

## **Adult Dance Class Listings (weekly)**

**(For further details about a class, and to check details are up-to-date, please contact the tutor directly)**

### **Acro (Gymnastics)**

**Tuesday – The Kings School, Witney**

(7.45pm - 8.45pm) – Acro/gymnastics Adults

Contact: Gemma (Dancemania) [gemmaferamiquel@gmail.com](mailto:gemmaferamiquel@gmail.com)

### **Balboa**

A lyrical and subtle partner dance influenced by swing music from the 1930s and 1940s. Balboa is a combination of Pure Balboa (danced in close hold) and Bal Swing (in open hold). Classes for beginners and intermediates. No partner needed. For full details see our website [www.oxfordbalboa.co.uk](http://www.oxfordbalboa.co.uk) or search Oxford Balboa to find us on Facebook

Contact: [info@oxfordbalboa.co.uk](mailto:info@oxfordbalboa.co.uk)

**Monday** – St Michael's Church Hall, Portland Road, OX2 7EZ  
(7.30pm-10.30pm)

[www.oxfordbalboa.co.uk](http://www.oxfordbalboa.co.uk)

Sunday monthly social dances 2-6pm at Old Headington Village Hall, OX3 9BY

### **Balkansko Oro**

*Enjoyable folk dances from the Balkan region, no partner required*

**Thursday** - St Margaret's Institute, Polstead Rd  
(8.15-10.15pm) All levels (£3 per session)

**Contact:** via [www.oxfordbalkandance.org.uk](http://www.oxfordbalkandance.org.uk)

### **Ballet**

**Monday** - St Alysious School, St Margaret's Road

17:30 -18:15 Pointe Work – Inter & Inter Foundation

18:15 -19:15 RAD Intermediate

19:15 -20:15 Contemporary (Intermediate Level)

20:15 -21:15 Body Conditioning

Contact: Paula Nattrass 07913 995963 / [paula@oxfordacademyofdance.co.uk](mailto:paula@oxfordacademyofdance.co.uk) /

[www.oxfordacademyofdance.co.uk](http://www.oxfordacademyofdance.co.uk)

**Monday** – Dance Studios, Abingdon College

7.30 – 8.30pm Mixed Ability Ballet

Contact: Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /

[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk)

**Monday** – United Reformed Church Hall, Banbury Road, Summertown OX2 7HN  
(4.15 – 5.30pm) Adult Beginners Ballet class

(5.45 – 7.15pm) Intermediate Ballet class

£10 (£8 students) per class, 10th class free for regular attenders

**Contact:** Susie Crow/ [susiecrow@gmail.com](mailto:susiecrow@gmail.com), 01865 557098

<http://balletinsmallspaces.wordpress.com/classes>

**Monday** - 1st Floor Hall, Jericho Community Centre, Canal St

(7.30-9.00pm) Lower Intermediate

**Contact:** Yuka Kodama (Regular updates on Facebook & Instagram)

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com) / [www.yukakodamaballetgroup/ykbg-class-timetable](http://www.yukakodamaballetgroup/ykbg-class-timetable)

**Monday** – Online (via zoom)

(8.00-9.00pm) Ballet Workout (No ballet experience needed)

**Contact:** Hara Kyriazi - 07864 764567 / [hara.kyriazi@gmail.com](mailto:hara.kyriazi@gmail.com)

**Tuesday** - 1st Floor Hall, Jericho Community Centre, Canal St

(5.00-6.30pm) Beginners/Returners

(6.30-7.15pm) Tone & Flex (body conditioning)

(7.15-8.45pm) Advanced

**Contact:** Yuka Kodama (Regular updates on Facebook & Instagram)

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com) / [www.yukakodamaballetgroup/ykbg-class-timetable](http://www.yukakodamaballetgroup/ykbg-class-timetable)

**Tuesday** – Mortimer Hall, Old Marston (OX3 0PH)

(6.15-8.45pm) Mixed level adult ballet

**Contact:** Segolene Tarte – [segolene.tarte@gmail.com](mailto:segolene.tarte@gmail.com) /

<https://dancingconvolutions.blogspot.com>

**Tuesday** – New Marston Pastoral Centre, Jack Straws Lane

(11.30-12.30pm) Adult ballet – Stretch & Tone

**Contact:** Penny Cullerne Bown – [www.eastoxfordballet.co.uk](http://www.eastoxfordballet.co.uk)

**Wednesday** - 1st Floor Hall, Jericho Community Centre, Canal St

(12.00-1.30pm) Ballet for Mature Beginners & Returners

**Contact:** Yuka Kodama (Regular updates on Facebook & Instagram)

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com) / [www.yukakodamaballetgroup/ykbg-class-timetable](http://www.yukakodamaballetgroup/ykbg-class-timetable)

