

Adult Dance Class Listings (weekly)

(For further details about a class, please contact the tutor directly)

Balkansko Oro

Balkan folk dances are based on the dance rhythms which are found more or less exclusively in the countries surrounding the Balkan mountain ranges. Danced in a line or circle.

Thursday - St Margaret's Institute, Polstead Rd

(8.15-10.15pm) All levels (£2 per session) Contact **Roger Wickstead 01865 451890**

Ballet

Monday - St Alysious School, St Margaret's Road

(4.30-5.30pm) RAD Grade 6

(5.30-6.45pm) ISTD Intermediate Foundation

(6.45-7.45pm) RAD Grade 8

(7.45-9.15pm) Intermediate/Advanced 1

Contact **Paula Natrass 01235 555496** / dance@delany.co.uk / www.oxfordacademyofdance.co.uk

Monday – St Matthew's Church Hall, Marlborough Road

(1:45-2:45pm) Some experience required.

Tutor Karen Sellick. (£7 per lesson)

Contact **Sarah Korting 01865 794616 / 07759035844**

Monday - The Rosary Room, Our Lady of the Rosary, Yarnell's Hill, Botley, OX2 9BD

(6:45-7:45pm) RAD Intermediate Foundation

(7:45-8:45pm) ISTD Intermediate

Contact **Sarah Stead 07956 231155** / info@expressiondance.co.uk

Monday – Moser Theatre, Wadham College, Parks Road

(6.30 – 8.00pm) General (£5)

During University Term Time

Contact **Susie Crow/ susiecrow@easynet.co.uk, 01865 557098** or

FreeFall Dance www.freefalldance.org.uk

Tuesday - St Alysious School, St Margaret's Road

(8.15-9.00pm) Adult Limbering

Contact **Paula Natrass 01235 555496** / dance@delany.co.uk / www.oxfordacademyofdance.co.uk

Tuesday - 1st Floor Hall, Jericho Community Centre, Canal St

(4.30-6.00pm) Beginners/Elementary

(6.00-8.00pm) Advanced

(£4/£5 per session plus membership fee £10/£15 for academic year)

(Run by University Dance Society during the university term time)

Contact **Yuka Kodama 01869 249430 / 07957482527** / yuka_kodama@yahoo.com

Wednesday - Rover Sports & Social Club, Roman Way
(7.30-8.30pm) All levels
Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Wednesday - West Oxford Primary School, Ferry Hinksey Road, OX2 0BY
(4:45-5:45pm) RAD Intermediate Foundation
Contact **Sarah Stead 07956 231155** / info@expressiondance.co.uk

Wednesday - The Rosary Room, Our Lady of the Rosary, Yarnell's Hill, Botley, OX2 9BD
(12.45-2.45pm) ISTD teaching qualifications revision session
Contact **Sarah Stead 07956 231155** / info@expressiondance.co.uk

Wednesday - The Cornerstone, Didcot
(7.15-8.15pm) Beginners
Contact: **01235 515144**/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org

Wednesday - Park House School Dance Studio, Andover Road, Newbury
(6.45-7.20pm) Adults & Teens – Beginners to Advanced - £3.50 per session
Contact: **Debbie Camp - debbie.camp@bigfoot.com**

Thursday - United Reformed Church, Banbury Road
(10.00-11.30am) Adult with experience/ senior ballet students & professional dancers
(£7 per class - loyalty card scheme available)
Contact **Susie Crow (Ballet in Small Spaces) 01865 557098** / susiecrow@easynet.co.uk

Thursday - United Reformed Church, Collinwood Road, Headington
(1.30-2.30pm) ISTD Advanced 1
Contact **Sarah Stead 07956 231155** / sarah@littlepinkladybird.com

Thursday - North Wall Arts Centre, Summertown
(8.00-10.00pm) Adult Ballet/ Elementary point work optional
Contact **Marrianna Vellopoulou - 07747481798 / 01865 516348** email:
mariannavel@hotmail.co.uk

Thursday - 1st Floor Hall at Jericho Community Centre, Canal Street
(5.00-7.30pm) Repertoire Class / Rehearsal for the show
Contact **Yuka Kodama 01869 249430 / 07957482527** / yuka_kodama@yahoo.com

Thursday - Oakeshott Room, Lincoln College, Turl Street
(7.00-8.30pm, 8.30-9.00 pointe work) Intermediate (£3)
Contact Lucy Ashe / lucy.ashe@st-hughs.ox.ac.uk or FreeFall Dance
www.freefalldance.org.uk

Friday - Oxford Academy of Dance at St Aloysius Primary School
(5.00-6.30pm) Intermediate Ballet
(6.30-8.00pm) Advanced Ballet (Adults with experience, senior ballet students / dance professionals)
(8.00-8.30pm) Pointework
Contact **Paula Natrass: paula@oxfordacademyofdance.co.uk** or visit
www.oxfordacademyofdance.co.uk

Friday - Ground Floor Hall, Jericho Community Centre, Canal St
(6.30-8.00pm) Essential Classic Ballet Technique (£6 per session)

(8.00-8.30pm) Elementary Pointe Work (£3 per session - £1.50 if taken with the class beforehand)
Contact **Yuka Kodama 01869 249430 / 07957482527 / yuka_kodama@yahoo.com**

Friday - United Reformed Church, Collinwood Road, Headington, OX3 8HW
(10:45am-12:15pm) ISTD Advanced 1
(5:45-6:45pm) Beginners
Contact **Sarah Stead 07956 231155 / info@expressiondance.co.uk**

Saturday – United Reformed Church, Banbury Road
(9.30-11.00am) Adult intermediate (£7 per class)
Contact **Susie Crow/ susiecrow@easynet.co.uk, 01865 557098**

