

Dance Classes

Bulletin Autumn 2010



Cheshire
Dance

Cheshire Dance, Dance, Dance ... classes for everybody in our county!

Welcome to the [Autumn 2010 Cheshire Dance class bulletin](#). Throughout the county you can find a range of classes for everyone from toddlers to grandparents, from young street dancers to professional artists.

Our classes are led by experienced tutors with extensive training and expertise, and all are enjoyable and popular! Check out the area pages to see what is currently running near you and don't forget, there are new classes each season so keep on your toes! We also have a regular class for professional dance artists, full details on page 2.

In addition to our classes, at Cheshire Dance we run a whole programme of activity for the community with projects, training and development. Our **bloom** programme is designed for professional dance artists and those working in dance. Contact the office for a brochure or sign up to our free e-newsletter **wildfire** for full information and news updates.

[If you would like to be included on our mailing lists for wildfire or the Dance Classes Bulletin please contact Cheshire Dance on 01606 861770 / 07534 425229 or email us at \[info@cheshiredance.org\]\(mailto:info@cheshiredance.org\)](#)

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High Street
Winsford
Cheshire CW7 2AS

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[Jacqueline McCormick](#) Dance Director

Registered Charity 1020584
Registered in England 2811035

Cheshire Dance, Dance, Dance ...

classes for everybody in our county!

Release Based Class

£3.50 per session

10 – 11.30 am

7th and 28th September, 5th and 19th October,
2nd and 23rd November and 7th December 2010

CHESHIRE DANCE STUDIO

Winsford Library, High St
Winsford, Cheshire CW7 2AS

FACILITATED BY

JACQUELINE McCORMICK Dance Director Cheshire Dance

Focus will be on the physical training of the body; combining strengthening, flexibility and fluidity of dance with organic, efficient and sensory based movement. A chance to wake up the senses, mind and body, to be alert and alive to the now.

Suitable for professional dancers and teachers, recent graduates and college dance students.

Cheshire Dance Youth Performance Junior Group

Wednesdays 4.30 - 5.30 (start date 22nd September)

A creative dance class aimed at 8-11 year olds, each session will explore dance technique, fun and games and creative skills. The group will have the opportunity to perform in regional platforms and work with other youth groups in the area.

Cheshire Dance Youth Performance Group

Wednesdays 5.45 - 7.30 (start date 22nd September)

CDYPG is aimed at 12-18 year olds wanting to improve their contemporary dance technique and learn creative and choreographic skills. The company will have the opportunity to work with professional choreographers and perform in both regional and national dance platforms. Audition for the company is on Sunday 19th September, 10-12.30. For more information and to apply please contact Lily Dettmer at Cheshire Dance.

For further details contact Cheshire Dance on 01606 861770 / 07534 425229

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Glossary of Dance Styles - Please check your area page for availability.

Movers, Shakers and Players – Parents and Toddlers

These are fun sessions where parents/carers and their toddlers come together each week to move with each other. The sessions also allow room for dancing, games, laughter and social time to enjoy together with your child and other like minded parents. The sessions are aimed at pre-school children but are particularly enjoyed by those aged 1 year upwards and their parent/carer. These sessions focus on developmental movement patterns that are essential in the strong physical development of pre-school aged children. Our Parents & Toddlers classes run in Crewe, Winsford and Neston.

Street/Break Dance

Street dance is an umbrella term, used to describe a fun and funky style of dance, as seen on music videos. Breaking, popping, locking and hip hop are taught as part of our street dance sessions. Street dance encourages individuality and originality to allow participants to create their own style of dance. We advise participants to wear trainers and loose clothing. Our Street/Break classes run in Crewe, Frodsham, Rudheath and Winsford.

Creative Dance

During our creative dance classes, our experienced dance artists will guide participants through a creative contemporary dance session, leading warm ups and travelling sequences, and work with the group to choreograph dance pieces. Creative dance is the most accessible form of dance, and is widely enjoyed by participants of all abilities. Our Creative Dance classes run in Crewe, Nantwich and Winsford.

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Contemporary Dance

Contemporary dance is a modern dance style using various techniques to enable a physical training of the whole body. The style does not include a strict syllabus of steps, and often exercises and routines will be modified or set by the leading artist to suit the bodies of the group they are working with. Contemporary dance lends itself to encouraging creative work in which participants can learn skills of choreography alongside technique.

