

Join one of our children's summer holiday workshops in performing arts!

Our Easter and Summer workshops are designed for 4-16 year old young people who want to learn more about singing, dancing and acting.

As well as providing theatre training, the aim of the workshops is to also provide a safe and supportive environment for young people to explore their creativity regardless of what career path they eventually choose to follow.

Each workshop is 4 days long and we always finish with a half hour performance for family and friends.

3rd April - 6th April:

Easter Workshop 'James and the Giant Peach'

30th July - 2nd August:

Summer Workshop 1 'Mary Poppins'

28th August - 31st August:

Summer Workshop 2 'The Jungle Book'

Places are limited so please book early - you can reserve a place by emailing the studio with your details

All courses are £60 per child



Cost of classes:

Adult class - £65 for 12 week term

Under 16's - £55 for 12 week term

Saturday Theatre School - £95 for 12 week term (£90 for Theatre Club)

All classes are paid for up front - should you join mid-term we work out the cost remaining. If you miss a class we encourage you to jump in another class at your convenience.

Telephone: 07539 543 559
www.gingerfredstudio.com



sign up for a
class today!

GingerFred

Dance & Fitness

Spring Term 2018

8th January – 29th March

GingerFred Dance Studio
Westover Trading Estate,
Langport, Somerset

www.gingerfredstudio.com

Timetable

'Remember you can join a class any time throughout the term and if you miss a class please feel free to hop in another during the week to make up!'

MONDAY

Women's Dance Fit 12 noon - 1pm

The focus of the class is fitness, posture and cardio. We have a lot of fun learning simple routines and the music always drives the class along. We welcome women of all abilities.

Youth Street Dance (10 Years+) 5pm - 6pm

This class is taught by professional dancer Lucy Hartland- Mann. It is great exercise for young people. Totally Street Dance!

Womens Dance Fit 6pm - 7pm

The focus of the class is fitness, posture and a strong burst of cardio. Be prepared to work that body and mind! All abilities welcome.

Beginners Ballroom 7pm - 8pm

Dancing with a partner is back in fashion so come and learn basic movements to some of the Ballroom styles such as foxtrot, waltz, tango and Latin dances. Enrol with a partner (any gender) or on your own.

TUESDAY

Creative Drama (Age 4+) 4pm - 5pm

This fun class focuses on developing the individual through plays and dramas. We focus on improvisation, creative expression and working with others. It is a boisterous class with smiles all the way - very helpful in relation to children building inner confidence and public speaking/language.

Beginners Dance Fit (Adult) 6pm - 7pm

This class will look after you if you just don't feel brave enough to join the other Dance Fit classes. In this class we make sure that the number of participants is low to give you plenty of support. This is a work-out introducing you to basic dance exercises, cardio combinations and sequences.

Beginners Ballroom 7pm - 8pm

Dancing with a partner is back in fashion so come and learn basic movements to some of the Ballroom styles such as foxtrot, waltz, tango and Latin dances. Enrol with a partner (any gender) or on your own.

WEDNESDAY

Yoga 5.45pm - 7pm (with Sandra Harvey)

Releases tension, improves flexibility. Postures are modified or extended to suit each individual and yogic breathing techniques are practised. £25 for 5 weeks.

Latin Beats / Women's Dance Fit (Age 16+) 7pm - 8pm

No partner needed for this lovely class. Each week we shimmy and stretch ourselves to glorious Latin beats. We infuse the steps of the Bachata, Rumba, Cha Cha Cha and Tango into our workout and we always get out of breath!

THURSDAY

Childrens Contemporary Dance (Age 5+) 4pm - 5pm

A fluid and fun class for children wanting to learn about creative dance-making. A chance to keep fit and also learn current dance techniques. Great for coordination, strength and flexibility.

Yoga 5.30pm - 6.30pm (with Sandra Harvey)

Releases tension, improves flexibility. Postures are modified or extended to suit each individual and yogic breathing techniques are practised. £25 for 5 weeks.

Womens Dance Fit 6.30pm - 7.30pm

The focus of the class is fitness, posture and a strong burst of cardio. Be prepared to work that body and mind! All abilities welcome.

Contemporary Dance (Age 14+) with experience 7.30pm - 8.45pm

A class for those with a previous dance background. In this contemporary class, you will learn to move in a creative, freeing and graceful way whilst also transforming your posture and balance and improving your fitness. It's fast, intense yet fun.

FRIDAY

Dancing Tots Party (Age 18 months+) 11am - 11.45am

A class for children not at school. This class embraces music and dance through storytelling and puppets. The parents and grandparents join in with the little ones and together we have a ball shaking ourselves to music.

Women's Dance Fit 12 noon - 1pm

The focus of the class is fitness, posture and cardio. We have a lot of fun learning simple routines and the music always drives the class along. We welcome women of all abilities.

SATURDAY

Kettlercise 9.00am - 10.00am (with Kate Derrick)

Kettlercise offers vigorous but low-impact session that keeps you on the move constantly as you perform 37 exercises improving both cardiovascular fitness, muscular endurance and flexibility.

Saturday Theatre School - 3 classes:

11am til 1pm (4+) 1pm til 3pm (10+) 3pm til 4.30pm

A very popular class. We give the children a chance to act, dance and sing and this a two hour session similar to Stage Coach but the focus is on improving self-esteem and making new friends. This class works towards a performance every term and a fruit snack is provided. There is also 3rd class for children that show commitment and flair.



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