Saturday - United Reformed Church, Banbury Road
(11.00-12.15pm) Adult beginners (£7 per class)
Contact **Susie Crow/ susiecrow@easynet.co.uk, 01865 557098**

Saturday –1st Floor Hall, Jericho Community Centre, Canal St
(2.00-4.00pm) Intermediate (£6 per session)
(4.00pm onwards) Pas de deux class/ Rehearsals for the show 2010)
Contact **Yuka Kodama 01869 249430 / 07957482527 / yuka_kodama@yahoo.com**

Ballroom/ Latin

Monday - Abingdon Dance Studios
8.45-9.45 - Beginners (Waltz, Cha Cha, Foxtrot, Rock 'n' Roll and Quickstep)
Contact **01235 520195 / liz.lee-selleck@tesco.net**

Tuesday – Rover Sports and Social Club, Roman Way, Cowley
(7.30-8.30pm) Improvers +
(8.30-9.30pm) Improvers
Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Tuesday - Rover Sports & Social Club, Roman Way
(8.30-10.00pm) Practice - All levels
Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Wednesday - Rover Sports & Social Club, Roman Way
(10.00-11.00am) Beginners
Contact **Dance Rhythms 01865 875800/ dance@dancerythms.com / www.dancerhythms.com**

Thursday - Rover Sports & Social Club, Roman Way
(6.30-8.00pm) Intermediate
Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Sunday – Risinghurst Community Centre, Kiln Lane, Oxford
(3.00-4.00pm) Beginners
(4.00-5.00pm) Improvers++
(5.00-6.00pm) Improvers
(6.00-7.00pm) Improvers
Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Belly Dancing

A Middle Eastern dance in which the dancer makes sensuous movements of the hips and abdomen

Thursday - Rover Sports & Social Club, Roman Way

(10.30-11.30am) Beginners

Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Bharata Natyam

A classical dance originated in Tamilnadu, now in India. Bharatanatyam is usually accompanied by the classical Tamil music.

Saturday - Pegasus Theatre, Magdalen Rd

(10.00-11.00am) Beginners

(11.00-12.30pm) Intermediate

(12.30-2.00pm) Advanced

Contact **Sapna Shankur (Pegasus Theatre) 01865 792209**

Body Alignment & Movement (BAM)

A Creative Approach to Human Movement and Body Alignment

Thursday - St Peter & St Paul Church Hall, Botley

(7.00-8.00pm) £3 per session. Contact **Diane Van Der Westhuizen 07816 395964**

Saturday - Jericho Community Centre, Canal St

(9.30-10.30am) £3 per session. Contact **Diane Van Der Westhuizen 07816 395964**

Butoh

An expressionistic, avant-garde dance form that originated in Japan after World War II.

Friday –upstairs at East Oxford Community Centre, Princes St

(7.30-9.30pm) Open class (£7 per session).

Contact **Jeannie Donald 01993 812840 or Ana 07984641999 / www.cafereason.com**

Capoeira

A Brazilian dance form based on a type of martial arts, developed by Brazilian slaves in the 1700's.

Monday – Oxford Brookes Centre For Sport, Cheney Lane

(8.00-9.30pm) Beginners & Intermediate

Contact info@abolicao.co.uk / 01865 428404 / www.abolicao.co.uk

Tuesday – East Oxford Games Hall, Collins Street

(7.00-9.00pm) Intermediate & Advanced

Contact info@abolicao.co.uk / 01865 428404 / www.abolicao.co.uk

Wednesday – Oxford Brookes Centre For Sport, Cheney Lane

(8.00-9.30pm) Beginners & Intermediate

Contact info@abolicao.co.uk / 01865 428404 / www.abolicao.co.uk

Thursday – East Oxford Games Hall, Collins Street

(7.00-9.00pm) Intermediate & Advanced

Contact info@abolicao.co.uk / 01865 428404 / www.abolicao.co.uk

Ceili (Irish)

Monday - Corpus Christi Church Hall, Headington

(7.30-9.30pm) All levels (£4 per session).

Contact **Anne- Marie 07970356723 / amgallacher@hotmail.co.uk**

Ceroc (Modern Jive)

Monday – The Regal, 300 Cowley Road, Oxford

(8.00-9.00pm) Beginners

(9.00-9.45pm) Intermediate & beginner practice session

(9.15-11.00pm) Freestyle

Monday – Town Hall, Chipping Norton

(7.30-8.30pm) Beginners

(8.30-9.15pm) Intermediate & beginner practice session

(9.15-10.30pm) Freestyle

Tuesday – Guildhall, Abbey Close, Abingdon

(8.00-9.00pm) Beginners

(9.00-9.45pm) Intermediate & beginner practice session

(9.45-11pm) Freestyle

Tuesday - Bicester Ex-Serviceman's Club, Bicester

(8.00-9.00pm) Beginners

(9.00-9.45pm) Intermediate & beginner practice session

(9.45-11pm) Freestyle

Wednesday - Oxford Town Hall, Oxford

(7.30-8.30pm) Beginners

(8.30-9.15pm) Intermediate & beginner practice session

(9.15-10.30pm) Freestyle

Thursday – Civic Hall, Britwell Road, Didcot

(8.00-11.00pm) Beginners class followed by Freestyle

(8.30-9.15pm) Intermediate & beginner practice session

(9.15-10.30pm) Freestyle

Thursday - Exeter Hall, Oxford Road, Kidlington

(8.00-9.00pm) Beginners

(9.00-9.45pm) Intermediate & beginner practice session

(9.45-11pm) Freestyle

Friday – Civic Hall, Wantage

(8.30-9.00pm) Beginners

(9.00-9.30pm) Intermediate & beginner practice session

(9.30-11pm) Freestyle

Advanced Class once a month (last Friday of the month)

Friday – Once a Month, (2nd Friday of the month) in Carterton

at Brownes Hall or Carterton Community Centre - see website for venue each month

From 2010 - Every month will take place at Brownes Hall, Carterton

(8.30-9.15pm) Beginners

(9.15-9.45pm) Intermediate & beginner practice session

(9.45pm - midnight) Freestyle

Contact **Roy & Melissa Power 07974388340** / ceroc_oxford@hotmail.com / www.cerocoxford.com

Circle & Sacred Dance

A style of traditional dance usually done in a circle without partners to musical accompaniment, mixing traditional folk dances with recently choreographed ones.

