

Affordable classes and
FREE TASTER SESSIONS
for children, young people,
adults and 60+



Have fun Explore dance Meet new people Be active Gain confidence

Coin Street's Community Dance Programme with Rambert

A brand new way to access dance on London's South Bank

RAMBERT

Coin Street 
community builders

A new way to access dance on the South Bank



Coin Street Community Builders has teamed up with **Rambert**, the leading British company for contemporary dance, to bring local people the opportunity to explore dance and get active!

We're bringing a brand new programme of classes for children, young people, adults and older people right to your doorstep, at a **reduced rate for anyone living in the Coin Street neighbourhood area***. Plus, there are **FREE taster sessions** for all! Don't miss this exclusive chance to engage with one of the world's most renowned, distinctive and creative dance companies.

Dance promotes wellbeing through

- improved balance, co-ordination and posture
- enhanced agility, mobility and flexibility
- stronger bones and reduced risk of osteoporosis
- greater self-confidence and enjoyment in moving

What's on offer?

Coin Street and Rambert present a unique mix of classes for a range of ages, levels and abilities...

MINI MOVERS

5 – 7 YEARS

Focuses on having fun and enjoying a first experience of dance and movement.

YOUNG MOVERS 1

8 – 10 YEARS

Fun, high-energy class providing an excellent introduction to contemporary dance. Please note on Wednesdays this class will be exclusively for participants selected from the following local primary schools: Charles Dickens, Friars, Johanna, Walnut Tree Walk and St Clement Danes.

YOUNG MOVERS 2

11 – 13 YEARS

Fun, high-energy class providing the opportunity to develop dance technique and performance skills. No previous dance experience is necessary.

GENERATION 2

14 – 18 YEARS

Fun, more demanding class suitable for those with and without dance experience. Focus is on honing technique and performance skills, refining movement, challenging fitness levels and improving movement memory.

ADULT MOVERS

ADULTS

A special taster class offering a flavour of the adult contemporary programme. Whether you have danced before or not, this is your chance to explore movement and experience a range of styles.

MERCURY MOVERS

60 YEARS +

Whether you have tried dance before or this is your first time, you'll enjoy this class which focuses on gentle movement and provides a great way to stay flexible.

LEVEL 1 CONTEMPORARY

ADULTS

Perhaps you are new to dance, or returning after a break? This class will help you build core skills in contemporary dance, introducing travelling steps and combinations with an emphasis on technique development and musicality.

LEVEL 2 CONTEMPORARY

ADULTS

This class moves at a faster pace and is suitable for those with some experience in contemporary dance. You will gain a better understanding of posture and alignment and learn longer movement sequences. The class builds on Cunningham-based and Release-based techniques, utilising breath and momentum to facilitate movement.

LEVEL 3 CONTEMPORARY

ADULTS

The first part of this class for more experienced dancers focuses on the various movements of the spine followed by leg exercises exploring articulation and speed. The class develops with sequences emphasising travel through space, with different uses of dynamic and rhythm.

How can I get involved?

13 – 15 August 2013:

FREE Taster Sessions

Join us at Coin Street neighbourhood centre for one of the following FREE taster sessions, which will give you a flavour of what's to come in this exciting new dance programme.

Tuesday 13 August	Wednesday 14 August	Thursday 15 August
10.30am-12.00pm Young Movers 1	10.30-11.30am Mini Movers	10.30am-12.00pm Mercury Movers
12.30-2.00pm Young Movers 2	12.30-2.00pm Adult Movers	6.30-8.00pm Adult Movers
6.30-8.00pm Generation 2		

November – December 2013:

Mini Term (Six-Week) Programme

The new dance programme kicks off with six weeks of classes for a mix of ages, levels and abilities, at Rambert's new, purpose-built studios on London's South Bank. You can pay as you go or book a block of six classes, all at amazing reduced rates for local residents*!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30-8.00pm Level 1 Contemporary	6.30-8.00pm Level 2 Contemporary	5.00-6.30pm Young Movers 1 (local primary schools)	6.30-8.00pm Young Movers 2	10.00-11.30am Mercury Movers	9.30-10.30am Mini Movers
6.30-8.00pm Level 3 Contemporary		6.30-8.00pm Level 2 Contemporary			9.30-11.00am Young Movers 1
		6.30-8.00pm Generation 2			11.30am-12.30pm Young Movers 2
					12.45-2.15pm Generation 2

