

SUSAN  
HANDY  
DANCE

# ADULT CLASS PASS

NEW

CHOOSE  
ANY CLASSES  
FROM THE TABLE BELOW  
TO FIT YOUR SCHEDULE

TEN CLASSES PER TERM

MON: 11:00 - 11:45	ADULT BALLET STRETCH →	ETONWICK VILLAGE HALL
MON: 11:45 - 12:15	ADULT BALLET (ADV) →	ETONWICK VILLAGE HALL
TUES: 20:00 - 21:00	ADULT BALLET →	DATCHET ETON END SCHOOL
WED: 19:45 - 20:45	ADULT TAP →	DATCHET SCOUT HQ
FRI: 10:30 - 11:30	ADULT BALLET →	ETON - BALDWIN
FRI: 17:30 - 18:30	OPEN FLOOR BARRE →	ETON - BALDWIN
FRI: 18:30 - 19:30	ADULT CONTEMPORARY →	ETON – BALDWIN

CHOOSE FROM ANY OF THE ABOVE CLASSES

ETON WINDSOR DATCHET OLD WINDSOR ETONWICK WOKING ICKENHAM RICHMOND

E: [OFFICE@SUSANHANDYDANCE.CO.UK](mailto:OFFICE@SUSANHANDYDANCE.CO.UK) ☎ 07515 270 432

[WWW.SUSANHANDYDANCE.CO.UK](http://WWW.SUSANHANDYDANCE.CO.UK)

# S U S A N H A N D Y D A N C E

## ADULT CLASSES - TIMETABLE 2024

### ADULT BALLET STRETCH:

**MONDAY:** 11:00 – 11:45 The Baldwin, Eton Court, Eton SL4 6BY

For all levels:

A slower paced, traditionally structured ballet class (barre & centre exercises), working on building strength for joint mobilisation, good posture & flexibility whilst toning muscles throughout the body. If you are a beginner with no experience or have danced before, this class allows time to focus on learning the basics or refining your technique.

### ADULT BALLET:

**MONDAY:** 11:45 – 12:15 The Baldwin, Eton SL4 6BY

**TUESDAY:** 20:00 – 21:00 Eton End School, 35 Eton Road, Datchet SL3 9AX

**FRIDAY:** 10:30 – 11:00 The Baldwin, Eton Court, Eton SL4 6BY

A dynamic ballet class in a traditional barre & centre structure, where exercises vary in content from week to week. This class will help develop your technique whilst dipping into the artistry of classical ballet.

### ADULT BEGINNERS TAP:

**WEDNESDAY:** 19:45 – 20:45 Scout HQ, Green Lane, Datchet SL3 9EX

Tap dancing has been proven to elevate one's mood and mind set. This class will develop your rhythmic skills and musicality while promoting good cardiovascular health and improve co-ordination.

### ADULT INTERMEDIATE TAP:

**WEDNESDAY:** 19:45 – 20:45 Scout HQ, Green Lane, Datchet SL3 9EX

A more advanced tap class for those with previous experience. You will learn more complicated amalgamations and tap routines developing the detail in your technique.

### FLOOR-BARRE (OPEN CLASS):

**FRIDAY:** 17:30 – 18:30 The Baldwin, Eton Court, Eton SL4 6BY

All levels:

This class focuses on conditioning & strengthening the body with less strain on the joints. Floor-barre takes the ballet barre exercises from the barre to the floor.

### ADULT CONTEMPORARY:

**FRIDAY:** 18:30 – 19:30 The Baldwin, Eton Court, Eton SL4 6BY

For all levels:

Inspired by the Rambert Grades syllabus work, this is an accessible and inclusive class. You will explore physical movement of varying dynamics and musicality. Contemporary dance encourages creative freedom in movement within the bounds of a safe and supported body. You will enjoy an energetic and stimulating class.