

## HULL DANCE POP-UP STUDIO 66-68 HUMBER STREET

It's DANCE, so wear something you can move about in

It's an empty space, so wrap up WARM,

Bare feet or soft soled shoes which allow your feet to FLEX and STRETCH

All Participatory sessions - Pay What You Can

Please bring any water and food that you may need during the session, or take advantage of the many cafes in the Fruit Market area

DATE	TIMES	COPY	
<b>WEEK 2</b>			
11/2/2019		Closed	
12/2/2019	10.00am - 1.00pm	Jo and Tamar rehearse, open class for local professional dancers 10.00 am- 11.00 am.	
	1.15pm - 1.45 pm	Lunchtime Express Rejuvenate A slightly livelier lunchtime session to leave you energised and ready for the afternoon. No more active than a brisk walk, or may be a little jog	
	2.00pm - 5.00 pm	Jo Ashbridge and Tamar Draper rehearse 'Unseen Beings', a series of three interconnected dance duets performed by statuesque figures clad in concealing, sheet-like costumes. At times tongue-in-cheek, at times gentle and sincere, the pair are developing the work in order to tour to arts festivals and performance events. Come in and chat with them about what they are doing, share your thoughts and find out more about these talented Hull based dancers.	
12/2/2019 26/2/2019	6.00pm - 8.00pm	Adult Belly Dance Class The second of 4 Tuesday evening sessions giving an introduction to this diverse and inclusive dance style. Belly dance is a great way to express yourself, get fit and have fun. These workshops are Mid-energy level and suitable for complete beginners. Sandra Thompson is an experienced teacher and a familiar face teaching at local studios around Hull	
13/2/2019	10.00am - 12.30pm	Jack and Grace spend another morning refining their solos and practising improvisation tasks in readiness for their auditions at Dance Conservatories	
	1.00pm - 1.45pm	Express Yoga - HATHA VINYASSA Lottie returns with a second lunchtime sessions aimed at, but not limited to those who work, and want a bit of a 'pick me up' during their lunch break. She combines Hatha yoga and a free flow of improvisation into her teaching practise. She will lead a short yoga session suitable for those with no experience as well as people who are more experienced	
	2.00pm - 4.00pm	Jack and Grace continue to hone their skills. Please come in and watch or chat with them about what they are doing	

14/2/2019	10.00am - 12.30pm	Closed	
	1.00 pm - 1.45 pm	<p>Feel the love in this slightly longer lunchtime session</p> <p>Fall in love with....Dance</p> <p>We are feeling 'the love' on Valentines Day. It's all about being kind to ourselves, loving our bodies and loving the fact they can move and dance. Join us for an extended lunchtime relax session and give yourself a chance to replenish and practise some self love.</p>	
	2.30pm - 4.30pm	A free workshop to all the Hull 2017 City of Culture volunteers - time for us to say thanks and send some love back to all of you who gave up your time.	
15/2/2019	10.00am - 5.00pm	<p>Jo Ashbridge and Tamar Draper rehearse 'Unseen Beings', a series of three interconnected dance duets performed by statuesque figures clad in concealing, sheet-like costumes. At times tongue-in-cheek, at times gentle and sincere, the pair are developing the work in order to tour to arts festivals and performance events. Come in and chat with them about what they are doing, share your thoughts and find out more about these talented Hull based dancers.</p> <p>From 10.00am - 11.00am experienced dancers are welcome to join Tamar and Jo for their morning class</p>	
16/2/2019	10.00am - 12.00pm	<p>Creative Club</p> <p>First of a series of sessions on Saturdays throughout February. Join Bransholme Community Arts Enterprise and Hull Dance for a lively mix of dance and arts. Creative Club offers young adults aged 16+ an inclusive experience with the opportunity to experiment with creative techniques in a relaxed, social setting. For information and to book a place please contact Frances or Chris at <a href="mailto:admin@bcae.karoo.co.uk">admin@bcae.karoo.co.uk</a> or ring 01482 821053/ or 07895064132. Alternatively you can just turn up!</p> <p>It's ART, so don't wear your best clothes!</p> <p>It's DANCE, so wear something you can move about in!</p>	
	1.30pm - 3.00pm	<p>Adult Taster Dance Sessions for beginners Samba and Samba/reggae with live drumming led by Frankie and Pete of Mambo Jambo and Bollywood led by Sandra Thompson. Wear loose clothing and comfy shoes (This is Brazilian street-style dance, not Latin Ballroom samba, so no high heels!)"</p> <p>Second of a series of Saturday sessions throughout February.</p> <p>Never danced a step but always fancied doing so?</p> <p>Feel you are too old, too unfit, too nervous have two left feet?</p> <p>These are the classes for YOU!</p> <p>Each session will include gentle warm up exercises to get us started followed by a 'taster' of 2 different dance styles. We will cover basic steps and information about the style to help you decide if you would like to explore it further. A chance to start exploring which dance style is the one for you</p>	

