

Venues - How to find us

Venue:

Islington Arts
Factory
2 Parkhurst Road
London N7 0SF
07944 815654



How to get here:

Islington Arts Factory is a converted church building opposite to Holloway Prison and on the Parkhurst Road / Camden Road one-way system.

Tube: Holloway Road or Caledonian Road

Buses: 4, 17, 29, 43, 91, 153, 253, 259, 271, 279, 359

Venue:

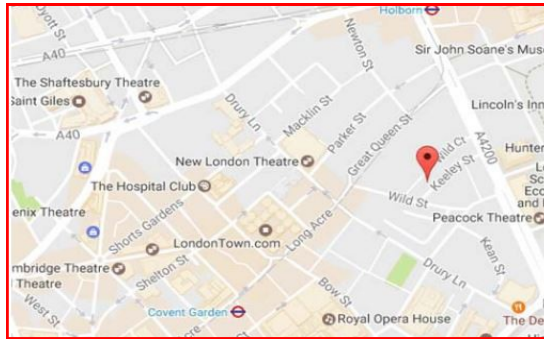
City Lit, 1 Keeley Street
London WC2B 4BA

Early booking recommended:

0208 023 5390

email: drama@citylit.ac.uk

web site: www.citylit.ac.uk



Venue:

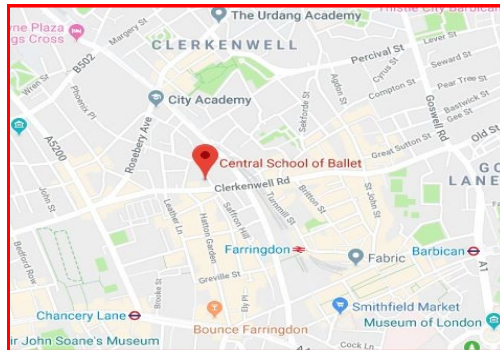
Central School of Ballet
8 Herbal Hill, London, EC1R 5EG
0207 837 6332

Nearest underground stations:

Farringdon, Chancery Lane

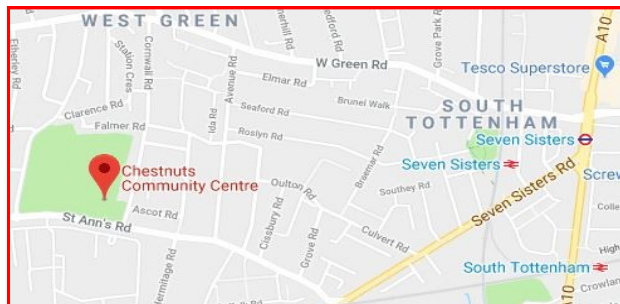
Buses:

243 and 55 stop on Clerkenwell Road, right outside Central



Venue:

Chestnut Community Centre
280 St Ann's Road,
Wood Green,
London N15 5BN
07944 815654



movement angol *moving for life*

Children and Adult
Dance Classes and Courses
Spring 2020



Movement Angol

Providing creative experiences for individuals
in education, professional practice
and the community



Breathing, Moving, Being and Becoming

with MOVEMENT ANGOL DANCE

07944 815654 - info@movementangol.co.uk - www.movementangol.co.uk

MONDAYS: _____

TEENAGE CONTEMPORARY DANCE FUSION

5:30pm to 7:00pm / Venue: Islington Arts Factory

If you enjoy dancing, then come and be part of this fun teenage dance group. Learn a variety of different dance styles ranging from Contemporary, Street dance, Jazz, Hip Hop, African, Ballet and other world dance forms. Explore, develop, have fun and make new friends while learning exciting dance moves in this friendly creative class.

TUESDAYS: _____

DANCE 60+ Elders dance for fun and wellbeing (Level: Open)
10:00am to 11:15am - Class 1

11:30am to 12:45pm - Class 2 / Venue: City Lit

An exciting class for people over 60. Working within a fun and light-hearted atmosphere, we aim to improve stamina, coordination, balance, confidence and musicality. The class will consist of a mixture of exercises and dance sequences set to great music. You will work on elements of Ballet, Jazz, Contemporary, Pilates, Yoga, and other fusion styles.

