



PRESS RELEASE: **FOR IMMEDIATE RELEASE**

ON SALE NOW: RAMBERT'S 2018 SUMMER DANCE AND MOVEMENT CLASSES

From yoga to contemporary dance, Rambert offers classes for all

From Monday 16 April

Rambert, 99 Upper Ground, SE1 9PP

rambert.org.uk/join-in

Rambert's activity program for children, young people and adults continues in summer at the company's award-winning studios on London's South Bank and at Coin Street Community Builders' local social enterprise the Columbo Centre, starting 16 April 2018.

For children and young people aged two and up, there is a range of energetic dance classes on offer, including opportunities for parents to join in with their small ones in Little Movers.

For adults, dance and fitness classes for all levels continue throughout the summer term, including contemporary dance, ballet and body-conditioning, with mixed and set-level classes to appeal to all ranges of experience. A contemporary class for professional dancers is the latest addition to Rambert's activity program, with classes taught on six-week rotations by established and emerging artists associated with Rambert.

Full Activity Listings

Adults | Professionals | Children & Young People | Specialist

Adults 18+

Yoga

Wednesdays, 8.45 – 9.45am

18 April – 11 July

Connects breath to movement. The classes are intended to develop strength, flexibility and suppleness whilst balancing the body and mind.

Enrol for the term: £120

Drop-in: £10

Body Conditioning

Mondays, 8.45 – 9.45am

Wednesdays, 6.30 – 8pm

16 April – 11 July

An invigorating and empowering class that incorporates both Pilates Matwork techniques and Vinyasa Yoga. Classes develop strength, flexibility and suppleness whilst balancing the body and mind.

Enrol for the term: £120

Drop-in: £10 (morning only)

Contemporary Beginners

Wednesdays, 6.30 – 8pm

6 June – 11 July

A fun, energetic introduction to moving. Improve posture, learn to use the torso (curve and spiral), explore leg rotation, shifting weight, direction changes and floor work stemming from Graham and Limón Techniques.

6-week short course: £60

Contemporary Foundation

Thursdays, 6.30 – 8pm

16 April – 14 July

Classes are based on both Graham and Cunningham techniques, including: Warm up exercises, group travelling sequences, learning lyrical style phrases to explore expressiveness and movement fluidity, as well as partner work (duets).

12-week course: £120

Contemporary Intermediate

Tuesdays, 6.30 – 8pm

17 April – 10 July

For experienced dancers who have prior dance and movement experience. The class pulls on vocabulary from the Cunningham and Release techniques.

12-week course: £120

Ballet Foundation

Tuesdays, 6.30 – 8pm

17 April – 10 July

For beginners and experienced dancers that would like to take time to connect to the basics at a steadier pace. Using the classical structure to explore exercises at the barre and centre, finding a freedom of movement. Taught by former Rambert dancer Mark Kimmett.

12-week course: £120

Ballet Intermediate

Mondays, 6.30 – 8pm

16 April – 9 July

For those with a good foundation in ballet technique or more experienced dancers returning after a break, this class is designed to improve participants' technical ability as well as focusing on musicality and performance. Taught by Rambert dancer Luke Ahmet.

12-week course: £120

Mercury Movers (60+)

Wednesday: Creative Practice Group, 10.15 – 11.45am

Thursdays, 10.15 – 11.45am

Saturdays, 2.30 – 4pm

(all are 12-week enrolments)

18 April – 14 July

Designed for participants aged 60 and over, a great way to improve balance and flexibility. All levels of ability are welcome to the Thursday & Saturday classes. Wednesday's creative practice group has an additional focus on creative exploration and developing work for performance, and is open to older dancers with performance experience and those who wish to develop their confidence and creative performance skills for the first time.

12-week course: £72.50

Professionals

Contemporary Professional Class

Tuesdays, 8.45 – 10.00am

High-level, fast paced classes with a strong focus on honing and maintaining technical Contemporary technique amongst peers with supportive and inspiring teachers.

Drop-in: £5

Children & Young People

Little Movers 1

2 yr olds

Saturdays, 9.30 – 10.30am

21 April – 14 July

A creative, contemporary dance class designed for toddlers and their parents/guardians.

12-week course: £85

Little Movers 2

3 – 4 yrs

Saturdays, 10.45 – 11.45am

21 April – 14 July

A creative contemporary dance class designed to continue children's development with their motor skills and start to introduce contemporary technique.

12-week course: £85

Mini Movers

5 – 7 yrs

Saturdays, 12 – 1pm

21 April – 14 July

A creative contemporary class that explores how we can move with our bodies creatively and imaginatively around the studio.

12-week course: £95

Young Movers 1

8 – 10yrs

Saturdays, 1 – 2.30pm

21 April – 14 July

Fun, high-energy class on a Saturday afternoon, providing an excellent introduction to contemporary dance.

12-week course: £95

Young Movers 2

11 – 13 yrs

Wednesdays, 6.30 – 8pm

Saturdays, 2.15 – 3.45pm

18 April – 14 July

Fun, high-energy class providing the opportunity to develop dance technique and performance skills. No previous dance experience is necessary.

12-week course: £95

Generation 2

14 – 18 yrs

Thursday, 6.30 – 8pm

19 April – 12 July

Fun, more demanding class suitable for those with and without dance experience. Honing technique and performance skills, refining movement, challenging fitness levels and improving movement memory.

12-week course: £95

Specialist

Dance for Dementia

Mondays, 10.45am – 12.30pm, Dates TBA

Specialised dance sessions to energise people in the early stages of dementia. Experience a sense of well-being and find new ways to express yourself through movement.

Companions, friends, family members and carers also welcome.

Participation is free

For more information or to enrol, contact Rosie Jeffery

Tel: 020 8630 0616 | Email: rosie.jeffery@rambert.org.uk

Dance for Parkinson's

Tuesdays 10.45am – 12.30pm, Dates TBA

Specialised dance sessions people with Parkinson's and their friends, families and carers.

These classes aim to help you find ways to express yourself through movement in a creative and fun environment.

Participation is free

For more information or to enrol, contact Rosie Jeffery

Tel: 020 8630 0616 | Email: rosie.jeffery@rambert.org.uk

Notes to Editors

Full details and purchase information for all listings can be found here:

rambert.org.uk/join-in

High-res images here: <https://we.tl/Leglf074jR>

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Rambert

Rambert is Britain's leading contemporary dance company and has been making dance in London for 91 years. Its home on the South Bank, which opened in 2013, is a centre for creativity, talent development and community engagement. Rambert produces new and historic dance works for audiences throughout the UK and around the world, performed by world-class dancers and accompanied by live music.

Rambert works in partnership with local authorities, schools, hospitals and health care providers, social enterprises, charities, businesses and arts organisations to extend its reach to people of all ages, backgrounds and circumstances, giving tens of thousands of people each year opportunities to watch, take part and learn through dance.

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