**Wednesday** – Online (via zoom)

(8.00-9.00pm) Ballet Workout (No ballet experience needed)

**Contact:** Hara Kyriazi - 07864 764567 / [hara.kyriazi@gmail.com](mailto:hara.kyriazi@gmail.com)

**Wednesday** – Dance Studios, Abingdon College

7.15 – 8.15pm Mixed Ability Ballet

Contact: Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /

[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk)

**Wednesday** – Rye St Antony School

(7.30-8.45pm) Adult ballet

**Contact:** Penny Cullerne Bown – [www.eastoxfordballet.co.uk](http://www.eastoxfordballet.co.uk)

**Thursday** - United Reformed Church, Banbury Road, Summertown OX2 7HN

(10.00-11.30am) Advanced ballet class - Adults with experience/ senior ballet students & professional dancers (£10 per class – 10th class free for regular attenders)

(11.45-12.15pm) Optional Pointe work for those attending class (£4)

**Contact:** Susie Crow 01865 557098 / [susiecrow@gmail.com](mailto:susiecrow@gmail.com)

<http://balletinsmallspaces.wordpress.com/classes>

**Thursday** – 1st Floor Hall at Jericho Community Centre, Canal Street

(5.30-7.00pm) Rehearsal for the show / Class Open to Most (time of year dependent)

(8.15-9.15pm) Pilates with David Newport

**Contact:** Yuka Kodama (Regular updates on Facebook & Instagram)

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com) / [www.yukakodamaballetgroup/ykbg-class-timetable](http://www.yukakodamaballetgroup/ykbg-class-timetable)

**Thursday** – St Andrew's Church, Summertown

(7.45-8.45pm) Women's Ballet Fitness

**Contact:** Annabel Luers – 07474 253059 / [info@dancelife.dance](mailto:info@dancelife.dance)

**Thursday** – Preston Road Community Centre, Abingdon

(6.00-6.50pm) Open class – Beginners/Intermediate (£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk)

**Friday** – United Reformed Church, Banbury Road, Summertown OX2 7HN 18:15 -

19:30 Adult Beginners / Improvers Ballet

19:30- 21:00 Adult Intermediate / Advanced Ballet

Contact: Paula Nattrass 07913 995963 / [paula@oxfordacademyofdance.co.uk](mailto:paula@oxfordacademyofdance.co.uk) /

[www.oxfordacademyofdance.co.uk](http://www.oxfordacademyofdance.co.uk)

**Friday** – North Oxford Association Centre, Diamond Place, Summertown (also livestream available)

(7.30-8.30pm) Ballet for Beginners / Improvers

**Contact:** Hara Kyriazi - 07864 764567 / [hara.kyriazi@gmail.com](mailto:hara.kyriazi@gmail.com)

**Friday** – Christchurch, Northcourt Rd, Abingdon

1.30 – 2.30pm Mixed Ability Ballet

Contact: Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /

[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk)

**Friday** - Ground Floor Hall, Jericho Community Centre, Canal St

(6.30-8.30pm) Essential Classic Ballet Technique (intermediate/upper intermediate)

**Contact:** Yuka Kodama (Regular updates on Facebook & Instagram)

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com) / [www.yukakodamaballetgroup/ykbg-class-timetable](http://www.yukakodamaballetgroup/ykbg-class-timetable)

**Saturday** – United Reformed Church, Banbury Road, Summertown OX2 7HN

(10.00 – 11.15am) Adult beginners (£10 (£8 students) per class, 10th class free for regular attenders)

(11.30am – 1.00pm) Adult intermediate/advanced (£10 per class, 10th class free for regular attenders)

(11.45am-1.15pm) Optional Pointe work for those attending class (£4)

**Contact:** Susie Crow/ [susiecrow@gmail.com](mailto:susiecrow@gmail.com), 01865 557098

<http://balletinsmallspaces.wordpress.com/classes>

**Saturday** –1st Floor Hall, Jericho Community Centre, Canal St

(11.30-1.00pm) Beginners / Returners

(1.10-1.55pm) Tone & Flex (body conditioning)

(2.00-3.30pm) Intermediate

(4.00-4.30pm) Elementary Pointe Work

(4.30-6.30pm) Rehearsal for show

Regular updates on Facebook & Instagram

**Contact:** Yuka Kodama 01869 249430 / 07957482527 /

[yuka\\_kodama@yahoo.com](mailto:yuka_kodama@yahoo.com)

**Ballroom/ Latin**

Monday – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL  
(7.30-8.30pm) – Ballroom & Latin Improvers  
Contact: Dance Rhythms 01865 875800 / 07889 854812 /  
dance@dancerhythms.com / www.dancerhythms.com

**Tuesday** – West Witney Primary School Hall, Witney  
(7.00-8.00pm) – Beginners (£6 pp or £10 per couple)  
No partner or experience required  
**Contact:** Yolanda [stepbystep.witney@gmail.com](mailto:stepbystep.witney@gmail.com)