Monday - North Oxford Ass. Community Centre, Diamond Place

(7.30-9.30pm) Beginners welcome. Contact **Kate Forster 01865 251871**

Wednesday - North Oxford Ass. Community Centre, Diamond Place

(2.30-4.30pm) Beginners welcome. Contact **Kate Forster 01865 251871**

Contemporary Dance

Monday: East Oxford Community Centre, Princes Street

(7:30 - 8:30pm) Contemporary Dance - Mixed Ability - £5.50

Contact **Nickely Burke (OCDS) 01865 766686 / biserk@hotmail.com** or visit www.biserkdance.com

Tuesday - Ark-T Centre, Crowell Road, Cowley

(7.15-9.15pm) DugOut Adult Community Dance

Contact **Cecilia Macfarlane 01865 515576**

Wednesday - St Margaret's Inst, 30 Polstead Rd

(7.30-9.00pm) Intermediate (£6.50 per session)

Contact **Nickely Burke (OCDS) 01865 766686 / biserk@hotmail.com / www.biserkdance.com**

Wednesday - Park House School Dance Studio, Andover Road, Newbury

(7.30-8.45pm) Adults & Teens – General level

£6.50 per session

Contact: **Debbie Camp - debbie.camp@bigfoot.com**

Thursday – Old Fire Station, George Street

(18.00-19.30) All

Oxford University Dance Society

Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Thursday – South Oxford Community Centre

(7.00-8.00pm) Open level

Contact: **Joelle Pappas / joelle@intbis.com**

Friday - Pegasus Theatre, Magdalen Rd

(10.00-11.30am) Advanced/ Professional

Contact **Nickely Burke 01865 766686 / biserk@hotmail.com / www.biserk.co.uk**

Saturday - East Oxford Community Centre, Princes St

(10.00- 11.30am) Intermediate/ Advanced (£6.50 per session)

Contact **Nickely Burke 01865 766686 / biserk@hotmail.com / www.biserkdance.com**

Saturday – Moser Theatre, Wadham College, Parks Road

(4.00-5.30pm) Cunningham intermediate (£2)

Contact FreeFall Dance, freefalloxford@gmail.com / www.freefalldance.org.uk

Saturday – Creative Contemporary Dance workshops

Usually first or second Saturday of the month, 3.15-5.15

Contact: **Joelle Pappas / joelle@intbis.com**

Sunday – Moser Theatre, Wadham College, Parks Road

(10.30am-12.00) Contemporary – General. Free

FreeFall Dance student company class, various teachers. Runs in University term time.

Contact **FreeFall Dance freefalloxford@gmail.com / www.freefalldance.org.uk**

Contemporary Dance (for adults with learning difficulties)

Wednesday - Oxford venue – Ark T Centre, Cowley (5.00-6.30pm) All welcome

(£3.50 per

class)

Contact **Anjali Dance Company 01295 251909 / info@anjali.co.uk / www.anjali.co.uk**

Wednesday - The Mill Arts Centre, Banbury

(4.30-6.00pm) All welcome (£3.50 per class)

Contact **Anjali Dance Company 01295 251909** / info@anjali.co.uk / www.anjali.co.uk

Egyptian Dance

Although popularly referred to as 'belly dancing', this is a graceful dance form which involves the whole body.

Tuesday – Oxford Academy Campus, Littlemore

(6.00-7.00pm)

Blocks of 5 sessions £25, drop-in £6 per session

Contact **Katrina Robinson 01865 77462**

Tuesday – Oxford Academy Campus, Littlemore

(7.00-8.30pm) Beginners (Raqs Sharqui Society teacher) (please book) 10 sessions from 22nd September 2009

Contact **OCC Adult Learning 0845 3510646** /

www.oxfordshire.gov.uk/adultlearning

(See www.raqsshariqisociety.org.uk)

Tuesday – Wantage Civic Hall, Portway, Wantage

7.30-8.30 pm Beginners

8.30-9.45 pm Advanced (initially 15 Sept – 20 Oct)

Contact **Loreley Rice 01367 710652** / loreley@homecall.co.uk

Wednesday – Jericho Community Centre, Canal St (Rural, Urban and Classical Dances of Egypt)

(6.30-8.00pm) Intermediate/Improvers (Raqs Sharqui Society teacher)

Contact **Katrina Robinson 01865 777462 (before 8pm)** / katrinagaye@yahoo.co.uk

(See www.raqsshariqisociety.org.uk)

Wednesday – Ladygrove Community Centre, Tamar Way, Didcot

(7.00-8.00pm) Beginners

(8.00-9.00pm) Improvers

Contact **Loreley Rice 01367 710652** / loreley@homecall.co.uk

Thursday – Thomas Reade Primary School, Radley Rd, Abingdon

(6.30-7.30pm) Beginners

(7.30-8.30pm) Improvers

(8.30-9.30pm) Intermediates

Contact **Loreley Rice 01367 710652** / loreley@homecall.co.uk

English Country Dancing

Thursday - Cutteslowe Pavillion, Cutteslowe Park

(7.45-9.45pm). Contact **North Oxford Folk Dance Club - Doreen Crewe 01865 512781**

Fitness (dance for fitness)

Get in shape, stay fit and enjoy yourself!

