

**ADULTS HAVE THEIR FIRST CLASS FREE AND
CHILDREN HAVE TWO WEEKS FREE**

MONDAY

FITNESS PILATES - AGES 16+

5:30 PM TO 6:30 PM

THIS CLASS IS SET TO RELAXING MUSIC AND WORKS ON CORE STRENGTH, PELVIC FLOOR FITNESS, STANDING, MOVING, AND LYING EXERCISES. THIS CLASS IS IDEAL FOR PEOPLE WANTING A GENTLE YET EFFECTIVE APPROACH TO EXERCISE.

TUESDAY

ZENITH ELITE

5:15 PM TO 7:15 PM

CONTEMPORARY DANCE COMPANY - AGES 9-16

WELCOME TO ZENITH ELITE COMPANY. THIS CLASS AIMS TO DEVELOP YOUR DANCERS THROUGH ID COMPANY SYLLABUS AN INNOVATIVE, FRESH, AND INSPIRING SYLLABUS, ROOTED IN CONTEMPORARY TECHNIQUE.

CODE PINK

7:15 PM TO 8:00 PM

#PROJECTYOU BOOTYCAMPS - AGES 16+

THIS IS A FAB FUN WOMEN ONLY INDOOR BOOTYCAMPS FITNESS CLASS FOR ALL ABILITIES. WE WILL WORK HARD BUT WE LAUGH HARD TOO. YOUR FIRST FOUR WEEKS ARE FREE THEN IT'S JUST £10 A MONTH WITH AN ONLINE APP TOO TO TRACK YOUR WEIGHT AND FOOD, COME AND JOIN THE CODE PINK TRIBE!!

POP CHEER JUNIOR ALL STARS - AGES 6-11

5:15 PM TO 6:15 PM

A FUN CHEERLEADING CLASS LEARNING LIFTS TRICKS AND TUMBLES.

THURSDAY

DWSQUARED

6:30 PM TO 7:30 PM

ADVANCED STREET/COMMERCIAL DANCE - AGES 16+

DWSQUARED ADVANCED DANCE CLASSES ARE CHALLENGING AND FUN. DWSQUARED HAVE AMAZING OPPORTUNITIES TO PERFORM ANNUALLY IN COUNTY PLATFORMS AND COMPETITIONS SHOWING THEIR INCREDIBLE TALENT TO THE PEOPLE OF LINCOLNSHIRE AND THE UK.

BALLET DIVAS - AGES 16+

7:30 PM TO 8:30 PM

YES IT'S BACK!! JOIN US FOR A FUN GIRLY NIGHT AT BALLET DIVAS! NO EXPERIENCE NEEDED ALL LEVELS ARE WELCOME THE MORE THE MERRIER XX

FRIDAY

FLOURISH TINY TUTUS

10:00 AM TO 10:45 AM

FRIDAY - AGES 18 MONTHS -3.5

IN FLOURISH TINY TUTUS CLASSES, CHILDREN LEARN THEIR FIRST DANCE STEPS THROUGH FAIRY TALES AND CLASSICAL BALLET STORIES. BUT WHAT, EXACTLY, DOES THIS MEAN? WHEN CHILDREN COME TO BALLET CLASS, THEIR DANCE ACTIVITIES TAKE THEM THROUGH A FAIRY TALE STORY, ALLOWING THEM TO BE PART OF THE FAIRY TALE, WITH PROPS TWIRLS AND FUN AND LAUGHTER.

FUNKY FLIPS - AGES 3-7

4:30 PM TO 5:30 PM

IN THIS FUN AND EXCITING CLASS YOUR CHILD WILL LEARN THE FUNDAMENTAL STEPS OF STREET DANCE, WE FOLLOW THE ID-COMPANY SYLLABUS, STUDENTS ALSO LEARN ACROBATIC TRICKS SUCH AS HANDSTANDS, CARTWHEELS, CHEST STANDS, ELBOW STANDS, WALKOVERS, SIDE AND FRONT AERIALS, AND TUMBLING LINES.

DWS JUNIORS STREET DANCE - AGES 7.5-11

6:30 PM TO 8:00 PM

YOUR CHILD WILL LEARN THE FUNDAMENTAL STEPS OF STREET DANCE. DWS STREET DANCE CLASSES ARE LIVELY AND FUN CLASSES FOLLOWING THE ID-COMPANY STREET DANCE SYLLABUS. DWS HAVE AMAZING OPPORTUNITIES TO PERFORM ANNUALLY IN COUNTY PLATFORMS SHOWING THEIR INCREDIBLE TALENT TO THE PEOPLE OF LINCOLNSHIRE AND THE UK.

DWS SENIORS STREET DANCE - AGES 11.5-16

6:30 PM TO 8:30 PM

YOUR CHILD WILL LEARN THE FUNDAMENTAL STEPS OF STREET DANCE. DWS STREET DANCE CLASSES ARE LIVELY AND FUN CLASSES FOLLOWING THE ID-COMPANY STREET DANCE SYLLABUS. DWS HAVE AMAZING OPPORTUNITIES TO PERFORM ANNUALLY IN COUNTY PLATFORMS SHOWING THEIR INCREDIBLE TALENT TO THE PEOPLE OF LINCOLNSHIRE AND THE UK.