Tuesday – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL  
(7.30-8.30pm) – Ballroom & Latin Medallist class  
Contact: Dance Rhythms 01865 875800 / 07889 854812 /  
dance@dancerhythms.com / www.dancerhythms.com

Thursday – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL  
(8.00-9.00pm) – Ballroom & Latin Improvers class  
Contact: Dance Rhythms 01865 875800 / 07889 854812 /  
dance@dancerhythms.com / www.dancerhythms.com

Sunday – Risinghurst Community Centre, Kiln Lane, Oxford  
(5.00-6.00pm) Ballroom & Latin Improvers class  
Contact: Dance Rhythms 01865 875800 / dance@dancerhythms.com /  
[www.dancerhythms.com](http://www.dancerhythms.com)

Various classes with Crystal Dance Studios (Bicester) – for full details visit  
<https://www.crystal-dance-studios.com/> or e-mail info@crystaldancestudios.co.uk

## **Belly Dancing**

*Social and performance dance from Egypt, Lebanon and Turkey, based on fluid and percussive movements of the hips and torso.*

**Monday** – St. Andrews Church Hall, Orchard Road, Dean Court, Botley  
(6.30-7.30pm) Tribal fusion style for improvers upward  
(7.30-8.30pm) Beginners belly dance  
**Contact:** Loreley Rice 01367 710652 / 07472 345222 / [loreleyrice@gmail.com](mailto:loreleyrice@gmail.com) /  
[www.loreleyrice.co.uk](http://www.loreleyrice.co.uk)

**Tuesday** – The Beacon, Portway, Wantage  
(7.30-8.30pm) Beginners  
(8.30-9.45pm) Intermediate / advanced  
Contact: Loreley Rice 01367 710652 / 07472 345222 / [loreleyrice@gmail.com](mailto:loreleyrice@gmail.com) /  
[www.loreleyrice.co.uk](http://www.loreleyrice.co.uk)

**Thursday** – Abingdon Conservative Club, Ock Street, Abingdon  
(6.30-7.30pm) Beginners  
(7.30-8.30) Improvers  
(8.30-9.30pm) Intermediates  
Contact: Loreley Rice 01367 710652 / 07472 345222 / [loreleyrice@gmail.com](mailto:loreleyrice@gmail.com) /  
[www.loreleyrice.co.uk](http://www.loreleyrice.co.uk)

**Thursday** – Abingdon Conservative Club, 59 Ock St, Abingdon  
(6.30-7.30pm) Beginners  
(7.30-8.30pm) Improvers

(8.30-9.30pm) Intermediates

£6.30 per class or £73.50 for 14-week term

**Contact:** Loreley Rice 01367 710652 / [loreley@homecall.co.uk](mailto:loreley@homecall.co.uk) /

[www.loreleyrice.co.uk](http://www.loreleyrice.co.uk)

**Thursday** – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL

(10.30-11.30am) – Belly dance

**Contact:** **Dance Rhythms** 01865 875800 / 07889 854812 /

[dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## **Burlesque**

*Non-strip dance class. It's all tease and no sleaze.*

**Monday** – Headington Quarry Hall

(6.00-7.00pm) Beginner only

(8.00-9.00pm) Mixed ability (£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk) /

[www.attitude-dance-school.com](http://www.attitude-dance-school.com)

**Thursday** – Preston Road Community Centre, Abingdon

(6.00-7.00pm) Beginner only

(8.00-9.00pm) Mixed ability Beginners / Intermediate (£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk) /

[www.attitude-dance-school.com](http://www.attitude-dance-school.com)

**Thursday** – Arts at the Old Fire Station, George Street, Oxford OX1 2AQ

(6.15-7.15pm) Beginners

**Contact:** Vita Oldershaw – [vita.oldershaw@gmail.com](mailto:vita.oldershaw@gmail.com)

## **Butoh**

*Body-based sensitivity training and exploration, bringing unconscious material into movement*

**2<sup>nd</sup> & 4<sup>th</sup> Saturdays** – Mortimer Hall, Old Marston OX3 0PH

(10.00-1.00pm) Open class (£20 per 3-hr session)

**Contact:** Ayala Kingsley 01865 750025 / [ayala@cafereason.com](mailto:ayala@cafereason.com) /

[www.cafereason.com](http://www.cafereason.com)

## **Capoeira**

*A Brazilian dance form based on a type of martial arts, developed by Brazilian slaves in the 1700's.*

