

COWBOYS & Angels

DANCE ACADEMY

TIMETABLE 2021

(*Subject to Change due to enrolments – Minimum and maximum class sizes required for all classes, therefore classes may change if limited or excessive numbers within individual classes). Please enrol by email to cowboysandangels@live.com.

Classes Held at Romsey Mechanics Hall (Main Street Romsey) starting Monday 1st February 2020

MONDAY NIGHT	
Odd Term Weeks (1, 3, 5 etc)	Even Term weeks (2, 4, 6 etc)
5.00pm – 6.00pm Inters/Senior Line Dancing (Taylah)	
6.00pm – 6.30pm Strength and Strengthen (Kate & Stacey)	6.00pm – 6.30pm Dance Fit (Stacey)
6.30pm – 8.30pm Advanced Line Dancing (Kate & Stacey)	6.30pm – 8.30pm Social Class (Jamie)

Inters/ Senior Line Dancing – Level of class will be aimed at those who have been doing line dancing for > 3years.

Advanced Line Dancing Comp Class – This class will be open for students who have previously attended the advanced class in 2020. There will be a focus on technique along with group, duo and trio competition work. Please speak to Kate and Stacey regarding eligibility for this class.

Social Classes – These classes will be available to students of any age, and will consist of learning a variety of dances (including social and solo dances), and a brief overview of styling.

Stretch and Strengthen – an exercise style class with a focus on stretching and strengthening various muscle groups to assist with improving dance ability and overall fitness.

Dance Fit – an exercise style class with a focus on dance movement to music. Great for any age or ability for fun and to increase fitness