

FIRST DANCE STUDIOS SUMMER WORKSHOPS



BOOK VIA FIRSTDANCESTUDIOS.CO.UK

Tuesday 1 July | 7.15pm - 8.15pm | Italia Conti

BROADWAY BOOGIE - with Vicky

Musical theatre dance fitness style class to all your favourite musical theatre tunes. Sing, sweat and workout! Suitable for all levels.

Tuesday 8 July | 7.15pm - 8.15pm | Italia Conti

BROADWAY BOOGIE - with Vicky

Musical theatre dance fitness style class. Sing, sweat and workout!

Sunday 13 July | 2pm - 4pm | Heather Farm

TAP BASICS - with Karen

Kick start the very basics of tap or refresh your learning. Ideal taster before signing up to our 6 week course in September.

Sunday 20 July | 10am - 12pm | Woking Sportsbox

INTRO TO FITNESS - with Sophie

New to fitness or ready to restart? Learn safe movement, proper technique with weights, and simple steps to get started.

Tuesday 22 July | 6.30pm - 8.30pm | LESTA

THEATRE JAZZ - with Fran

General level jazz dance class with a musical theatre feel. Expect flicks and jazz hands and a full routine in this session.

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Tuesday 29 July | 6.30pm - 8.30pm | LESTA

MUSICAL THEATRE - with Vicky

Explore character and connect with storytelling in a blend of movement, song, and drama.

Saturday 2 August | 12pm - 1pm | Woking Sportsbox

BROADWAY BOOGIE - with Vicky

Musical theatre dance fitness style class to all your favourite musical theatre tunes. Sing, sweat and workout! Suitable for all levels.

Monday 4 August | 6.30pm - 8pm | Heather Farm

VOCAL TECHNIQUE - with Grace

This singing based session is perfect for beginners or for those wanting to hone their technique.

Tuesday 5 August | 6.30pm - 8.30pm | LESTA

THEATRE TAP - with Fran

General level tap where you'll learn a routine to a show stopping track.

Saturday 9 August | 12pm - 2pm | Woking Sportsbox

JAZZ & SOLO LATIN - with Sophie & Emma

A fusion of jazz and solo Latin style vibes.

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Monday 11 August | 7pm - 9pm | LESTA

JAZZ TECHNIQUE - with Diana

Learn how to stretch and strengthen for a strong jazz body correctly. Core jazz elements will be covered along with a jazz funk routine.

Tuesday 12 August | 6.30pm - 8.30pm | LESTA

THEATRE & STAGECRAFT - with Vicky

Theatrical games and drama-based fun to build stage confidence. An ideal opportunity to explore acting and performance in a new way.

Wednesday 13 August | 7.30pm - 9.30pm | LESTA

CONTEMPORARY - with Diana

After a warm up and stretch you'll do floor work tips and tricks. There will be partner and mirroring work and a piece of beautiful choreography.

Saturday 16 August | 12pm - 2pm | Woking Sportsbox

FIESTA SAMBA PARTY! - with Katie & Sophie

Samba fusion with a fiesta theme - Technical ballroom samba from Katie and Carnival samba from Sophie.

Monday 18 August | 6.30pm - 8pm | Heather Farm

CHOIR - with Grace

Join the choir for a one off where you can sing in parts. All levels welcome.

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Monday 18 August | 7pm - 9pm | LESTA
STREET/COMMERCIAL - with Diana

Build confidence through working on foundation hip hop moves and grooves, footwork combos and a routine.

Wednesday 20 August | 7.30pm - 9.30pm | LESTA
HEELS - with Diana

Master feeling confident, strong and in touch with your body in heels. There will be small group work and a choreographed routine.

Thursday 21 August | 6.30pm - 8.30pm | LESTA
CHEERLEADING - with Ella

Brand new to First Dance Studios! Try out Cheer for yourself. This session is open to 16 and overs with no upper age limit!

Sunday 24 August | 9.30am - 11.30am | LESTA
BEYOND BALLET BASICS - with Fran

A slower paced session focussing on building on foundation level skills. There will be barre work and centre work with a key focus on technique.

Monday 25 August | 7pm - 9pm | LESTA
WORLD CLASS TAP - with Diana

A fun and challenging tap workshop for all levels (good foundation level needed) with skill-building exercises, level options, a routine and tap games.

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Tuesday 26 August | 6.30pm - 8.30pm | LESTA THEATRE JAZZ - with Fran

General level jazz dance class with a musical theatre feel. Expect flicks and jazz hands and a full routine in this session.

Wednesday 27 August | 7.30pm - 9.30pm | LESTA CAMERA READY: COMMERCIAL/HEELS - with Diana

Build confidence, camera presence, and performance. Learn empowering choreography and film a mini music video to finish!

Saturday 30 August | 9.30am - 11.30am | Woking Dance Space FITNESS GOAL SETTING - with Sophie

Develop personalised fitness goals & training plan through a mix of practical and theory work. Plus, extra focus on mobility & recovery to help us ease out of summer and into September!

Saturday 30 August | 11.30am - 1.30pm | Woking Dance Space LYRICAL TALES - with Julia

Expressive, contemporary-lyrical style where you'll help shape a full piece through storytelling and shared creativity. Suitable for all levels. There is no floorwork in this session.