**Tuesday** – East Oxford Games Hall, Collins Street

(6.30-8.30pm) All levels

**Contact:** [info@abolicao.co.uk](mailto:info@abolicao.co.uk) / [www.abolicao.co.uk](http://www.abolicao.co.uk)

**Thursday** – East Oxford Games Hall, Collins Street

(6.30-8.30pm) All levels

**Contact:** [info@abolicao.co.uk](mailto:info@abolicao.co.uk) / [www.abolicao.co.uk](http://www.abolicao.co.uk)

## **Ceilidh**

**Saturday (monthly)**– Cutteslowe Pavilion, Cutteslowe Park, North Oxford

All families welcome

(2.30-4.30pm) **£5, children £3.50 under 2 go free**

**Contact:** Rosa - <https://www.facebook.com/familyceilidhoxford/>

**Ceroc (Modern Jive)** Student discount available

**Wednesday** - Beaconsfield

**Thursday** – Didcot

**Contact:** [www.cerocoxford.com](http://www.cerocoxford.com)

**Circle & World Dance**

*Dancing in a circle, without partners, to a selection of traditional & modern music, using both traditional folk dances from around the world, and modern choreographies.*

**Wednesday** - North Oxford Ass. Community Centre, Diamond Place

(2.30-4.00pm) Beginners welcome.

**Contact:** Mary Perryman- [mary.perryman4@gmail.com](mailto:mary.perryman4@gmail.com)

**Contemporary Dance**

**Monday** – Headington Quarry Hall

(7.00-8.00pm) Open class – Beginners/Intermediate Contemporary/Modern

(£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk) / [www.attitude-dance-school.com](http://www.attitude-dance-school.com)

**Monday** - St Alysious School, St Margaret's Road

(7.15-8.15pm) Intermediate

18:15 -19:15 RAD Intermediate

**Contact:** Paula Nattrass 07913 995963 / [paula@oxfordacademyofdance.co.uk](mailto:paula@oxfordacademyofdance.co.uk) / [www.oxfordacademyofdance.co.uk](http://www.oxfordacademyofdance.co.uk)

**Tuesday** - Ark-T Centre, Crowell Road, Cowley

(7.15-9.15pm) DugOut Adult Community Dance

**Contact:** Cecilia Macfarlane 07968 073763 / [dugout.oxford@gmail.com](mailto:dugout.oxford@gmail.com) / [www.dugoutdance.org.uk](http://www.dugoutdance.org.uk)

**Wednesday** – Oxford University Club, 11 Mansfield Road, Oxford, OX1 3SZ

(7.30pm) Contact Improvisation Dance

**Contact:** For full details visit [www.contactdance.org](http://www.contactdance.org)

**Wednesday** – Arts at the Old Fire Station, George Street, Oxford OX1 2AQ

(6.00-7.30pm) Contemporary dance class with Lunas Dance Project

**Contact:** Ellie – [lunasdanceproject@gmail.com](mailto:lunasdanceproject@gmail.com) / <https://www.lunasdanceproject.com/>

**Thursday** – Preston Road Community Centre, Abingdon

(7.00-8.00pm) Open class – Beginners/Intermediate Contemporary/Modern

(£6 per session)

**Contact:** Lauren Dean – 07745 031293 / [attitude\\_dance\\_school@live.co.uk](mailto:attitude_dance_school@live.co.uk) / [www.attitude-dance-school.com](http://www.attitude-dance-school.com)

**Friday** – Iffley Church Hall, Church Way, Iffley OX4 4EG

(7.45-9.00pm)

**Contact:** Joelle Pappas – [tacautacdance@gmail.com](mailto:tacautacdance@gmail.com) / 07956 945987 / [joellepappas.org.uk/education](http://joellepappas.org.uk/education)

## **Contemporary Dance (for adults with learning disabilities)**

*Dancing helps to develop self-esteem, builds team-working and communication skills, and gives people with learning disabilities the opportunity to have regular exercise, be creative, feel more confident and be more independent. The Open Class encourages creative expression and provides an opportunity to learn contemporary dance technique and performance skills. There are opportunities each term to be involved in a performance. The class is open to anyone with a learning disability aged over 16 years who loves to dance. It also provides an entry point for dancers who would like to join Anjali's Main Company.*

**Monday** – The Factory, Unit 2, Power Park, Station Approach, Banbury OX16 (5.30-7.30pm) – Open class for adults with learning disabilities

Cost: £90 per term

Contact: Anjali Dance Company on 01295 251090.

*We offer taster sessions for new dancers, for more information please telephone 01295 251909.*

## **Contemporary / Contemporary Jazz**

**Saturday**– The Coach House, 46 Quarry Road, Headington (10.30-12.00pm) Advanced beginners / Intermediate

**Contact:** Ellie (Lunas Dance) – lunasdanceproject@gmail.com

## **Dance Fitness**

**Friday** – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL (10.00-11.00am) – Dancercise class with short routines. Fun based class for all.

