



*** CONTEMPORARY DANCE ***

THE PERFECT CLASS TO
COMPLIMENT & ENHANCE GCSE
DANCE!

The chosen style of dance for set-study in GCSE dance is Contemporary so if you are studying GCSE dance, whether you have any previous dance experience or not, this class will help you to increase your dance technique and choreography skills. If you are not studying GCSE dance but simply have a passion for dance, **YOU WILL LOVE THIS CLASS!**

If you are serious about dance and are looking to pursue it as a career, you **NEED** this class!

Open to boys & girls aged 10 years and over.

An hour long class including technique strengthening exercises, right through to stylistic performance phrases. Using the release technique as a basis, students can explore their own expression in their movement, whilst being challenged in a fun and energetic class.

Lynden is currently one of very few dance schools in the South to offer graded examinations in Contemporary Dance. We follow the ID Dance syllabus which is a relatively new dance association that has been created by professionals and is an inspiring syllabus infusing new techniques that embody old traditions encouraging individuality and trains students to become the best that they can be.

There are many methods to training in contemporary dance, through following the course many of the components from these methods are taught - Release, fall and recovery, direction changes, isolations, core strengthening, connecting with the floor and improvisation.

Each Grade has been designed to build a solid technique from set exercises to enable students to dance new, challenging and inspiring choreography.





As the UK's most up-coming dance style used by most choreographers, contemporary dance training is a major component that all dancers should attain for their future.

Examinations are encouraged but are not mandatory and students can progress to higher levels without taking them.

Junior Class 10-12yrs Saturdays at Basingstoke Sports Centre - 2.30 - 3.30pm.

Senior Class - 13yrs+ - Fridays at The Dance Studio, Moniton Trading Est, West Ham Lane, Basingstoke RG22 6NQ - 4.45 - 5.45pm

Enrol for the class [here](#).