Monday – St Hughs College, Bar Area (St Margaret's Road)

(7.00-8.00pm) Dance Aerobics (beginners)

Contact: **Lucy Ashe** / lucy.ashe@st-hughs.ox.ac.uk or **FreeFall Dance**

www.freefalldance.org.uk

Monday – St Hughs College, Bar Area (St Margaret's Road)

(8.00-9.00pm) Dance Aerobics (intermediate)

Contact: **Lucy Ashe** / lucy.ashe@st-hughs.ox.ac.uk or **FreeFall Dance**
www.freefalldance.org.uk

Tuesday - Abingdon Dance Studios, Driveway between no's 59-65, Swinburne Road, Abingdon.
(7.00-8.00pm) - Belly Dance for Fun
(7.15-8.15pm) - Salsa, Street, Cha Cha Cha, Cheer and Fun Dances
Contact **01235 520195** / liz.lee-selleck@tesco.net

Thursday – The Cornerstone, Didcot
(2.45-3.45pm) For all ages and fitness levels
Contact **01235 515144**/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org

Friday – St Greg's Dance Studio
(7.00-8.00pm) dance fitness class (£5)
Contact: **Emma-Jane Greig** / emjgreig@gmail.com

Flamenco

Engaging in sensuality, the passion and the intensity of flamenco is a great way to get rid of the frustrations of your day and learn exciting, vibrant new skills.

The North Wall, St Edward's School, South Parade, Summertown, Oxford

See the website for current class times

Contact **Amarita 01865 988513** / info@oxfordflamencoacademy.co.uk
www.oxfordflamencoacademy.co.uk

Tuesday – South Oxford Community Centre, Lake Street (**Flamenco Fusion**)
(7.15-8.15pm) Beginners
(7.45-8.45pm) Improvers
£6 per class (or £25 for 5)
Contact **Annelte 07810 320170** / anneltjeh@yahoo.co.uk

Wednesday - Rover Sports & Social Club, Roman Way
(6.30-7.30pm) All levels
Contact **Dance Rhythms 01865 875800**/ dance@dancerythms.com / www.dancerhythms.com

Sunday – The Cornerstone, Didcot
(2.00-3.30pm) Two 4-week fortnightly courses starting Autumn 2009
Contact: **01235 515144**/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org

Folk

Monday – Edward Field School, Kidlington OX5 2LG (8.00pm)
Contact: **Peter Moran** 01865 372344 (Kidlington Folk Dance Club)

Monday – Towersey Village Hall, Towersey OX9 3QB (7.30pm)
Contact: **M&B Walter** 01494 481459 (Towersey Folk Dancing Club)

Monday – Wolvercote Village Hall, Wolvercote OX2 8BD
8.00pm
Contact **A. Bridgeman** 01608 810184

Wednesday - Stonesfield Village Hall, Stonesfield OX29 8EF
(8.00-10.00pm) English country dancing
Contact **Paul Davis (Stonesfield folk dancing group)** 01865 727158

Wednesday - St Giles Church Hall, 10 Woodstock Road - (8.15-10.00pm) International Folk Dance
Contact **Colin & Sally Hersom 01865 862059 / Diana & Lesley Hitchins 0845 4582893** (visit www.oxintdance.org.uk)

Thursday - Headington Community Centre, Gladstone Rd - (8.45-10.00pm) Folk Dance
Contact **Joyce Dawson 01865 246458** (Headington Quarry folk dance club)

Thursday – Cuttleslowe Pavilion, Cuttleslowe Park OX2 8ES (7.45pm)
Contact: **Ann Magnani 01865 552715** (North Oxford Folk Dancing Club)

Thursday – Charlton Centre, Charlton, Village Road, Wantage OX12 7HG
7.45pm, 1st and 3rd Thursday of each month.
Contact: **Malcolm Bright 01235 818585** (Wantage Folk Dancing Club)

Thursday – The Corn Exchange, Witney OX8 6AB - 8.00pm
Contact: **Norman Hayes 01993 705961** (Witney Dancing Club)

Saturday – St Andrews., Cumnor Village Hall OX2 9QF - (3.00-5.30pm)
Contact: **John Gailey 01865 438457**

Further Education

First Diploma, National Award & National Diploma in Dance

Style: Various (Ballet, Bollywood, Contemporary, Jazz, Kathak, Urban + supporting theory)

Full-time programmes (part-time option possible for National Award)

OCVC, Oxford Campus, Oxpens Road, OX1 1SA

Level 2 & 3 (post GCSE). Free if under 19yrs

Prospectuses & Application forms available on-line or from campuses. **Telephone: 01865 550550**

Hip Hop

A style primarily danced to hip-hop music, including a wide range of styles including breaking, locking and popping.

Monday - East Oxford Community Centre, Princes St
(8.30-9.30pm) Intermediate (5.50 per session)

Contact **Nickely Burke (OCDS) 01865 766686 /biserk@hotmail.com** or visit www.biserkdance.com

Tuesday – Horspath Village Hall
(7.30-8.30pm) All Levels

Contact **Dance Rhythms 01865 875800 / dance@dancerythms.com / www.dancerhythms.com**

Thursday – The Cornerstone, Didcot
(8.15-9.00pm) 16-20 years

Contact **01235 515144/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org**

Historical Dance

Saturday – Headington Community Centre, Gladstone Road

Occasional Saturday workshops by Guest Tutors

Contact **Kathy Chapman 01865 250093 / kathyc@seacourt.myzen.co.uk or Carol Davey 01865 373861 / ohds@davington.demon.co.uk**

