

Attendance

Anyone arriving **more than 15 minutes late will not be admitted** to the class. The classes will progress in terms of difficulty throughout the term and to avoid hindering the development of other students we ask that you try to attend every session.

Refunds

Once you book for a term of classes, **we will not be able to refund you** if you choose not to complete the term. Refunds or credit notes will only be considered if you are prevented from completing the term due to injury and this will be at the discretion of the Head of Learning and Participation.

How to book

Please call 020 8630 0615 to enrol over the telephone and make payment by credit or debit card. Alternatively, please complete this form and return it with payment to the address below.

I am paying for my classes by (please tick the appropriate box)

- Cheque made payable to Rambert Dance Company (which I have attached to this form)
- Credit / debit card

Card number

Start date Expiry date

Security code Issue number

Name (as it appears on your card)

Signature

Please return your enrolment form to:

Naomi Thomas
Rambert Dance Company
94 Chiswick High Road
London W4 1SH
rambert.org.uk

Booking is based on a first-come first-served basis. You should receive a response by letter or email within 14 days; if you have not heard from us by this time please contact us on 020 8630 0615.

Photos: Robin Gladwin



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**ARTS COUNCIL
ENGLAND**

RAMBERT DANCECOMPANY

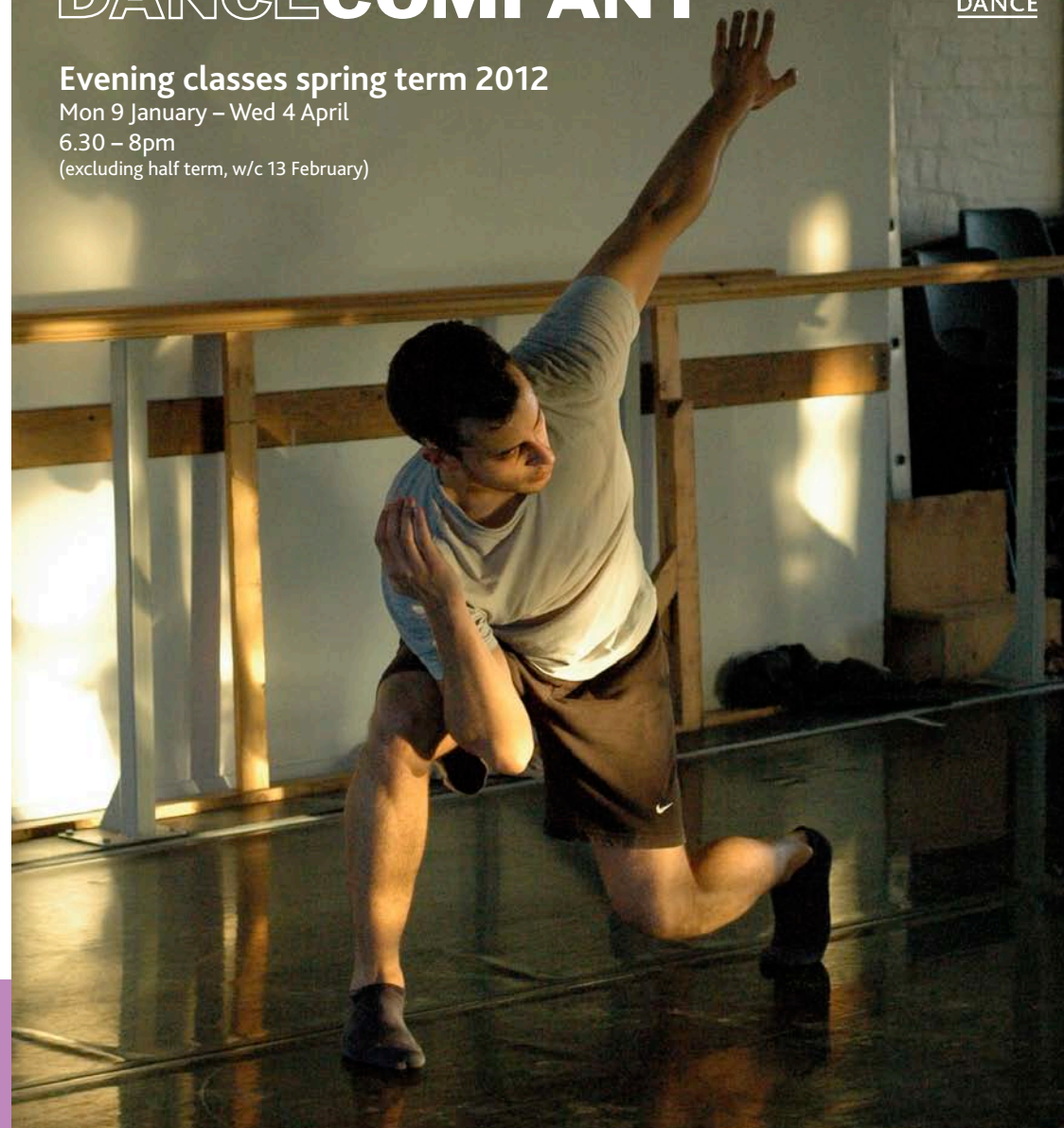
85
YEARS
AT THE HEART OF
BRITISH
DANCE

Evening classes spring term 2012

Mon 9 January – Wed 4 April

6.30 – 8pm

(excluding half term, w/c 13 February)



If you're looking for a new way to improve your fitness, develop your movement skills or if you just love dance, join us at Britain's national contemporary dance company.

The Classes

Rambert runs a termly programme of evening classes for adults in contemporary dance, taught by skilled dancers and teachers whose experience and passion for dance is second to none. Class levels are progressive and enable participants to develop their skills.

Level 1 – Absolute Beginners Contemporary (Mondays)

Brand new to dance? Do you want to learn something new with others who have never taken a dance class? Our Absolute Beginners classes are aimed at newcomers to dance, giving you an introduction to the contemporary style. All you need is enthusiasm!

Level 2 – Beginners Contemporary (Tuesday or Wednesday)

Perhaps you are returning to dance after a break, or have experience in another movement style and want a new challenge? If so, our Beginners class may be what you are looking for. Building on the core skills of contemporary dance, this level will move a little faster, introducing more travelling steps and challenging combinations with an emphasis on technique development and musicality.

