

Classes at The Gate

Book today

our classes are always very popular, so make sure you pre-book to secure your place!



MAKING MUSIC

This course is open to all levels of musician although ability to read simple music charts will be an advantage. Drawing on jazz, blues and some popular repertoire these sessions aim to develop improvisational skills at all levels as well as the ability of performers to work with other musicians in a musical way.

ALL LEVELS: Monday 7.00pm - 9.00pm
TUTOR: Julian Martin



IRISH DANCING

Irish dance classes with Riverdance and former Lord of the Dance cast member Nicola Dempsey T.C.R.G. Learn and improve your dancing in a professional, and encouraging environment; with emphasis on traditional solo step and ceili dancing as well as Irish dancing with a modern twist.

Classes will be focusing on technique, cardiovascular fitness and conditioning, with potential for competitive solo and team Irish dancing competitions as well as grade examinations. Registered teacher with Irish Dance governing body - An Coimisiun le Rinci Gaelacha. No experience necessary.

ADVANCED 18+:
Tuesday 6.15pm - 7.15pm
BEGINNERS 18+:
Tuesday 7.15pm - 8.15pm
BEGINNERS 18+:
Tuesday 8.15pm - 9.15pm
TUTOR: Nicola Dempsey



CONTEMPORARY DANCE

Through choreographed sequences, the class will explore contemporary dance principles such as alignment, fall and recovery and breath. Please wear comfortable clothing; tracksuit bottoms, top and barefoot or dance shoes.

BEGINNERS: Tuesday 6pm
INTERMEDIATE: Tuesday 7pm
TUTOR: Eleanor Brown



BALLET

ADULT BALLET

Ballet is a challenging yet fun way to improve muscle tone, coordination and dance technique. Please wear ballet shoes and comfortable clothing to enable free movement. We are unable to provide hire of ballet shoes, and so you will be asked to dance bare foot if you have no ballet shoes.

BEGINNERS: Monday 6pm
INTERMEDIATE: Monday 7pm
ADVANCED: Monday 8pm
TUTOR: Caryl Wilford



EXTEND

Gentle exercise to music for over 60s and those with a disability. EXTEND classes promote health, increase mobility and counteract loneliness. Please wear a white top, black trousers and soft shoes. At the end of the class, take the chance to have a chat with a free tea or coffee in the café.

CLASSES: Tuesday 10.00am
TUTOR: Mabel Gomez-Cehic



ACROBALANCE

As seen in the famous lift from Dirty Dancing, Acrobalance is an acrobatic art commonly seen in circus and dance, that combines elements of partner lifts, poses and transitions that involve two or sometimes more people. The class is suitable for all levels and there is no need to bring a partner.

As well as being a fun and social activity, acrobalance is also excellent for developing core strength, flexibility and proprioceptive and spatial awareness.

Please wear clothing that allows free movement.

ADULT CLASS 18+:
Tuesday 8.00pm - 10.00pm
TUTOR: Mark Robson



CEROC

Ceroc is the largest dance organisation in the world. This stylish dance, sometime referred to as 'Modern Jive' is a fusion of Salsa, Ballroom, Tango, Hip Hop & Jive. Classes are easy and relaxed, providing a great way to meet new people, have fun and keep fit, whilst learning to dance; a complete night out!

ADULTS ONLY:
Monday: 7.45pm - 10.45pm
WWW.CEROCSSOUTHWALES.COM

CHILDREN'S BALLET (ROYAL ACADEMY OF DANCE)

Ballet is fantastically fun and challenging at the same time. We offer a wide choice of ballet classes in a variety of skill-levels. Our classes prepare children for entry into the Royal Academy of Dance exams.

PRE-PRIMARY (4-6 year olds):
Monday 4pm
PRIMARY (6-8 year olds):
Monday 4:45pm
GRADE 1: Monday 5:45pm
GRADE 3: Monday 6:45pm
TUTOR: Miriam Riseborough

RAD uniform to be worn to classes



PILATES

Pilates is beneficial for general fitness, specific health conditions and overall well-being and can be enjoyed by everyone, regardless of age and fitness level. Classes will focus on specific areas of Pilates whilst using exercises that integrate, re-educate and restore the whole body. Please wear comfortable clothing.

BEGINNERS: Tues 6.30pm | Wed 8pm
GENERAL: Monday 11.30am & 12.30pm
Wednesday 6pm
ADVANCED: Wednesday 7pm
GENTLE PILATES: Monday 10.30am
TUTOR: Sandra Harnisch-Lacey



AMERICAN LINE DANCING

Classes will introduce you to the basics of this popular and fun dance style. All ages and abilities welcome. Please wear comfortable clothes but no heeled shoes.

CLASSES: Thursday 1.15pm - 3.00pm
TUTOR: John Moore



box office...
029 2048 3344

more info...
thegate.org.uk