



alba flamenco

Adult Dance Classes Spring 2012

MONDAY 16TH APRIL - SATURDAY 30TH JUNE



ALBA FLAMENCA
ADULT FLAMENCO CLASSES
IMPORTANT INFORMATION FOR ALL ADULT DANCE STUDENTS – PLEASE READ!

WHY ALBA FLAMENCA?

Alba Flamenca is Scotland's only dedicated flamenco dance studio and performance venue. We offer a wide range of flamenco classes and workshops for all abilities and ages as well as regular flamenco performances and events throughout the year. Our dance studio is contemporary and luxurious, fully soundproofed and air-conditioned and with its flamenco influenced decoration makes for a sophisticated, inspiring and welcoming environment for dance students.

WHO DOES FLAMENCO?

Flamenco dancing is for **everyone!** Regardless of age, gender, shape, size or level of experience – there is a class for you! Whether you are a true flamenco enthusiast, simply want a bit of exercise, an absolute beginner or merely curious, here is an opportunity for you to experience a little bit of Spanish Flamenco culture on your very own Scottish doorstep!

OUR ADULT CLASSES

Our **Choreography** classes cover a wide range of flamenco styles and rhythms. Students can enjoy the experience of progressing towards a complete choreography, often built up over a period of weeks or months. Students can celebrate and share their achievements as they work towards participating in formal performances. Each Choreography class also combines an element of instruction in flamenco technique. This helps students become aware of overall body posture, movement, coordination and rhythm and establishes a technical foundation for their flamenco choreography and performance.

Our **Technique** classes provide the opportunity for students to study in detail and focus on the specifics of flamenco dance and movement. Using short repetitive sequences and choreographies students are able to improve speed, style, strength and coordination in footwork, arms and upper body as well as consolidate their understanding of key flamenco styles and rhythms. Establishing good flamenco technique is crucial to improving personal dance style and performance.

Our **Bulerias** classes allow students to not only enjoy the fast pace, character, fun and style of this dance but also to experience the art of flamenco improvisation! Students learn about the structure of this flamenco song and how to recognise the auditory narrative, which drives the dancer. Students can increase their confidence in initiating short improvised Bulerias choreographies often in formal and informal flamenco settings.

All our flamenco classes use a wide range of recorded flamenco music but in addition to this, different flamenco musicians will also play regularly in classes. Live music enables students to understand and appreciate the interplay between musician, singer and dancer and enhances the overall flamenco dance experience for all - Ole!

WHICH LEVEL?

Our flamenco dance classes are organized across four levels i.e. **Beginners, Elementary, Intermediate and Advanced**. We want all of our dance students to experience the best flamenco dance experience possible. Therefore it is important that students select a level, which not only responds to their own degrees of confidence and enjoyment but accurately reflects their ability. This allows for effective teaching to take place and maximizes positive learning and enjoyment for all students within each class. Please refer to the descriptors for each level and if you are in doubt as to what level is best for you then please contact us for advice.

Level 1 : Beginners is for students who have little or no previous experience of flamenco dance.

Level 2 : Elementary is for students who have completed **at least** 2-3 terms of flamenco dance.

Level 3 : Intermediate is for students who have completed **at least** 2-3 years of flamenco dance.

Level 4 : Advanced is for students who have completed **at least** 3-4 years of flamenco dance.

HOW TO BOOK?

The new Spring 2012 dance term begins on Monday 16th April 2012. We are now taking bookings. You can secure your class place(s) by returning your completed **Adult Classes Booking Form along with payment in full** to Alba Flamenca, 74 East Crosscauseway, Edinburgh EH8 9HQ.

HOW TO PAY?

You can make a **postal payment by cheque** (made payable to 'Alba Flamenca') or you can make a **payment in person by cash or debit/credit card**. Please remember the only way to secure your place in the class(es) of your choice is to return your completed Adult Classes Booking Form with payment.

DISCOUNTS

We are delighted to still be able to offer discount privileges on multiple class bookings for all you flamenco enthusiasts! If you book up for **2 classes you can receive a 10% discount** on the total, if you book up for **3 or more classes then you can receive a 15% discount on the total!** Discounts can only be applied if the **total amount is paid in full prior to the start of or on the first week of term**.

"Each Alba Flamenca dance student will also receive a **Discount Card**, which will entitle you to discounts on all your **food and drink purchases** in our sister premises El Bar as well as **ticket purchases** for Alba Flamenca shows and events.

CONCESSIONS

Concession rates are listed in brackets on the Classes Booking Form and are available to anyone who is under 18, a full time student, registered disabled or over 60. Concessions cannot be given without proof of eligibility.



Adult Classes Booking Form

Spring Term : Monday 16th April - Saturday 30th June 2012 (11 Classes)

Name

Address

Postcode

Home Tel No Mobile Tel No

email

DAY	TIME	COURSE	COST	BOOK
Monday	5.45pm-6.45pm	Level 1 : Beginners Choreography	£73.00 (£62.25)	<input type="checkbox"/>
	7.00pm-8.15pm	Level 3/4 : Intermediate/Advanced Technique	£86.75 (£73.25)	<input type="checkbox"/>
	8.30pm-10.00pm	Level 4 : Advanced Choreography	£100.00 (£85.25)	<input type="checkbox"/>
Tuesday	10.45am-12.00noon	Level 2 : General Choreography	£86.75 (£73.25)	<input type="checkbox"/>
	6.00pm-7.00pm	Level 2 : Elementary Choreography	£73.00 (£62.25)	<input type="checkbox"/>
	7.15pm-8.15pm	Level 2/3 : Elementary/Intermediate Bulerias	£73.00 (£62.25)	<input type="checkbox"/>
	8.30pm-9.45pm	Level 3 : Intermediate Choreography	£86.75 (£73.25)	<input type="checkbox"/>
Wednesday	6.00pm-7.00pm	Level 1 : Beginners Choreography	£73.00 (£62.25)	<input type="checkbox"/>
	7.15pm-8.15pm	Level 1/2 : Beginners/Elementary Technique	£73.00 (£62.25)	<input type="checkbox"/>
	8.30pm-9.30pm	Level 2 : Elementary Choreography	£73.00 (£62.25)	<input type="checkbox"/>
Thursday	6.30pm-7.45pm	Level 3/4 : Intermediate/Advanced Bulerias	£86.75 (£73.25)	<input type="checkbox"/>
	8.00pm-9.30pm	Level 4 : Advanced Choreography	£100.00 (£85.25)	<input type="checkbox"/>

10% Discount 2 Classes 15% Discount 3 Classes Total Cost Of Courses Booked £

Please complete this form and return with payment to

Alba Flamenca, 74 East Crosscauseway, Edinburgh. EH8 9HL