

2023 TIMETABLE

Tuesday 8th August

book your place today!
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Please note all classes are subject to change

Time	Studio 1	Studio 2	Studio 6
9:00 – 10:00	Victoria Marr – Sleek Ballet Bootcamp <i>A blend of authentic ballet technique with fitness. There are 5 sections to the class (warm up, lower body, upper body, dance cardio and a refine and define mat) all of which flow together seamlessly for a complete full body balletic workout. Followed by Q & A's.</i>	Sohan Kailey – Bhangra Active <i>A fun way to start the day learning new moves you can take back to class.</i>	Kelly Ewins – Musical Theatre <i>Experience "Revolting Children" from the hit show "Matilda".</i>
10:30 – 11:30	Sophia Hurdley – Ballet <i>Learn repertoire from New Adventures iconic ballet Sleeping Beauty.</i>	Mel Hadfield – Acro <i>Learn all of the required prerequisites for aerials, and how to know when your dancers are ready to safely attempt these skills.</i>	Kelly Ewins – Musical Theatre <i>Experience "Revolting Children" from the hit show "Matilda".</i>
12:00 – 13:00	Kate Stanforth – Progressing PBT <i>Using the PBT programme in a number of new ways, from injury prevention with professional dancers to teaching those with chronic illnesses. This class will go through a number of exercises which can be adapted to different levels of dancers, with a Q&A afterwards.</i>	Mel Hadfield – Acro <i>How the Acrobatic Arts Syllabus Progressions work.</i>	Matt Smith – Irish <i>An introduction to Irish Dance giving participants an accelerated intro to the basics of Irish dance, including competition techniques, different styles of Irish and learning a traditional dance.</i>
13:00 – 14:00	LUNCH BREAK		
14:00 – 15:00	Kate Stanforth – Swan Lake Inclusive Dance Session <i>If you'd like to participate, learn or spectate how an inclusive session runs – this one is for you. Session includes some theory and a Q&A.</i>	Georgio Garrett – Contemporary <i>Content TBC</i>	Matt Smith – Irish <i>How Irish has evolved thanks to some of the biggest selling dance shows in the world. You will learn show style choreography which would include the basics of Irish combined with some material from Lord of the Dance.</i>
15:30 – 16:30	Dominic Antonucci – Ballet <i>A professional style classical ballet technique class. A basic class that will cover how ballet class is constructed, how to build progression into class and approaches to bring value in class to all levels of students.</i>	Georgio Garrett – Contemporary <i>Content TBC</i>	Zac Nemorin – Jazz <i>Matt Mattox based Isolation Technique A series of body control exercises to promote physical dexterity, using rhythm, syncopation and the full dynamic spectrum.</i>
17:00 – 18:00	Dominic Antonucci – Ballet <i>A professional style classical ballet technique class. A basic class that will cover how ballet class is constructed, how to build progression into class and approaches to bring value in class to all levels of students.</i>	Anna Morgan (In the Theatre) – Inclusivity <i>The session will cover how to achieve excellence in dance training whilst working in compassionate, nurturing and inclusive environments. You will explore the difference between equity and equality in your teaching and examine what it means to adopt a holistic approach to teaching.</i>	Zac Nemorin – Jazz <i>Theatrical Jazz Dance Choreography How training technically in Matt Mattox based Isolation Technique can inform choreography. Technical exercises are not just for the warming up of the body.</i>

Wednesday 9th August

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Time	Studio 1	Studio 2	Studio 6
9:00 – 10:00	Dr Peter Lovatt – (in the Theatre) <i>Peter is a psychologist who uses movement and dance to enhance people's lives. He will talk about the evidence/science on the impact of movement on human thinking and behaviour, using his STEP Approach (Social, Thinking, Emotional and Physical).</i>		
10:30 – 11:30	Layla Harrison – Ballet <i>Classwork for the 8-13 year old TBC</i>	Dane Bates – Contemporary <i>Mastering the technical aspects of contemporary dance.</i>	Jo Scanlan – Tap <i>A workshop full of drills and exercises to strengthen your students tap technique. Suitable for all levels of tap dancers – young dancers through to adult tap.</i>
12:00 – 13:00	Layla Harrison – Ballet <i>Repertoire TBC</i>	Dane Bates – Contemporary <i>Exploring a more Lyrical approach to Contemporary dance.</i>	Jo Scanlan – Tap <i>A workshop focusing on different styles and choices of music for choreography. Ideas for different age groups and using different tempos, and time signatures. This will be suitable for all levels of tap dancers.</i>
13:00 – 14:00	LUNCH BREAK		
14:00 – 15:00	Joseph Prouse – Musical Theatre <i>A musical theatre jazz routine with style and energy. A fun session for all.</i>	Peter Crome – Pilates <i>Concentrating on Injury Prevention</i>	Tom Shilcock – Commercial <i>In this class you will learn a fun upbeat commercial routine, exploring various teaching methods that will help improve your dancers' overall ability. As always this class will be super positive, fun and very informative.</i>
15:30 – 16:30	Joseph Prouse – Musical Theatre <i>A musical theatre jazz routine with style and energy. A fun session for all.</i>	Peter Crome – Pilates <i>Strength and control through movement</i>	Tom Shilcock – Commercial <i>In this class you will learn a fun upbeat commercial routine, exploring various teaching methods that will help improve your dancers' overall ability. As always this class will be super positive, fun and very informative.</i>
17:00 – 18:00	Victoria Race – (in the Theatre) Dance School Safeguarding Services <i>An empowering insight into proactive safeguarding practice in your school. Learning how the little changes can mean a lot and help the day-to-day running of our schools. This session will cover information on the law and guidance around safeguarding, information on permissions and consent, and key important topics such as safer recruitment and school photography. Everything will be broken down into bite-size, actionable chunks, alongside a clear plan and approach to supporting and addressing safeguarding concerns in your school to help you best support your students</i>		