 2.30 - 3.25 | LH |
| Contemporary/Lyric Jazz | Saturday | 3.30 - 4.25 | LH |

Flamenco and Drama classes

| Class | Day | Time | Venue |
|-------------------------|----------|-------------|-------|
| Flamenco (beginners) | Monday | 5.00 - 5.45 | LH |
| Flamenco (grades 2-4) | Monday | 6.00 - 6.45 | LH |
| Flamenco (intermediate) | Friday | 4.45 - 5.30 | LH |
| Drama | Saturday | 1.15 - 2.10 | LH |