Irish

Monday - Harwell Village Hall
(4.30-8.00pm) Various classes

Contact **Viv O'Gara (O'Gara School of Irish Dance) 01235 812004**

Wednesday - Rose Hill Community Centre

(4.30-5.30pm) Beginners

(5.30-6.30pm) Intermediate

(6.30-8.30pm) Advanced

Contact **Anne- Marie Gallacher 01865 873719** / amgallacher@hotmail.co.uk

Jazz

Monday - St Mathews Church Centre, Marlborough Rd

(7.30-8.30pm). Contact **Ruth Green OCC Adult Learning 0845 3510646**

Monday – Old Fire Station, George Street

(18.15-19.30) All

Oxford University Dance Society

Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Tuesday – Horspath Village Hall

(8.30-9.30pm) Funky Jazz - All levels

Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Thursday – The Cornerstone, Didcot

(7.00-8.00pm) Mixed Ability (Street Jazz) Teacher: **Katy Fletcher** Contact Cornerstone Box Office

Tel: 01235 515 144

Email: cornerstone@southoxon.gov.uk

Website: www.cornerstone.arts.org.uk

Saturday – Old Fire Station, George Street

(12.30-2.00pm) Lyrical Jazz, all

Oxford University Dance Society

Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Jive +/Modern Jive

Monday – Marlborough Enterprise Centre, Marlborough School, Woodstock

(8.00-8.45pm) Beginners / (9.05-9.45pm) Intermediates/monthly Advanced with national champion Nigel Anderson (1st Mon of month) or Beginners review / (9.45-10.45) Freestyle (£8 whole evening)

Contact **Coralie 07767 360854** / coralie@jiveplus.com

Tuesday – The Trades & Labour Club, West Bar Street, Banbury

(8.00-8.45pm) Beginners / (9.05-9.45pm) Intermediates or Beginners review / (9.45-10.45) Freestyle (£8 whole evening)

Contact **Coralie 07767 360854** / coralie@jiveplus.com

Wednesday - Langdale Hall, Langdale Gate, Witney

(8.00-8.45pm) Beginners / (9.05-9.45) Intermediates or Beginners review / (9.45-10.45) Freestyle (£8 whole evening)

Contact **Coralie 07767 360854** / coralie@jiveplus.com

Thursdays – The Shelley Theatre, Court Garden Leisure Complex, Pound Lane, Marlow, SL7 2AE

(8.00-8.45pm) Beginners

(9.05-9.45pm) Intermediates or Beginners review

(9.45-10.45) Freestyle

(£8 whole evening)

Contact **Coralie 07767 360854** / coralie@jiveplus.com

Saturday – Rover Sports & Social Club, Roman Way, Horspath Road, Cowley

Monthly Jive workshops 2.30-5.30pm, followed by evening Freestyle Jive dancing.

Visit website for details www.jiveplus.com

Kathak (Indian Classical)

Dance from Northern India and Pakistan. Its name comes from katha meaning story and it originates from the kathaks or storytellers.

Friday – Wood farm Community Centre, Titput Hall drive, Headington, Oxford OX3 8QQ

(6.00 –7.00pm) Beginners

(7.00-8.00pm) Intermediate/Advanced

Contact **Anuradha Chaturvedi** – anucseth@gmail.com / 07765 190197 /

www.drishtidance.com

Lindy Hop / Swing

Also known as Jitterbug, it is an unabashedly joyful Afro-Euro-American Swing dance.

Wednesday - Barton Neighbourhood Centre, Underhill Circus

(7.30-8.10pm) Basics

(8.10-9.30pm) Social Dancing

(8.30-9.10pm) Basics

(8.30-9.10pm) Intermediate 1

(9.15-10.00pm) Intermediate 1

(9.15-10.00pm) Intermediate 2

(10.00-10.30pm) Social Dancing (All levels)

Contact **Oxford Swing Dance Company** - Les & Nicky 01235 529895 Or Pam 01494 713675

Line Dancing

Tuesday - Rover Sports & Social Club, Roman Way

(11.00-12.00pm) All levels

Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Tuesday – Cowley Conservative Club, Between Towns Road, Cowley

(10.00am-11.30am) Intermediates

Wednesday – Risinghurst Community centre, Kiln Lane

(6.30-7.30) Beginners

(7.40-9.40) Intermediates

Thursday – Cowley Conservative Club, Between Towns Road, Cowley

(10.00-11.30am) Improvers

(6.30-7.30pm) Beginners

(7.30-8.30pm) Improvers

(8.30-10.30pm) Intermediates

Contact: **01869 322358** / shufflerockstompers@ntlworld.com

Wednesday - Cheney School, Cheney Lane

(7.00-8.00pm) Beginners

(8.00-9.00pm) Improvers

Contact **Janet Peart OCC Adult Learning 0845 3510646**

Thursday - Rover Sports & Social Club, Roman Way

(8.30-9.30pm) All levels

Contact **Dance Rhythms 01865 747144** / dance@dancerythms.com / www.dancerhythms.com

Sunday - Abingdon Dance Studios, Driveway between no's 59-65, Swinburne Road, Abingdon.

(6.30-7.30pm) Beginners

(7.30-8.30pm) Improvers

Contact 01235 520195/ liz.lee-selleck@tesco.net

Modern

Thursday - United Reformed Church, Collinwood Road, Headington, OX3 8HW
(7:30-8:30pm) ISTD Intermediate (suitable for beginners)

Contact **Sarah Stead 07956 231155** / info@expressiondance.co.uk

Wednesday - The Rosary Room, Our Lady of the Rosary, Yarnell's Hill, Botley, OX2 9BD

(12.45-2.45pm) ISTD teaching qualifications revision session

Contact **Sarah Stead 07956 231155** / info@expressiondance.co.uk

Pilates

Re-align the body whilst strengthening muscles and working on your core stability.

