



YMCA LONDON  
CITY AND NORTH



COURSE BOOKINGS  
**DANCE\***  
**GYMNASTICS**  
**BALLET**  
**2022**

[ymcalondonCAN.org](http://ymcalondonCAN.org)

\*Current offer: Junior Tap & Junior Modern (4-7years)  
Mondays 4-4.30pm, 4.30-5pm buy one get one half price

Registered charity number: 1053864

## Junior Modern

Ages 4-6 years

An excellent introduction to dance, this free style has a mixture of ballet, contemporary, musical theatre combined with dance games.

A light hearted class to inspire your children into the love of dance

## Junior Tap

Ages 4-6 years

A fun based class to introduce and learn the good basic technique of tap which will follow through to more advanced skills. Music and Rhythm at its finest.

## Grade 1 Modern (BTDA)

Ages from 7 years plus

Fun yet disciplined dance class based on BTDA technique plus performance work. A good introduction to the foundations of modern/jazz dance

## Teenage Contemporary

13 years plus

A mixture of contemporary techniques combining strength, flexibility, balance with the freedom that contemporary brings. No previous experience needed.

## Gymnastics Courses

Ages 4-12 years

Our recreational Gymnastics courses follows a template of the British Gymnastics syllabus and concentrates on the major disciplines of floor work, vault, beam, bars, sprung floor and inflatable tumble track. Building skills such as balance, strength, flexibility along with working on badges.

## Ballet

Monday - Friday, Pre-Primary Vocational

The courses run from Pre-Primary to Vocational standard. From Grade 2 upwards all students are expected to take part in 2 classes per week. Courses normally run for two years before the student is put forward to do their examination. Emma will inform the candidate when he/she is ready to take part.

All classes from 4pm onwards run throughout all half terms but not major holidays. Most classes are accompanied by our pianist Krystyna Budzynska, allowing greater flexibility and inspiring rhythm in dance to create a superior class atmosphere.

## How to find us:

- ▶ **The Harringay Club**  
(near Hornsey railway station)  
50 Tottenham Lane,  
Hornsey, London, N8 7EE  
T: 020 8348 2124