SATURDAY

FLOURISH TINY TUTUS - AGES 18 MONTHS-3.5

9:00 AM TO 9:45 AM

IN FLOURISH TINY TUTUS CLASSES, CHILDREN LEARN THEIR FIRST DANCE STEPS THROUGH FAIRY TALES AND CLASSICAL BALLET STORIES. BUT WHAT, EXACTLY, DOES THIS MEAN? WHEN CHILDREN COME TO BALLET CLASS, THEIR DANCE ACTIVITIES TAKE THEM THROUGH A FAIRY TALE STORY, ALLOWING THEM TO BE PART OF THE FAIRY TALE, WITH PROPS TWIRLS AND FUN AND LAUGHTER.

TIARAS & TAPS - AGES 3.5-5.5

9:45 AM TO 10:30 AM

TIARAS & TAPS CLASSES, YOUNGER CHILDREN LEARN AGE APPROPRIATE BALLET & TAP TECHNIQUE AND VOCABULARY, BUT ALL THROUGH DANCE ACTIVITIES THAT TELL THE STORIES THEY ALREADY KNOW AND LOVE. CHILDREN ESPECIALLY LOVE GETTING TO ACT OUT THEIR FAVOURITE CHARACTERS THROUGH DANCE.

FUNKY GROOVERS - AGES 3-7

10:30 AM TO 11:15 AM

IN THIS FUN AND EXCITING CLASS YOUR CHILD WILL LEARN THE FUNDAMENTAL STEPS OF STREET DANCE, WE FOLLOW THE ID-COMPANY SYLLABUS.

TUTUS & TOP HATS - AGES 5.5-7

11:15 AM TO 12:00 PM

IN OUR TUTUS & TOP HATS CLASSES AND ABOVE, OUR FOCUS SHIFTS TO MORE BALLET & TAP, BUT WE STILL EMPLOY FAIRY TALES. CHILDREN LEARN BALLET & TAP STEPS AS THEY LEARN ABOUT BALLETS BASED ON POPULAR FAIRY TALES: SOME OF THEM CLASSIC LIKE SLEEPING BEAUTY AND CINDERELLA; SOME OF THEM CONTEMPORARY LIKE ALICE IN WONDERLAND. THIS ALLOWS THEM TO LEARN ABOUT BALLET THROUGH MORE THAN JUST STEPS; THEY LEARN ABOUT THE HISTORY AND TRADITION OF BALLET - THE GREAT STORIES, COMPOSERS AND CHOREOGRAPHERS WHO HAVE FORMED IT INTO THE ART FORM IT IS TODAY.

IN THE SPOLIGHT - AGES 8-11

11:15 AM TO 12:00 PM

IN OUR TUTUS & TOP HATS CLASSES AND ABOVE, OUR FOCUS SHIFTS TO MORE BALLET & TAP, BUT WE STILL EMPLOY FAIRY TALES. CHILDREN LEARN BALLET & TAP STEPS AS THEY LEARN ABOUT BALLETS BASED ON POPULAR FAIRY TALES: SOME OF THEM CLASSIC LIKE SLEEPING BEAUTY AND CINDERELLA; SOME OF THEM CONTEMPORARY LIKE ALICE IN WONDERLAND. THIS ALLOWS THEM TO LEARN ABOUT BALLET THROUGH MORE THAN JUST STEPS; THEY LEARN ABOUT THE HISTORY AND TRADITION OF BALLET - THE GREAT STORIES, COMPOSERS AND CHOREOGRAPHERS WHO HAVE FORMED IT INTO THE ART FORM IT IS TODAY.

SHINING STARS THEATRE SCHOOL JUNIORS - AGES 4-7

12:00 PM TO 1:30 PM

SHINING STARS THEATRE SCHOOL BRINGS TO LINCOLN EXCITING DRAMA, DANCE AND SINGING CLASSES FOR YOUR CHILDREN WHERE THEY CAN HAVE LOTS OF FUN WITH THEIR NEW FRIENDS.

SHINING STARS THEATRE SCHOOL SENIORS - AGES 7.5-10

12:00 PM TO 3:00 PM

EACH YEAR WE COVER A VARIETY OF MATERIAL FROM MUSICAL THEATRE TO STREET DANCE AND POP SONGS. WE OFTEN INVITE GUEST TEACHERS TO GIVE A WORKSHOP IN SPECIALIST SKILLS SUCH AS STAGE COMBAT OR ACTING FOR THE CAMERA SO YOUR CHILD HAS THE BEST LEARNING OPPORTUNITIES WE CAN PROVIDE.

SHINING STARS THEATRE SCHOOL SUPERSTARS - AGES 11-16

12:00 PM TO 3:00 PM

OUR STUDENTS IN THIS GROUP ARE COMFORTABLE WITH THE WORLD OF THEATRE, AND WE CONTINUE TO IMPROVE THE BUILDING BLOCKS WE HAVE ALREADY MASTERED, WITH MORE CHANCES TO CONTRIBUTE TO SCRIPT WRITING, STAGING AND CHOREOGRAPHING PRODUCTIONS.