Level 3 – Intermediate Contemporary (Mondays)

The class moves at a faster pace and is suitable for those with some experience in contemporary dance. You will gain a better understanding of posture and alignment and learn longer movement sequences. The class builds on Cunningham-based and Release-based techniques, utilising breath and momentum to facilitate movement.

Level 3.5 – Intermediate/Advanced Contemporary (Tuesdays)

This class offers you the flexibility to either pay in advance for all 12 weeks or drop in and pay £10 per session. The first part of the class will focus on the various movements of the spine followed by legs exercises exploring articulation and speed. The class develops with sequences emphasizing travelling through space with different use of dynamic and rhythm.

Level 4 – Advanced/Professional level Contemporary (Wednesdays)

Pay in advance or drop in and pay £10 per session. This is a dynamic, fast-paced class focusing on a Cunningham and Graham warm-up, followed by a number of travelling sequences leading to a final choreography which is developed and changed weekly. Participants should be confident with floor work.

NEW Open Level – Pilates (Mondays 9 – 30 January, 6.30 – 7.30pm)

Pilates is an internationally popular body conditioning tool used extensively by dancers for rehabilitation and injury prevention. With a strong focus on breathing, alignment and core strength, it is found to enhance posture, balance, strength and flexibility, leading to greater body awareness and promoting relaxation. This four-week course is suitable for all, regardless of age or fitness levels and the small group size means that the sessions will be tailored to suit each person's needs.

Enrolment form

A 12-week term of contemporary classes with Rambert costs £95. You can also drop in to the Levels 3.5 & 4 classes and pay £10 per session. The four-week Pilates course costs £60.

Please tick the class(es) you would like to join:

- Level 1 Absolute Beginners Contemporary (Mon)
- Level 2 Beginners Contemporary (Tue)
- Level 2 Beginners Contemporary (Wed)
- Level 3 Intermediate Contemporary (Mon)
- Level 3.5 Intermediate/Advanced Contemporary (Tue)
- Level 4 Advanced/Professional Contemporary (Wed)
- Open Pilates (Mon, 9 – 30 January)

Title First name Surname

Address

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..... Postcode

Email

Your email address will automatically be added to the Company's e-mailing list to receive updates about our work. When you receive your first e-newsletter you will have the opportunity to unsubscribe if you do not wish to receive further communication.

Home tel

Mobile tel

Please let us know if you have any access requirements so that we can do our best to meet them

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Any additional information

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