DANCE 60+ PERFORMANCE

Elders dance for fun and wellbeing (Level: Open)

2:30pm to 4:00pm / Venue: City Lit

This is a creative dance and performance class working within a fun atmosphere. The course will give you the chance to work with a professional choreographer / dance educator who has experience of working with older movers. The class will consist of a mixture of set dance exercises and creative tasks that will inspire mind and body. You will be exposed to a range of diverse movement styles set to great music, to develop your knowledge, understanding and skill of dance as a creative tool of expression.

WEDNESDAY: _____

AFRO CONTEMPORARY DANCE / starting 5th Feb
6:20pm to 7:50pm - (Beginners) / Venue: City Lit

A dynamic class that combines the teachings and practice of dance from the African Diaspora with Contemporary dance influences. The movement, energy and music will leave you energised and connected from within. Experience the grounded aspects of West African dance fused with the stylised characteristics of Contemporary dance.

THURSDAY: _____

CONTEMPORARY AFRICAN DANCE

7:00pm to 8:30pm - (Level: Open)

Venue: Central School of Ballet - £9

An enjoyable and fluid journey into dance art that is rooted in the teachings and practices of dance from the African Diaspora, Contemporary and Somatic practices. Learn how to undulate your spine, strengthen your back, limbs and core to lengthen your body and extend your range of movement and flexibility. Focus is placed on exploring the dynamic interplay between movement, breath, weight and rhythm in relation to one's own physicality. The class is underpinned by a strong musical resonance and structured to allow participants to develop a deepened awareness of self through an experiential journey that is facilitated through rhythm, movement meditation and the imagination.

FRIDAY: _____

AFO SOCA JAZZ FUSION

7:30pm to 8:30pm - £7 / (Level: Open)

Venue: Chestnut Community Centre

A fun and uplifting class that will allow you to move from your physical body, moving within a landscape of engaging Soca and African rhythms. This is a fluid and enjoyable fusion of dance, delivered within a warm and friendly environment that will allow you to simply let go and experience your body moving. A fun and creative approach to living, health and wellbeing.

SATURDAY: _____

CHILDREN'S DANCE FUSION

10:00am to 11:00am (7 to 12 Yrs)

£66 (12 weeks) or £7/class

Venue: Chestnut Community Centre

A funky fusion of Contemporary, Jazz, African, Hip Hop, Caribbean and Ballet, taught to a range of engaging rhythms and beats. The class will develop children's character, musicality, coordination, flexibility, health, fitness and self-confidence. A fun way to express yourself and learn exciting dance routines in a safe, supportive and non-judgemental space, where the focus is on developing young people through the creative arts, using dance as a platform for positive change. *(Family discount available)*

SATURDAY Cont: _____

DANCE SCIENCE

10:00am to 12:00 / Venue: City Lit

Learn about the physiological and physical elements of dance, how to prevent injuries and to gain knowledge and understanding on how to train and maintain the body for dance. Develop your knowledge and understanding of the key principles and practices which underpin this area of study through theory and practical based classes.

BODY RHYTHMS - Dance for Health

11:00am to 12:00 - (Level: Open) / starting 1st Feb

£8 / Venue: Chestnut Community Centre

Discover the art of wellbeing through therapeutic dance.

A chance to engage your mind and body in a rhythmic dialogue of movement, rhythm, dance, imagery and the imagination to improve your physical and emotional health and wellbeing.

Dance for fun, fitness and wellbeing

SUNDAY: _____

CONTEMPORARY AFRICAN DANCE

2:30pm to 4:00pm - (Beginners) £9

Venue: Islington Arts Factory

A dynamic class that combines the teachings and practice of dance from the African Diaspora with Contemporary dance influences. The movement, energy and music will leave you energised and connected from within. The class will use undulating sequences to develop fluidity within the movement. Further techniques will be incorporated to develop the grounded aspects of West African dance and the stylised features of Contemporary dance.

CONTEMPORARY AFRICAN DANCE

4:00pm to 5:30pm (Intermediate / Advanced) / £9

Do both Beg & Int classes for £16, or buy a bundle of 5 classes for £43

Explore the dynamic interplay between rhythm and movement in this fun and enjoyable class that draws from the teachings and practices of dance from the African Diaspora, influenced by Western Contemporary and Caribbean dance. Learn how to undulate your spine, strengthen your back, limbs and core to lengthen your body and extend your movement skills. In this class you will gain a deeper understanding of the body in relation to rhythm, space and the use of breath to aid fluid motion. **Venue: Islington Arts Factory**