**Contact:** **Dance Rhythms** 01865 875800 / 07889 854812 / [dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## **First Dance (for your wedding)**

Dance Rhythms are first dance specialists and would love to create your perfect dance. They will choreograph to your music or can advise on music. With many years of experience they will talk you through every step of the way. For full details on your personal course **contact** – Dance Rhythms 01865 875800 / 07889 854812 / [dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## **Fitness (dance for fitness)**

*Get in shape, stay fit and enjoy yourself!*

**Friday** – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL (10.30-11.30am) – Dancercise class with short routines. Fun based class for all.

**Contact:** **Dance Rhythms** 01865 875800 / 07889 854812 / [dance@dancerythms.com](mailto:dance@dancerythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## **Folk**

**Thursday** - Headington Community Centre, Gladstone Rd (8.15-10.15pm) Mixed Folk Dance (Beginners welcome)

**Contact:** Joyce Dawson 01865 246458 (Headington Quarry folk dance club)

**Thursday** – Cuttleslowe Pavilion, Cuttleslowe Park OX2 8ES (7.45-9.45pm) 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Thursdays each month  
Mixed Dance Styles (Beginners welcome)

**Contact:** Ann Magnani 01865 552715 (North Oxford Folk Dancing Club)

## **Forro (Brazilian)**

**Monday** – St Giles Church Hall

From 8pm onwards

**Contact:** 07882 039756 / [Andre@forro.co.uk](mailto:Andre@forro.co.uk) / [Www.forro.co.uk](http://Www.forro.co.uk)

## **Hip Hop (Also see Street Dance)**

*A style primarily danced to hip-hop music, including a wide range of styles including breaking, locking and popping.*

**Tuesday** – St Gregory the Great School, Cricket Road, Oxford

Hip Hop, Commercial, Street Dance

(7.30-8.30pm) Raw Diva (women's class only)

Cost: £5 – All levels welcome

**Contact:** Jen 07951 393710 / [www.rawdiva.co.uk](http://www.rawdiva.co.uk) / [raw.diva@live.co.uk](mailto:raw.diva@live.co.uk)

## **Irish**

**Tuesday** – East Oxford Community Centre

(6.00-7.15pm) Advanced

(7.00-8.00pm) Beginners/Intermediate

£6 per class

**Contact:** Liz McCarthy / [mcgahanleesoxford@gmail.com](mailto:mcgahanleesoxford@gmail.com) / [www.mcgahanlees.com](http://www.mcgahanlees.com)

## **Irish Dance**

**Monday** - West Oxford Community Centre, Botley Rd, Oxford

(7.00-8.00pm) Beginner (Adult)

School website: [www.mcgahanlees.co.uk](http://www.mcgahanlees.co.uk) / Contact details: Ashleigh 07375878445

## **Jazz**

**Thursday** – Dance Studios, Abingdon College

8.00 – 9.00pm Jazzfit!

Contact: Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) / [www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk)

## **Jive +/-Modern Jive**

*Jive+* now currently run two weekly Modern Jive classes...

**Tuesday** – Gosford Hill School, Oxford Road, Kidlington

(7.45-11.00pm) - Beginners, Intermediate, Beginners Review and freestyle - ie social dancing

Cost: £8 pp

Contact: Coralie Green 07767 360854 / [coralie@jiveplus.com](mailto:coralie@jiveplus.com) / [www.jiveplus.com](http://www.jiveplus.com)

**Thursday** – The Oxford Academy, Sandy Lane West, Littlemore

(7.45-10.40pm) - Beginners, Intermediate, monthly Advanced classes, and Review classes, and freestyle - ie social dancing

Cost: £9 pp

Contact: Coralie Green / 07767 360854 / [coralie@jiveplus.com](mailto:coralie@jiveplus.com) / [www.jiveplus.com](http://www.jiveplus.com)

## **Kathak (Indian Classical)**

*Dance from Northern India and Pakistan. Well known for its lightning fast footwork, graceful movements and exquisite expressions.*

Kathak (Indian Classical)



**Thursday** – Jericho Community Centre, 33A Canal St, Oxford OX2 6BQ  
6pm onwards for adults & children  
Contact: Anuradha Chaturvedi – [anucseth@drishtidance.com](mailto:anucseth@drishtidance.com) / 07765 190197 / [www.drishtidance.com](http://www.drishtidance.com)

## **Lindy Hop / Swing**

*A fun and social partner dance influenced by swing music from the 1930s and '40s which gave rise to the more modern dances of Jive and Rock 'n Roll. Lindy Hop also incorporates elements of Charleston and is complementary to Balboa which evolved during the same era. Classes for all levels from complete Beginners through to Intermediate Advanced.*

*Courses : Basics Course consisting of 3 x 4 weeks suitable for complete beginners or those wishing to refresh or improve their basic technique, Intermediate Course consisting of 12 weeks. For dates and details visit [www.oxfordswingdance.co.uk](http://www.oxfordswingdance.co.uk).*