Monday - Yoga Garden, Summertown

(9.40-10.40am) Beginners/ intermediate mat work

Contact **Juliette - jwynne@clara.net**

Tuesday – Summertown Church Hall

(9.00am) Small equipment classes

(£16 per class)

Contact **Michelle – mdeussen_pilates@yahoo.co.uk**

Tuesday – Cumnor Village Hall

(2.30-3.30pm) Intermediate

(7.30-8.30pm) Intermediate/Advanced

(£8 per class)

Contact **Michelle – michelle@pilates.uk.net** (Please e-mail to book as spaces are limited)

Tuesday - The Coach House, Quarry Hollow, Headington

(7.30-8.30pm) Beginners mat work

(8.30-9.30pm) Intermediate/ advanced

Contact **Juliette- jwynne@clara.net**

Wednesday - Yoga Garden, Summertown (9am) Level 1 small equipment

Contact **Juliette- jwynne@clara.net**

Wednesday– The Cornerstone, Didcot - (12.30-1.30pm)

Contact **01235 515144/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org**

Thursday - Yoga Garden Summertown (9am) Level 2 Small equipment

Contact **Juliette- jwynne@clara.net**

Friday – Cumnor Village Hall

(10.00-11.00am) Beginners

(11.00-12.00pm) New Beginners class

(£8 per class)

Contact **Michelle – michelle@pilates.uk.net** (Please e-mail to book as spaces are limited)

Saturday - Yoga Garden Summertown

(9.30-10.30am) Intermediate/Advanced mat work

(10.30-11.30am) Beginners mat work
Contact **Juliette- jwynne@clara.net**

Pole Fitness

Thursday - Abingdon studios, Driveway between no's 59-65, Swinburne Road, Abingdon.

Contact **07866411425** or email: lynnspolefitness@hotmail.co.uk

Reel (Scottish dancing)

Reeling is a type of Scottish Dancing. It is social, energetic, easy to learn and great fun!

Thursdays (monthly) West Oxford Community Centre, off the Botley Road, Oxford

Thursday 15th October –(7.30-10.30pm)

Thursday 12th November (7.30-10.30pm)

Thursday 10th December (7.30-10.30pm)

Dates to follow, for more info see website.

Beginners welcome and no need to bring a partner.

Contact **John Carver 07815907435** or email info@oxfordreels.co.uk

Rueda

A particular type of round dancing of Salsa.

Tuesday - Church House, 2-3 North Bar Street, Banbury OX16 0TB –

(8.00&10.00pm) All levels

Contact **SalsaEngland 07973 831801** / SalsaEngland@aol.com /

www.SalsaEngland.org

Tuesday - Conservative Club, 59 Ock Street, Abingdon OX14 5AG –

(8.00&10.00pm) All levels

Contact **SalsaEngland 07973 831801** / SalsaEngland@aol.com /

www.SalsaEngland.org

Thursday - G's Bar, Market Sq, Bicester

(8.00&10.00pm) All levels

Contact **SalsaEngland 07973 831801** / SalsaEngland@aol.com /

www.SalsaEngland.org

5 Rhythms

A simple, powerful moving meditation that anyone can practice, with no taught steps to follow.

Wednesday - East Oxford Community Centre (12.24 – 1.45pm) Over 50's friends and families welcome, lunch available after.

Contact **Hilary Kneale 01865 552304**

Thursday – Ark T Centre, John Bunyan Baptist Church, Crowell Road OX4 3LN

7.30 - 9.30 pm All welcome. Contact **Hilary Kneale or Cathy Ryan 01865 452070**

Salsa

Salsa dancing mixes African and European dance influences through the music and dance fusions that are the roots of Salsa.

Monday – Cowley Conservative Club, Between Towns Rd

(8.00-9.00pm) Absolute Beginners / Beginners

(9.00-10.00pm) Improvers
(10.00-11.00pm) Dancing
Contact **Lisa 07885 574360** / lisa@salsaoxford.com / www.salsaoxford.com

Monday - Somerville College, Flora Anderson Hall
(7.00-7.45pm) Beginners / (8.00-8.45pm) Latin Dances / (9.00-9.45pm) Advanced
See www.oxfordsalsasociety.co.uk

Monday- Cowley Conservative Club, Between Town's Rd (£6)
(8.00-9.00pm) Absolute Beginners/Beginners
Contact **Lisa 07885 574360** / lisa@salsaoxford.com / www.salsaoxford.com

Monday- Cowley Conservative Club, Between Town's Rd (£6)
(9.00-10.00pm) Improvers (plus Dancing till 11pm)
Contact **Lisa 07885 574360** / lisa@salsaoxford.com / www.salsaoxford.com

Tuesday - Abingdon Dance Studios
(8.30-9.30pm) - Learn Salsa, Cha Cha and Merungue, no need for a partner
Contact **01235 520195** / liz.lee-selleck@tesco.net

Tuesday – The Regal, Cowley Road, Oxford (**Salsa Piccante**)
(7.30-8.30pm) Beginners & beyond (No partners needed) Dancin 'til late
Contact www.the-regal.com

Tuesday - Church House, 2-3 North Bar Street, Banbury OX16 0TB
(7.10-11.00pm) All Levels
Contact **Salsa England 07973 831801** / SalsaEngland@aol.com /
www.SalsaEngland.org

Tuesday - Conservative Club, 59 Ock Street, Abingdon OX14 5AG –
(8.00&10.00pm) All levels
Contact **SalsaEngland 07973 831801** / SalsaEngland@aol.com /
www.SalsaEngland.org

Wednesday - Wesley Memorial Church Hall, New Inn Hall St
(7.30-8.30pm) Absolute Beginners/Beginners (£6)
(8.30-9.30pm) Improvers (£6.50)
Contact **Lisa 07885 574360** / lisa@salsaoxford.com / www.salsaoxford.com

