

Online Dance Class and Live Performances

Dance and Theatre companies are beginning to take advantage of COVID19 by creating online classes and showcasing their work online. Below are a few examples of company classes and performances we advise you to take part in during your time away from school. A lot of these classes would be £5 - £12 a time to attend, whereas now they are free!

We will update the timetable as and when companies release new material, but this should be enough to keep you up to date with your dance technique.

Live Dance Classes

One Dance UK have a live calendar that's constantly being updated of live dance classes from a variety of styles and dance artists.

<https://www.onedanceuk.org/digital-dance-events-calendar/?month=apr&yr=2020>

Monday	10:30am – 11:45am	Jasmine Vardimon: Pilates for Dancers (advanced)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
	4:30pm – 5:30pm	Jasmine Vardimon: Breath and Flexibility (all ages and ability)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
Tuesday	10:30am – 11:45am	Jasmine Vardimon: Pilates for Dancers (advanced)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
	2:00pm – 2:45pm	Rambert Dance Company: GCSE Technique Class (suitable for year 9 students)	https://www.rambert.org.uk/join-in/rambert-home-studio/technique-for-dance-students/
	7:00pm - 8:00pm	Jasmine Vardimon: Pilates (all ages and ability)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable

Wednesday	10:30am – 11:45am	Jasmine Vardimon: Pilates for Dancers (advanced)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
	4:30pm - 5:30pm	Jasmine Vardimon: Pilates for Teens (ages 12 – 18)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
Thursday	2:00pm – 2:45pm	Rambert Dance Company: GCSE Technique Class (suitable for year 9 students)	https://www.rambert.org.uk/join-in/rambert-home-studio/technique-for-dance-students/
Friday	4:30pm-5:30pm	Jamine Vardimon: Youth Dance Creative Technique (ages 12 – 18)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
Saturday	11:30am – 12:30pm	Jasmine Vardimon: Stretch and Strengthen for Teens (ages 12 – 18)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
	2:00pm – 3:00pm	Jasmine Vardimon: Dance Improvisation (all ages)	https://jasminvardimon.com/education/pop-up-space/#pop-up-timetable
Sunday			

Pre-Recorded Dance Classes

Oti Mabuse (Presenter of Strictly Come Dancing) offers dance tutorials of a variety of styles on her YouTube channel https://www.youtube.com/channel/UC58aowNEXHHnflR_5YtP4g

Italia Conti have created a series of Ballet and Contemporary technique classes on their YouTube channel https://www.youtube.com/channel/UCwjIRZ6-iOFy7cEr_ur4ryQ

Live Performances

Sadlers Wells <https://www.sadlerswells.com/whats-on/2020/digital-stage/>

National Theatre are streaming a different performance every Thursday at 7pm. This will then be available for one week. <https://www.youtube.com/user/ntdiscovertheatre>

Matthew Bourne Only on Sky Arts. Sunday 26th April adaptation of Romeo and Juliet.