Adult Class Menu

All levels are welcome, from absolute beginners to experienced dancers.

Class	A brief explanation about the class...	Age Range
Adult Ballet	Our Adult Ballet classes are suitable for both beginners and those with previous dance experience. Classes focus on improving posture, strength, flexibility, coordination, and technique in a friendly and supportive environment. Whether you're returning to ballet or trying it for the first time, these classes offer a wonderful way to keep active, build confidence, and enjoy the beauty of classical dance.	All ages
Adult Tap	Our Adult Tap classes are suitable for beginners as well as those returning to dance after a break. Classes focus on developing rhythm, coordination, musicality, and tap technique in a fun, welcoming, and supportive environment. A great way to keep active, improve fitness, and enjoy making music with your feet while learning new skills and routines.	All ages
Adult Jazz & Modern	Our Adult Modern & Jazz classes are suitable for all abilities, whether you're new to dance or returning after a break. Classes combine Modern and Jazz techniques to improve strength, flexibility, coordination, musicality, and fitness, while learning fun, energetic routines in a friendly and supportive environment. A great way to stay active, build confidence, and enjoy the joy of dance.	All ages