Thursday- St Peter and Paul Church Hall, Botley Road, Botley
(7.30-8.30pm) Absolute Beginners / Beginners
(8.30-9.30pm) Improvers
Contact **Lisa 07885 574360** / lisa@salsaoxford.com / www.salsaoxford.com

Thursday - Sun Inn, Wheatley (8.00pm) All levels no partner needed
Contact **OUDS** - dancesoc@herald.ox.ac.uk

Thursday - G's Bar, Market Sq, Bicester (7.10&11.00pm) All levels
Contact **SalsaEngland 07973 831801** / SalsaEngland@aol.com / www.SalsaEngland.org

Scottish Country Dancing

(The Royal Scottish Country Dancing Society, Oxfordshire Branch)

Thursday – Summertown Church Hall, Banbury Road (at the end of Portland Road)
(7.30-8.15pm) Basic Class
(8.15-9.15pm) General Class

(9.30-10.30pm) Advanced Class
(9.30-10.30pm) Improver's Class – Lower hall
Classes run from September – May. Classes continue in June, July August but without formal instruction. All Welcome.
Weekly RSCDC Members - £2.00
Non Members- £2.50
Contact **Denis Tucker 01865 863427** or email dennistucker@btinternet.com or visit www.rscdoxfordshire.org.uk

Sol Samba

Dance to infectious rhythms, build up a sweat and shake it up with Sol Samba!

Monday – Barcelo Hotel, Godstow Road, Wolvercote

(7.00-8.00pm) Beginners

First 6 weeks (starts Oct 5th) £2 per class, THEN £5 or £2 for club members.

Wednesday - South Oxford Community Centre, Lake Street

(7.30-8.30pm)

All levels (£7/£6 per class).

Contact **Sarah 07854 669717** / hyasarah@hotmail.com

Contact **Sarah 07854669717** or email hyasarah@hotmail.com

Sequence

Tuesday – Rover Sports and Social Club, Roman Way, Cowley

(6.30-7.30pm) Improvers

Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Social Dance

Learn the basic steps of Waltz, Cha-Cha, Quickstep, Swing, Foxtrot and Rock & Roll.

Monday - Abingdon Dance Studios, Driveway between no's 59-65, Swinburne Road, Abingdon.

(8.45-9.45pm) Beginners

Contact **01235 520195** / liz.lee-selleck@tesco.net

Street Dance

Monday – Old Fire Station, George Street

(19.40-21.00) All

Oxford University Dance Society

Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Thursday - Rover Sports & Social Club, Roman Way

(7.30-8.30pm) Beginners / Improvers

Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Thursday – Blackbird Leys Leisure Centre, Oxford

(7.45-8.45pm) Adult class

Contact **Miss K Chandler 01865 776394** / **07771 508959** / kcschoolofdance@hotmail.co.uk

Thursday – Abingdon Dance Studios, Driveway between no's 59-65, Swinburne Road, Abingdon.

(8.15 – 9.15pm) Beginners Street Dance

Contact **01235 520195** / liz.lee-selleck@tesco.net

Friday – St Greg's Dance Studio

(8.00-9.00pm) Adult class (£5)

Contact **Emma-Jane Greig** / emjgreig@gmail.com

T'ai Chi

A Chinese system of slow meditative physical exercise designed for relaxation and balance and health

Monday - Cheney School, Cheney Lane (7.00-9.00pm) T'ai Chi Chuan- Yang Style
Contact **Alan Baker - OCC Adult Learning 0845 3510646**

Monday – Iffley Church Hall, Church Way, Iffley OX4 4EG

Yang style Taijiquan (T'ai Chi) and Qigong

(7.00-8.00pm) Beginners / short form

(8.00-9.00pm) Intermediate / long form

£50 / £30 per 10 wk term *or* £7 / £4 per session (one hour or both)

Contact **Anne Mackintosh 01865 714849** / taichi@annemack.org / www.taichi-in-oxford.co.uk

Thursday – Summertown Church Hall, Banbury Road OX2 7EZ

Yang style Taijiquan (T'ai Chi) and Qigong

(12.30-1.30pm) Beginners / short form

(1.45-2.45pm) Intermediate / long form

£35 per 10 wk term; 'taster' session £6

Contact **Anne Mackintosh 01865 714849** / taichi@annemack.org / www.taichi-in-oxford.co.uk

Friday - North Oxford Ass. Community Centre, Diamond Place (9.30-11.30am)

Contact **Alan Baker - OCC Adult Learning 0845 3510646** / adult.learning@oxfordshire.gov.uk

Tango Argentino

Monday - St Giles Church Hall, Woodstock Rd (7.30-9.30pm) Intermediate (£8.00 per session)

Contact **Maureen 01865 721667** / info@oxfordtango.co.uk / www.oxfordtango.co.uk

Thursday - Jericho Community Centre, Canal St (7.30-9.30pm) Improvers (£8.00 per session)

Contact **Maureen 01865 721667** / info@oxfordtango.co.uk / www.oxfordtango.co.uk

Thursday - Rover Sports & Social Club, Roman Way (8.00-9.00pm) Improvers

Contact **Dance Rhythms 01865 875800** / dance@dancerythms.com / www.dancerhythms.com

Friday – Women's Institute Hall, North Hinksey Lane, Botley (except 3rd Friday of each month)

Dancing 8.00pm to 11.30pm Sometimes includes lesson with guest teacher.

