



Finding The STAND

The studio is on bus route numbers 11, 62 and 66 and is about 10 minutes walk from Clydebank train station.
St Andrew's High School,
North Douglas Street,
Clydebank G81 1NG

We would be delighted to hear from 16 to 21 year olds interested in joining the company. For further information about the auditions and the forthcoming workshop programme, please contact Rowan Gillespie, Dance Motivator on 0141 952 9409.

Project W

For further details or to express an interest in these schemes, please contact Rowan Gillespie, Dance Motivator on 0141 952 9409.

The first scheme on offer will be the Dance Leadership Award. This is an opportunity for young people (aged 14+) and adults to develop a basic knowledge of dance as well as the skills required to lead dance workshops of their own. These classes will require commitment and motivation but will benefit participants in many ways in terms of both health and employability.

Using The STAND as our spring-board we are working with training providers to establish new accreditation courses in dance for both adults and young people. These will be available from August 2006.

Dance Qualifications

THE STAND

Community Dance Programme

August to October 2006
All classes £1

Timetable - 21st August to 14th October 06

Yoga

Yoga is an exercise programme that focuses on the core muscles that help keep the body balanced. Yoga prefers fewer, more precise movements, requiring control and form. You will use your own body as 'weights' in training, to build strength and flexibility.

A OP 

Tuesdays - 22nd August to 10th October

5.15 - 6.15pm

Salsa

Latin American social dance has become a popular world-wide craze. Have fun learning the real thing with our resident Colombian-born instructor. Bring a partner if you have one but the dance can be done individually or you can widen your social network by getting to know the other participants.

A 

Tuesdays - 22nd August to 10th October

6.30 - 7.30pm

Latin Flava

Easy to learn yet physically intense, this dance is accompanied by the infectious energy of Brazilian beats, Latin rap, Salsa and Afro-Caribbean rhythms. Be ready to sweat!

A  

Tuesdays - 22nd August to 10th October

7.45 - 8.45pm

Indepen-dance

Indepen-dance specialises in dance development and performance for young people with disabilities, their families and their carers.

C 

Wednesdays - 23rd August to 11th October

5.00 - 6.00pm

Saturdays - 26th August to 14th October

10.00 - 11.00am

FREE

Tai Chi

Designed to relax and rejuvenate, this class will improve posture, self confidence and health. A wonderful way to unwind and recharge.

A OP 

Thursdays - 24th August to 12th October

1.00 - 2.00 pm

Hip Hop

Get up to date with the latest craze and learn some high-energy routines and funky moves with this popular dance style.

A YP  

Thursdays - 24th August to 12th October

6.30 - 7.30pm

Break-Dance

1970's street culture is back, and with attitude!

Develop muscular strength and endurance with body-popping, freezes, spins and glides ... not to mention learning those all important flips and tricks. This class is led by a Scottish-based B Boy with more than 20 years experience in both teaching and performing.

A YP  

Thursdays - 24th August to 12th October

7.45 - 8.45 pm



All classes £1

You can pay at the door. Please wear comfortable clothes and soft shoes

Key to classes: Adult **A** Children **C** Young People **YP** Older People **OP**
High Energy  Dance  Health & Well Being 