Mature Movers

Mature movers is a dance class that has been specifically designed to suit the needs of participants over the age of 50.

Our sessions consist of creative movements using a number of different dance styles, whilst keeping an eye on safety aspects and social time.

Our Mature Movers Dance classes run in Northwich and Neston.



Cheshire Dance, Dance, Dance ...

Cheshire East

Bring a friend along who wants to dance and you get the next session free!

Movers, Shakers and Players A Parent and Toddler Dance Group

Age 0 – 4 years
Monday 10.30 – 11.30am
Christ Church Hall, Prince Albert Street,
Crewe, CW12 2DF

Parents Tots
£2.50 per session

Creative Movers

Age 4 – 8 years
Mondays 5 - 6pm
Guy Harvey Centre, Birchin Lane,
Nantwich, CW5 6ET

Children Young People
£2.50 per session

Creative Crewe

Age 7 – 11 years
Tuesdays 5 - 6pm
Ludford Family Centre, Victoria Street,
Crewe, CW1 2PZ

Children Young People
£2.50 per session

Jam'd Boys Break Dance Bgirls welcome!

Thursday 5 – 6pm
Sir William Stanier Leisure Centre,
Coronation Street, Crewe, CW1 4DJ

Children Young People
£2.50 per session

The Funky Crew Street Dance Intermediate

Thursday 6 – 7pm
Sir William Stanier Leisure Centre,
Coronation Street, Crewe, CW1 4DJ

Children Young People
£2.50 per session

Urban Vibe – Street Dance Advanced

Thursday 7 – 8pm
Sir William Stanier Leisure Centre,
Coronation Street, Crewe, CW1 4DJ

Children Young People
£2.50 per session

Cheshire Dance, Dance, Dance ...

Cheshire East

Call Cheshire Dance on 01606 861770 / 07534 425229 for details.
Term Dates: 6th September – 10th December except
and 25th – 29th October 2010 unless otherwise stated

Chrysalis Dance Group -
welcomes Adults with additional needs
Friday 10.45 – 11.45am
Guy Harvey Youth Centre,
Birchin Lane, Nantwich, CW5 6ET

Adult

£2.50 per session

Live to Move – Welcomes adults 50+
Friday 9.30 – 10.30am
Christ Church Hall, Prince Albert Street,
Crewe, CW12 2DF

Adult

£3.00 per session

Cheshire registered Wise Move Workshops in Didsbury on alternate
Sunday afternoons 2.00 – 4.30 pm, open to both men and women of
50+ years, and no previous dance experience is required.

Autumn / winter dates start in September and new members are
very welcome. Please contact Sue Gregson on 07930 965165 or
email: s.c.gregson@btinternet.com for dates and further information.

MACCLESFIELD, Run by Cheshire East Council
Fusion, a mix of street and contemporary dance

Group 1 8 – 12 years
Monday 5.30 – 6.30pm

Group 2 13 – 17 years
Monday 6.30 – 7.30pm
Senior Citizens Hall, Macclesfield, SK11 6UR

Neat Feet
Wednesday 5.15 – 6.15pm 7 – 11 years
Lostock Hall Primary School, Mallard Crescent, SK12 1XG

Plastic Mac Dance Co.
Wednesday 6.30 – 8.00pm 11 – 18 years
Poynton High School, Yew Tree Lane, Poynton, SK12 1PU

Adult Ballet
Monday 7.30 – 8.30pm
Senior Citizens Hall, Macclesfield, SK11 6UR

Call for further information.

Cheshire Dance, Dance, Dance ...

Cheshire West and Chester

Bring a friend along who wants to dance and you get the next session free!