**Monday** – Blues Fix @ The Oxford Retreat Pub, 1-2 Hythe Bridge Street, OX1  
(8.00-9.00pm) Class / (9.00-10.30pm) Social

**Tuesday** – Swing Fix @ The Oxford Retreat Pub, 1-2 Hythe Bridge Street, OX1  
(7.30-8.30) Class / (8.30-10.45pm) Social

**Thursday** – East Oxford Community Centre, Princes Street (Term time only)  
4 levels of Lindy Hop classes  
Classes from 7.30pm / Social dancing from 9.30-10.30pm

Hop the Hall: monthly social dance 1<sup>st</sup> Friday each month @ St Margaret's Institute, Polstead Road (8.30-11.30pm)

Full details: [oxfordlindyhoppers@gmail.com](mailto:oxfordlindyhoppers@gmail.com) / [oxfordlindyhoppers.co.uk](http://oxfordlindyhoppers.co.uk)

## **Line Dancing**

**Thursday** – Risinghurst Community Centre, Kiln Lane, Headington, Oxford  
(7.15-8.15pm) All levels welcome

**Contact:** Dance Rhythms 07889 854812 / [dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## **Morris Dancing**

Monday – Function Room, Mason's Arms, Quarry School Place, OX3 8LH  
(From 8.00pm) - Headington Quarry Morris Dancers

**Contact:** [headingtonquarrymorris@gmail.com](mailto:headingtonquarrymorris@gmail.com) / <https://sites.google.com/site/headingtonquarrymorrisdancers/>

## **Nia Dance Fitness**

*Nia is a non-impact, holistic, cardio-dance fitness class the conditions the body and transforms the mind.*

**Monday** – (6.00-7.00pm)

**Tuesday** – (11.00-12.00pm)

**Contact:** Vicky – 01235 553894 / [info@soulshine.org.uk](mailto:info@soulshine.org.uk) / [www.soulshine.org.uk](http://www.soulshine.org.uk)

## **Over-50's Dance**

Wednesday – Pegasus Theatre, Magdalen Road, Oxford  
Contemporary style dance with stretches & mobility included

11.00-12.00pm (Ages 50 yrs+)

£5 per class (usually 6 wk terms)

**Contact:** Emma – [tangledwebbmove@gmail.com](mailto:tangledwebbmove@gmail.com) for dates/spaces

## 5 Rhythms

*A simple, powerful moving meditation that anyone can practice, with no taught steps to follow.*

**Monday** - South Oxford Community Centre, Lake St, OX1 4RP  
(8.00-10.00pm)

**Contact:** Dean Kayum 07951 530076 /

<https://www.5rhythms.com/classes/OxfordRhythmswithDeanKayum-6608>

**Wednesday** – Richard Benson Hall, Cowley Road  
(7.30-9.30pm)

**Contact:** Jessica – [jessica5rhythms@yahoo.com](mailto:jessica5rhythms@yahoo.com) / [www.jessica5rhythms.com](http://www.jessica5rhythms.com)

## Salsa

*Salsa dancing mixes African and European dance influences through the music and dance fusions that are the roots of Salsa.*

**Monday** – Old Fire Station, George Street, Oxford  
(8.30pm start) Beginners / Improvers

£8 per class / £6 concs

**Contact:** Lisa - 07885 574360 / [www.salsaOxford.com](http://www.salsaOxford.com)

**Tuesday** – Summertown Church Hall, Portland Road  
(7.15-10.00pm) Salsa Cross Body Style (on1)

Beginners, Improvers, Intermediates and Advanced

Cost: 1 class £7.00 - 2 classes on the same evening £10.00 - 6 weeks courses/vouchers £40.00

**Contact:** Rosa Eadle 07775 850386 / [rosa@onsalsa.com](mailto:rosa@onsalsa.com) / [www.onsalsa.com](http://www.onsalsa.com)

**Wednesday** – Wesley Memorial Church Hall, New Inn Hall Street, Oxford  
(8.00pm start) Beginners / Improvers

(9.00pm start) Intermediate / Advanced

£8 per class / £6 concs

**Contact:** Lisa - 07885 574360 / [www.salsaOxford.com](http://www.salsaOxford.com)

**Friday** – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL  
(7.00-8.00pm) – Improvers. Enquire for beginners sessions

**Contact:** **Dance Rhythms** 01865 875800 / 07889 854812 /  
[dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

## Scottish Country Dancing

(The Royal Scottish Country Dancing Society, Oxfordshire Branch)

**Thursday** – Summertown Church Hall, Banbury Road (at the end of Portland Road) (7.30-8.15pm) Basic Class

(8.15-9.15pm) General Class

(9.30-10.30pm) Advanced Class

(9.30-10.30pm) Improver's Class – Lower hall

All Welcome.