7 December 2013:

Coin Street and Rambert host a FREE Dance Open Day for local residents

Rambert throws open their doors and invites their new neighbours to take a **tour** of their home, including the brand new, beautifully-designed dance studios and the **Rambert Archive**, open to the public for the very first time. While you're there you can experience a variety of **faster classes**, PLUS an **exclusive peek at a company rehearsal!**

6 January 2014 onwards:

Full Term (Twelve-Week) Programmes and Holiday Courses

Keep your eyes peeled for details of the full dance programme, starting 2014 – details will be available at www.coinstreet.org/RambertDance soon!

How much does it cost?

	Taster Sessions August 2013	Mini Term Programme November – December	
	Everyone	REDUCED RATE for residents of Coin Street neighbourhood area*	General price
Adults	FREE	£6 per class £35 block of six classes	£10 per class £50 block of six classes
Children and young people under 19 years	FREE	Price per class unavailable £15 block of six classes	Price per class unavailable £42.50 block of six classes
60 years +	FREE	£3 per class £15 block of six classes	£10 per class £50 block of six classes

How can I book?

020 8630 0601

classes@rambert.org.uk

Quote 'COIN STREET'

Taster sessions:

Booking open now!

Mini-Term Programme:

Booking opens September 2013 – email us to register your interest and receive information as it's released.

Open Day and Full-Term Programme:

More details coming soon – email us to register your interest and receive information as it's released.



*Coin Street neighbourhood area

Reduced-rate places are limited and are available on a first-come-first-served basis for those who can provide proof on arrival to their first class that they live within the 'Coin Street neighbourhood area' indicated on the map on the back page. Participants benefitting from reduced-rate places who fail to attend 3 or more classes will not be eligible again (unless a medical letter is provided for absence).

Working in partnership

Rambert has been working with Coin Street to move their company headquarters to a new, purpose-built home at the heart of London's South Bank in autumn 2013. This is an exciting project to enable access to dance for local people through affordable community programmes, open rehearsals and a new Rambert archive. It is a long-term partnership and will grow in response to demand – to find out more please visit www.coinstreet.org/RambertDance.

The Coin Street Community Dance Programme with Rambert is part of a wider programme of community activities for local people of all ages, delivered by Coin Street Community Builders. These include sports, heritage projects, youth clubs and other leisure activities.

Who are we?



Coin Street Community Builders is a social enterprise and development trust which seeks to make London's South Bank and Bankside better places in which to live, to work, to study and to visit.



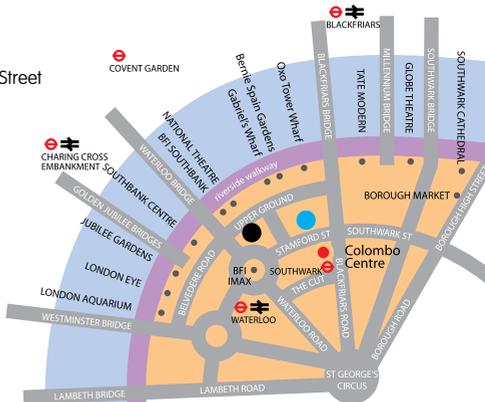
One of the world's most renowned companies for contemporary dance, Rambert is the most distinctive and creative working in Britain today.

To find out more about Coin Street's Community Dance Programme with Rambert contact:
020 8630 0601 | classes@rambert.org.uk

Find out more about Coin Street

www.coinstreet.org | [facebook.com/CoinStreet](https://www.facebook.com/CoinStreet) | [@CoinStreet](https://twitter.com/CoinStreet)

- **Coin Street neighbourhood centre**
108 Stamford Street, London SE1 9NH
- **Rambert studios** (from Autumn 2013)
Upper Ground, London SE1 9PP
- Coin Street neighbourhood area



Workshop photos by Ellie Kurtz and Karen Hesmondhalgh