Movers, Shakers and Players

A Parent and Toddler Dance Group

Please call to book a place on this session

Friday 10.30 - 11.30am

Age 0 – 4 years

Winsford Library, High Street, CW7 2AS

Tuesday 10.00 - 11.00am

Age 0 – 4 years

Neston Town Hall, High Street,
Neston, CH64 9TR

Winsford Creative Movers

Monday 4.30 – 5.30pm

Age 4 – 8 years

Winsford Library, High Street, CW7 2AS

Parents Tots
£2.50 per child inc
refreshments

Parents Tots
£2.50 per session

Children Young People
£2.50 per session

Hip Hop Hooray
Frodsham Street Dance

Monday 5 - 6pm

Ages 7 - 11 years

Frodsham Leisure Centre, WA6 6RP

Hotsteppin' Street Dance

Wednesday 6 - 7pm

Ages 7 - 12 years

Wednesday 7 - 8pm

Ages 13 – 19 years

Rudheath Leisure Centre,
Shipbrook Road, Rudheath, CW9 7DT

Melt Down Winsford Street
and Break Dance

Saturday 5.30 - 6.30pm

Ages 13 – 19 years

Wharton Library, Willow Wood Sq,
Bradbury Rd, Winsford, CW7 3HP

Children Young People
£2.50 per session

Children Young People
£2.50 per session

Children Young People
£2.50 per session

Cheshire Dance, Dance, Dance ...

Cheshire West and Chester

Call Cheshire Dance on 01606 861770 / 07534 425229 for details.
Term Dates: 6th September – 11th December except
and 25th – 30th October 2010 unless otherwise stated

Integrated Dance

'Dance 4 All'

Please call to book a place on this session

Thursday 5 – 6pm

Age 10+

Winsford Library, High Street,
Winsford, CW7 2AS

Children

Young
People

£2.50 per session

Adult

£2.50 per session

Mature Movers

Wednesday 10.00 - 11.00am

Age 50 +

Northwich Memorial Hall,
Chester Way, Northwich, CW9 5QJ

Adult

£3.00 per session

Tuesday 11.00am - 12.00pm

Age 50 +

Neston Town Hall, High Street,
Neston, CH64 9TR

Adult

£3.00 per session

Adult Disability Dance

Welcomes adults with learning and
physical difficulties

Tuesday 10.30 – 11.30 am

14/9/10 – 19/10/10 at

The Mulberry Centre, Chester

Tuesday 10.30 – 11.30 am

2/11/10 – 7/12/10 at

The Coronation Centre, Ellesmere Port

Deva Flamenco –

Every Tuesday. Flamenco dance classes
6.45pm Beginners and 8.00pm Improvers.

New Scene Dance Studio, Lime Wood Close,
off Newton Lane, Chester CH2 2HH.

£5 one class £8 both classes.

More details at www.devaflamenco.com or phone
Chris 01244 383293.

Cheshire Dance, Dance, Dance ...

Halton

Halton

The Brindley Arts Centre offers The Halton Borough more than 20 high quality community dance classes every week Monday – Saturday.

All artists, teachers and practitioners are qualified, insured and CRB cleared.

We work closely with health, education, community development and professionals from the industry to inspire and enthral all involved.

A range of dance styles for all ages from 0 – 100+

Advanced Technique	Jive
Ballroom	Street Dance
Belly dancing	Tango
Contemporary	Tap
Creative	And more...

All community classes are offered **professional experiences** in The Main Theatre and at site specific locations across the borough. Please visit www.thebrindley.org.uk for more information or contact dance development at laura.donegan@halton.gov.uk 0151 906 3735 or 07748 321 681.

Cheshire Dance, Dance, Dance ...

Cheshire Dance would like to acknowledge, with grateful thanks, support from the following organisations:

Arts Council of England North West
Central and Eastern Cheshire Primary Care Trust
Cheshire and Warrington Sports Partnership
Chester Performs
Connexions Cheshire & Warrington
Cheshire East Council
Cheshire West and Chester Council
Ellesmere Port Education Improvement Partnership
Ellesmere Port School Sports Partnership
Halton Borough Council
HMP Styal Prison
The Lowry
Macclesfield School Sport Partnership
Morning Foods Ltd
University of Chester, Church of England Academy
Vale Royal Schools Sports Partnership
Warrington Borough Council
Youth Dance England



Timetable for Regular Sessions

Please see your area page for further details

	Parent & Tots	Children & Young People	Street Dance	Adult
Cheshire East	Mon	Mon Tues Wed	Thurs	Fri
Cheshire West & Chester	Tues Fri	Mon Thurs	Mon Wed Sat	Tues Wed



Available in large print or audio by request