	3.30pm-5.00pm	<b>Family Dance Session</b> Second of a series of sessions on Saturdays throughout February. A chance to get lively with some hits from the musicals. Up to 2 children (age 7+) can come with one adult. This is not a drop-off class.	
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### **Lunchtime Sessions**

**Yoga**                      **Wednesday 6, 13, 27 (1pm-1.45pm) 1.15pm-2.00pm Wednesday 20**

**Relax and Replenish** **Friday 8 (12.45pm-1.15pm) Thursday 14 (1pm-1.45pm)**

**Tuesday 26 (1.15pm-1.45pm)**

**Rejuvenate**            **Tuesday 12 (1.15pm-1.45pm) Thursday 28 (12.45pm - 1.15pm)**

Lunch time sessions aimed at, but not limited to those who work, and want a bit of a 'pick me up' during their lunch break. Escape the daily grind with yoga, relax and replenish and rejuvenating sessions.

Can we use our lunchtimes to support our sense of wellbeing? As part of our Pop Up Studio activities Hull Dance will be offering a range of short 30/45 minute sessions exploring different ways to help us relax and re energise. Come along and help us find a way to give us all a well-deserved break.

### **Family Dance Classes            Saturday 9, 16, 23 February**

A chance for all of the family to get involved, get creative and move! There will be chances on Saturday afternoons to have fun and dance including dances from musicals, and create your own dances. If you want to dance a bit more why not join us on Thursday 21 February to create a dance in a day the perfect half-term activity to share with your child. To book a place call Keyna on 07889389590 or call into the pop up studio and find out more. Price = Pay what you can

### **Weekly Classes**

**Adult Belly Dance            Tuesday 5, 12, 19 and 26 February**

Belly dance is a great way to express yourself, get fit and have fun, it's very inclusive and suitable for all ages, sizes and fitness levels. A series of 3 workshops giving an introduction into this diverse and inclusive dance genre. Over the three 2 hour sessions we will learn basic movements and steps such as Hip drops, Camels, Eights and of course Shimmies and then put them together into fun upbeat routines. We will also learn how to use props including veil, assaya (stick) and Sagat (finger cymbals) and incorporate them into our routines. These workshops are mid-energy level and suitable for complete beginners

Please wear layers of loose/comfortable clothing, smooth soled flat shoes, jazz shoes etc., please no trainers as they stick to the floor and we can't swivel our feet. Sandra is a qualified teacher leading classes in belly dance and other styles across Hull and East Riding and is Principal of Sahara Dance & Artistic Director of 'Heneya Dance Troupe'

### **Creative Club - Get Up and Get Creative Saturday 9, 16, 23**

Join Bransholme Community Arts Enterprise and Hull Dance for a lively mix of dance and arts activities on Saturday mornings 9, 16, 23 February, 10am - 12pm FREE

Taking over 66 – 68 Humber Street

It's an empty space, so wrap up warm!

It's ART, so don't wear your best clothes!

It's DANCE, so wear something you can move about in!