Weekly RSCDC Members - £2.00 Non Members- £2.50

**Contact:** Denis Tucker 01865 863427 or email [dennistucker@btinternet.com](mailto:dennistucker@btinternet.com) or visit [www.rscdoxfordshire.org.uk](http://www.rscdoxfordshire.org.uk)

## **Sol Samba**

*Dance to infectious rhythms, build up a sweat and shake it up with Sol Samba!*

**Wednesday** - New Marston Primary School, Copse Lane, Oxford  
(7.30-9.00pm) All levels (Dancing till 10pm)

**Contact:** [www.solsamba.co.uk/dancing/](http://www.solsamba.co.uk/dancing/)

## **T'ai Chi & Qigong**

*A Chinese system of slow meditative physical exercise designed for relaxation and balance and health*

**Monday** - Iffley Church Hall, Church Way, Iffley OX4 4EG

(6.00-7.00pm) Introductory / Beginners

(7.00-8.00pm) Short Form

(8.00-9.00pm) Long Form

£70 / £50 concs per term or £9 / £7 concs per session;

Free 'taster' session Early bird discounts / 1-2-1 sessions available

**Contact:** Anne Mackintosh 01865 714849 / [taichi@annemack.org](mailto:taichi@annemack.org) / [www.taichi-in-oxford.co.uk](http://www.taichi-in-oxford.co.uk)

**Tuesday** – Warneford Sanctuary, Warneford Lane OX3 7JX

(5.30-6.30pm) Beginners / Short Form

£7.50 (£5 NHS staff / concs) per session / £28 (£18) for 5 classes

**Contact:** Anne Mackintosh 01865 714849 / [taichi@annemack.org](mailto:taichi@annemack.org) / [www.taichi-in-oxford.co.uk](http://www.taichi-in-oxford.co.uk)

**Thursday** – Oxford Quaker Meeting House, 43 St Giles, Oxford OX1 3LW

(1.00-2.00pm) Short Form

(2.00-3.00pm) Long form

(3.00-4.00pm) Introductory / Beginners

£60 for the term / £40 for 5 sessions

**Contact:** Anne Mackintosh 01865 714849 / [taichi@annemack.org](mailto:taichi@annemack.org) / [www.taichi-in-oxford.co.uk](http://www.taichi-in-oxford.co.uk)

**Thursday** – Florence Park Community Centre, Cornwallis Road, OX4 3NH

(5.45-6.45pm) Beginners / Short Form

£8 (£6 members / concs), £35 (£25) for 5 sessions

**Contact:** Anne Mackintosh 01865 714849 / [taichi@annemack.org](mailto:taichi@annemack.org) / [www.taichi-in-oxford.co.uk](http://www.taichi-in-oxford.co.uk)

## **Tango Argentino**

For details on weekly classes with Tango Aurora visit [www.oxfordtango.co.uk](http://www.oxfordtango.co.uk)

**Monday** – Women's Institute Hall, Botley, Oxford

(7.30-9.30pm) Beginners & Improvers

**Contact:** Tango Aurora – [le-tango@zen.co.uk](mailto:le-tango@zen.co.uk) / [www.oxfordtango.co.uk](http://www.oxfordtango.co.uk)

**Thursday** – North Oxford Association, Diamond Place, Summertown

(7.30-8.30pm) Beginners

(8.30-9.30pm) Intermediate Level

(9.30-10.30pm) Milonga class Intermediate Level

**Contact:** Oxford Tango Academy – [tango@miriamydante.com](mailto:tango@miriamydante.com) / [www.oxfordtangoacademy.com](http://www.oxfordtangoacademy.com)

**Thursday** – Jericho Community Centre, Canal Street, Oxford  
(7.30-8.30pm) Beginners  
(8.30-10.00pm) Improver Tango  
**Contact:** Tango Aurora – [le-tango@zen.co.uk](mailto:le-tango@zen.co.uk) / [www.oxfordtango.co.uk](http://www.oxfordtango.co.uk)

## Tap

**Tuesday** – Baldons Village Hall, The Croft, Marsh Baldon, Oxford, OX44 9LL  
(9.30-10.30am) – Friendly social tap class, good exercise, new members welcome  
**Contact:** **Dance Rhythms** 01865 875800 / 07889 854812 /  
[dance@dancerhythms.com](mailto:dance@dancerhythms.com) / [www.dancerhythms.com](http://www.dancerhythms.com)