Social dancing till 11.30pm. (Up to date info on website)

Contact **Maureen 01865 721667** / info@oxfordtango.co.uk / www.oxfordtango.co.uk

Friday - St Giles Church Hall, Woodstock Rd

(7.30-8.30pm) Absolute Beginners (£3.00 per session)

(8.30-9.30pm) Experienced Beginners (£3.00 per session)

Contact **Tangueros Anonymous - tango@themoon.co.uk**

Sunday - Women's Institute Hall, North Hinksey Lane, Botley

(6.00-7.00pm) New Beginners (£4)

(7.00-8.00pm) Beginners (£4)

Contact **Maureen 01865 721667** / info@oxfordtango.co.uk /

www.oxfordtango.co.uk

Tap

Monday – St. Edmund's Parish Hall, Abingdon

(9.30-10.30) Mixed Ability

Contact: **Amanda Alder 01235 553565** / amandaalder@yahoo.co.uk

Monday – Lime Walk Methodist Church (reached via New High Street), Headington
(5.45-6.45pm) Adult Beginners
Contact **Vicky Ellis 07533637975/** or email plumellis@yahoo.co.uk

Tuesday - Rover Sports & Social Club, Roman Way
(10.00-11.00am) Beginners/Improvers
(6.30-7.30pm) Improvers
Contact **Dance Rhythms 01865 747144 /** dance@dancerythms.com /
www.dancerhythms.com

Tuesday - United Reformed Church, Collinwood Road, Headington, OX3 8HW
(8:15-9:15pm) Beginners/Improvers
Contact **Sarah Stead 07956 231155 /** info@expressiondance.co.uk

Tuesday – St. Edmund’s Parish Hall, Abingdon.
(8.15-9.15) Mixed Ability
Contact: **Amanda Alder 01235 553565 /** amandaalder@yahoo.co.uk

Wednesday - St Alysious School, St Margaret’s Road (7.45-8.30pm) Adult Improvers
Contact **Paula Natrass 01235 555496 /** dance@delany.co.uk / www.oxfordacademyofdance.co.uk

Wednesday - The Rosary Room, Our Lady of the Rosary, Yarnell's Hill, Botley, OX2
9BD
(12.45-2.45pm) ISTD teaching qualifications revision session
Contact **Sarah Stead 07956 231155 /** info@expressiondance.co.uk

Wednesday– The Cornerstone, Didcot
(6.00-7.00pm) Beginners
Contact: 01235 515144/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org

Thursday - Abingdon Dance Studios, Driveway between nos 59-65, Swinburne Road, Abingdon.
(7.00-8.00pm) Adult tap
Contact **01235 520195 /** liz.lee-selleck@tesco.net

Thursday - United Reformed Church, Collinwood Road, Headington, OX3 8HW
(6:30-7:30pm) Intermediate/Advanced
Contact **Sarah Stead 07956 231155 /** info@expressiondance.co.uk

Saturday – Old Fire Station George St
(10.00-11.00) Beginners
Oxford University Dance Society
Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Saturday – Old Fire Station George St
(11.00-12.00) Int/Adv
Oxford University Dance Society
Contact: <http://users.ox.ac.uk/%7Edancesoc/index.html>

Tea Dance

Tuesday - Rover Sports & Social Club, Roman Way
(2.00-4.00pm) Ballroom/ Latin & Sequence
Contact **Dance Rhythms 01865 875800 /** dance@dancerythms.com / www.dancerhythms.com

West Coast Swing

A partner dance derived from Lindy Hop.

Sundays – The Rover Sports & Social Club, Empress Ballroom, Roman Way, Hospath Rd, Cowley, Oxford

(7.30 – 10.30 pm) £48 for 6 weeks or £10 per night

Contact **Coralie 07767 360854** / coralie@jiveplus.com

Fridays – General Foods Social Club, Spiceball Park Rd, Banbury, Oxon OX16 2PA
Monthly Jive freestyles (dances).

Visit website for details www.jiveplus.com

Yoga

Monday - The Old Library, Uni Church of St Mary

(6.00-7.30pm) Beginners welcome

Contact **Christina 01865 512352** / christinasage@tiscali.co.uk

Monday - South Oxford Community Centre, Lake Sreet (Svastha Yoga)

(6.00-7.30pm) Mixed level (Beginners welcome)

Contact **Anita Lewis** www.anitalewisoyoga.com / anita@anitalewisoyoga.com / **07726 841815**

Tuesday - Thrangu House Buddhist Centre, 42 Magdalen Rd (9.30-11.0.0am) All welcome

Contact **Star Molteno 01865 242214** / s.molteno@gmail.com

Tuesday - Thrangu House Buddhist Centre, 42 Magdalen Rd (Svastha Yoga)

(5.30-7.00pm) Beginners

Contact **Anita Lewis** www.anitalewisoyoga.com / anita@anitalewisoyoga.com / **07726 841815**

Tuesday - St. Albans Hall, Charles Street (Svastha Yoga)

(7.30-9.00pm) Mixed level (not for complete beginners)

Contact **Anita Lewis** www.anitalewisoyoga.com / anita@anitalewisoyoga.com / **07726 841815**

Tuesday – The Cornerstone, Didcot

(12.30-1.30pm) Fitness Yoga

Contact: 01235 515144/ cornerstone@southoxon.gov.uk or www.cornerstone-arts.org

Wednesday - The Old Library, Uni Church of St Mary

(12.00-1.15pm) Beginners welcome

Contact **Christina 01865 512352** / christinasage@tiscali.co.uk

Wednesday - Rover Sports & Social Club, Roman Way (8.30-9.30pm) All levels

Contact **Dance Rhythms 01865 875800**/ dance@dancerythms.com / www.dancerhythms.com

If you would like further information about Dance in Oxford please contact:

Arts Officer (Dance & Theatre) - Oxford City Council

C/o: Town Hall, St Aldate's, Oxford OX1 1BX

E-mail: dance@oxford.gov.uk / 01865 252820