Celebration Event at the last session 11.15am 23 February

Creative Club offers young adults aged 16+ an inclusive experience with the opportunity to experiment with creative techniques in a relaxed, social setting. For information and to book a place please contact Frances or Chris at [admin@bcae.karoo.co.uk](mailto:admin@bcae.karoo.co.uk) or ring 01482 821053 or 07895064132. Alternatively you can just turn up! Price = FREE

### **Adult Irish Dance    Wednesday 6, 20, 26 February**

Embrace your inner Flatley and join Irish Dancer and Hull Dance Producer Tara McKeown for an introduction to Irish Dance. These inclusive sessions will introduce you to the basics of Irish step dance, Ceili dance, rhythm and technique. These workshops are open to those aged 18+ and no previous experience is required. Our session on 20 February will include a Yoga workshop taught by Lottie Hanson of Body Speaks Yoga.

Tara McKeown is a professional Irish Dance teacher and owner of The McKeown Irish Dance Academy based in Hull. Registered with CLRG, the largest governing body of Irish Dance, Tara has been teaching people of all ages and abilities for almost ten years. Her dancers regularly compete all over the country and have performed on the West End Stage and alongside the Royal Ballet.

Please ensure you wear layers of loose comfortable clothing (it is a big space so might be cold) and bring along with you water and any snacks you need for the evening. Soft soled shoes or flexible trainers are suitable for these sessions. Price = Pay what you can

### **Dance Tasters            Saturday 9, 16, 23 February**

A range of short, beginner sessions aimed specifically at people who think they can't dance.

If you have never danced a step but always fancied doing so

If you feel you are too old, too unfit, too nervous, have two left feet

These are the classes for YOU

Each session will include gentle warm up exercises to get us started followed by a 'taster' of 2 different dance styles. We will cover basic steps and information about the style to help you decide if you would like to explore it further. A chance to start exploring which dance style is the one for you!

Please ensure you wear layers of loose comfortable clothing (it is a big space so might be cold) and bring along with you water and any snacks you need for the session. Soft soled shoes, bare feet are suitable for these sessions. Price = Pay what you can

### **Special Events**

Valentines Day

Fall in love with....Dance

We are feeling 'the love' on Valentines Day. It's all about being kind to ourselves, loving our bodies and loving the fact they can move and dance. Join us for an extended lunchtime relax session and give yourself a chance to replenish and practise some self love.

In the afternoon we have a special workshop open only to Hull2017 volunteers to thank them for all the love they have given and continue to give to our great City

### **Half-term Family Create a Dance in a Day    Thursday 21 February**

Join us for an interactive half-term treat. This is a chance for adult and child to work together to create a dance in a day. Choose an item from home that is special to you and use it as your inspiration to create a dance together, it's a great way to spend some quality time together, move your bodies and inspire your minds.

10am-3pm

Bring your packed lunch or pop out to local Humber Street shops during the break

Wear loose comfortable clothing

Suitable for ages 7+, 1 Adult can accompany up to 2 children.

Price = Pay what you can

### **Performances**

Family/ Children's Show:

Wednesday 20 Feb, 12-12.45pm and 2.45-3.30pm

Ideal for children aged 4-7 and their families!

"The Nonsense Show - Come and join in with Mambo Jambo's Nonsense songs, raps and dance, plus Nonsense in general, at the Pop Up Dance Studio".

Local Artists Performance (tbc)

Saturday 23 February, 7.30 pm

JoinedUp Dance Company will perform STILL alongside other local dance artists. STILL, is a multimedia contemporary dance piece created by Hull based JoinedUp Dance Company for the BBC earlier this year, in partnership with poet and writer Simon Armitage. The work was devised following a week spent working with choreographer Lea Anderson. JoinedUp Dance Company are interested to see how the piece works in different settings so far they have performed it in a formal theatre, dance studio and now a warehouse. Come along see the performance and then share your thoughts with the company and other members of the audience Price = Pay what you can