**Tuesday** – The Old Fire Station - Sole Rebel Tap  
Non syllabus tap classes, fun, upbeat – come make some rhythms!  
(6.00-6.45pm) Beginners  
(6.45-7.30pm) Advanced beginners  
(7.30-8.15pm) Intermediate  
(8.15-9.00pm) Advanced  
Cost: £30 for 6 weeks of 1 class or £45 for 6 weeks of 2 classes (Taught in set-blocks of 6 weeks)  
**Contact:** Lexi Bradburn: [oxfordclasses@solerebeltap.co.uk](mailto:oxfordclasses@solerebeltap.co.uk) /  
[www.solerebeltap.co.uk](http://www.solerebeltap.co.uk)

**Wednesday** - St Alysious School, St Margaret's Road  
18:15- 19:00 Adult Beginners Tap  
19:00 - 19:45 Adult Intermediate/Advanced Tap  
19:45 - 20:45 Adult Improvers Tap  
Contact: Paula Nattrass 07913 995963 / [paula@oxfordacademyofdance.co.uk](mailto:paula@oxfordacademyofdance.co.uk) /  
[www.oxfordacademyofdance.co.uk](http://www.oxfordacademyofdance.co.uk)

**Wednesday** – Dance Studios, Abingdon College  
6.30 - 7.15pm Beginners Tap  
8.15 – 9.00pm Improvers Tap  
Contact: Amanda – [amanda@aadanceacademy.co.uk](mailto:amanda@aadanceacademy.co.uk) /  
[www.aadanceacademy.co.uk](http://www.aadanceacademy.co.uk)

**Wednesday** – Cornerstone Arts Centre, Didcot  
(6.30-7.15pm) Beginners  
(7.30-8.15pm) Intermediate  
£70 for 10 weeks  
**Contact:** 01235 515144/ [cornerstone@southoxon.gov.uk](mailto:cornerstone@southoxon.gov.uk) or [www.cornerstone-arts.org](http://www.cornerstone-arts.org)

## Yoga

**Monday** - The Guild Hall, Abingdon  
(9.15-10.15am / 10.30-11.30am) Beginners welcome  
**Contact:** Laurence 07554 635112 / [yogin67@gmail.com](mailto:yogin67@gmail.com) / [www.nagy-yoga.com](http://www.nagy-yoga.com)

**Monday** – Richard Benson Hall, Cowley Road, Oxford  
(6.00-7.15pm) Term time only  
**Contact:** Emma-Jane Morbey on [emj@bodypoliticdance.com](mailto:emj@bodypoliticdance.com) / 07791 905851

**Tuesday** - The Guild Hall, Abingdon  
(9.15-10.15am / 10.30-11.30am) Beginners welcome  
**Contact:** Laurence 07554 635112 / [yogin67@gmail.com](mailto:yogin67@gmail.com) / [www.nagy-yoga.com](http://www.nagy-yoga.com)

**Tuesday** – Clifton Hampden Village Hall

(5.45-6.45pm) Beginners welcome

(7.00-8.15pm) Intermediate

**Contact:** Laurence 07554 635112 / [yogin67@gmail.com](mailto:yogin67@gmail.com) / [www.nagy-yoga.com](http://www.nagy-yoga.com)

**Wednesday** - The Guild Hall, Abingdon

(9.15-10.30am / 10.30-11.30am) Vinaysa Intermediate

**Contact:** Laurence 07554 635112 / [yogin67@gmail.com](mailto:yogin67@gmail.com) / [www.nagy-yoga.com](http://www.nagy-yoga.com)

## **Zumba**

*Fun, exciting latin- inspired dance/ fitness programme*

**Monday** – Old Fire Station, Gloucester Green

(7.30pm start) Zumba

£7 per class / £6 concs

**Contact:** Lisa 07885 574360 / [www.oxfordZumba.com](http://www.oxfordZumba.com)

**Wednesday** – Wesley Memorial Church Hall, New Inn Hall Street, Oxford

(7.00pm start) Zumba

£7 per class / £6 concs

**Contact:** Lisa 07885 574360 / [www.oxfordZumba.com](http://www.oxfordZumba.com)

**Friday** – St Michael's Church Hall, Portland Road, Summertown, Oxford

(9.30-10.30am) Zumba

No need to book in advance

**Contact:** Bry 07967 757778 / [bryzumba@gmail.com](mailto:bryzumba@gmail.com) / [www.bryzumba.com](http://www.bryzumba.com).

**Saturday** – SS Philip & James School, Navigation Way, Jericho

(9.30am) £6 pay as you go

**Contact:** Sarah Joseph 07714 248177 / [soulflowsarah@gmail.com](mailto:soulflowsarah@gmail.com) / [www.soulflow.co.uk](http://www.soulflow.co.uk)

**If you would like further information about Dance in Oxford please contact:**

Arts Development Officer - Community Services, Oxford City Council, Aldates

Chambers, 109-113 St Aldate's, Oxford OX1 1DS. [cthompson@oxford.gov.uk](mailto:cthompson@oxford.gov.uk) /

01865 252820