

# Adult Classes

**Inspired by Fred Astaire, Darcey Bussell, or Beyoncé?**

Join our Adult Classes for mature ladies! Whether rekindling an old passion or seeking new fun and fitness, you'll find the perfect class here.

Enjoy the elegance of Ballet, the energy of Jazz, the rhythm of Tap, or the flair of Street Dance. We also offer the Royal Academy of Dance Silver Swans programme, enhancing mobility, posture, and coordination for mature dancers.

**Tap | Jazz | Street Dance | Ballet**





# Adult Classes

Monday	10:00-10:50	Ballet Silver Swans	Beginners	Laura
Tuesday	19:15-20:00	Street Dance	Open to all	Laura
Tuesday	20:00-20:45	Jazz	Open to all	Laura
Tuesday	20:45-21:15	Tap Improvers	Improvers Level	Laura
Thursday	19:30-20:15	Ballet Improvers	Improvers Level	Nel
Thursday	20:15-21:00	Jazz	Open to all	Nel
Fridays	10:00-10:50	Ballet Silver Swans	Beginners	Laura

Bookings can be made via our designated booking platform:

[Click here to book](#)

Payment is required at the time of booking and applies to either a trial class or a half-term block.  
Adult participants are exempt from the annual membership fee.

