

ASPIRE SCHOOL OF DANCE VIRTUAL CLASSES



Recommended age listed for each class are a guide for beginners, if joining from another Dance School please require about the Grade you are currently working towards. Grades 3 and above previous experience preferable. Progressive Ballet Technique only available to students currently working towards a RAD Ballet Grade 2 and above

MONDAYS - COMMERCIAL WITH DANCE FIT & CONTEMPORARY DANCE

(Portishead youth club)

Date	Time	Activity	Location	Contact	Notes
Mondays	4pm - 4.45pm	Commercial & Dance Fit Infants 4yrs+ with Kirsty	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45 min class, fun warm up and light stretching followed by Commercial/ street dance choreography If joining via zoom please enter waiting room around 3.58pm, class will commence by 4pm estimated finish 4.45pm
Mondays	4.50pm - 5.35pm	Contemporary with Kirsty	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45min class, warm up and Contemporary technique. If joining via zoom please enter waiting room at 4.48pm, class will commence by 4.50pm estimated finish 5.35pm
Mondays	5.40pm - 6.40pm	Commercial & Dance Fit Juniors 7yrs+ with Kirsty	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	60 min class, fun warm up and light stretching followed by Commercial/ street dance choreography If joining via zoom please enter waiting room around 5.38pm, class will commence by 5.40pm estimated finish 6.40pm

TUESDAY -GRADES 1-3 BALLET & (PBT) PROGRESSIVE BALLET

TECHNIQUE (Portishead youth club)

Tuesday	4pm - 4.45pm	Ballet Grade 1 with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45mins class, covering Grade 1 RAD syllabus suited to 6/7yrs+ If joining via zoom please enter waiting room at 3.58pm, class will commence by 4pm estimated finish 4.45pm
Tuesday	4.50pm - 5.35pm	Ballet Grade 2 with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45mins class, covering Grade 2 RAD syllabus suited to 8/9yrs+ If joining via zoom please enter waiting room at 4.48pm, class will commence by 4.50pm estimated finish 5.35pm
Tuesday	5.40pm- 6.10pm	Progressive Ballet Technique Grade 2/3 students with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	30 min class, students to bring the following equipment , 1 x Swiss Ball 1 x Lacrosse Ball 2 x Fusion Balls (medium soft balls) Theraband/Resistance Band Pilates Mat Water Bottle Note Pad and Pen If joining via zoom please enter waiting room at 5.38pm, class will commence by 5.40pm estimated finish 6.10pm
Tuesday	6.15pm - 7pm	Ballet Grade 3 with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45mins class, covering Grade 3 RAD syllabus suited to 9/10yrs+ If joining via zoom please enter waiting room at 6.13pm, class will commence by 6.15pm estimated finish 7pm

WEDNESDAY- GRADES 4 & 5 BALLET & (PBT) PROGRESSIVE BALLET

TECHNIQUE (TRINITY SCHOOL HALL)

Date	Time	Activity	Location	Contact	Notes
Wednesday	6pm - 6.30pm	Progressive Ballet Technique Grade 4 students with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	30 min class, students to bring the following equipment , 1 x Swiss Ball 1 x Lacrosse Ball 2 x Fusion Balls (medium soft balls) Theraband/Resistance Band Pilates Mat Water Bottle Note Pad and Pen If joining via zoom please enter waiting room at 5.58pm, class will commence by 6pm estimated finish 6.30pm
Wednesday	6.30pm - 7.15pm	Ballet Grade 4 with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	45mins class, covering Grade 4 RAD syllabus suited to 10yrs+ If joining via zoom please enter waiting room at 6.28pm, class will commence by 6.30pm estimated finish 7.15pm
Wednesday	7.20pm - 9.05pm	Progressive Ballet Technique & Grade 5 Syllabus with Clare	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/ aspireschoolofdanceportishead	30 min class, students to bring the following equipment , 1 x Swiss Ball 1 x Lacrosse Ball 2 x Fusion Balls (medium soft balls) Theraband/Resistance Band Pilates Mat Water Bottle Note Pad and Pen If joining via zoom please enter waiting room at 7.18pm, class will commence by 7.20pm estimated finish 9.05pm

FRIDAYS - BALLET INTRO & ISTD MODERN Primary, G1 & G2 (Portishead youth club)

Date	Time	Activity	Location	Contact	Notes
Friday	3.45pm - 4.30pm	Dance with Emma	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/aspireschoolofdanceportishead	45 min class, covering Primary Modern ISTD syllabus and a intro to ballet suited to 4-6yrs If joining via zoom please enter waiting room at 3.43pm, class will commence by 3.45pm estimated finish 4.30pm
Friday	4.35pm - 5.20pm	Grade 1 Modern with Emma	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/aspireschoolofdanceportishead	45min class, covering Grade 1 Modern ISTD syllabus suited to 6yrs+ If joining via zoom please enter waiting room at 4.33pm, class will commence by 4.35pm estimated finish 5.20pm
Friday	5.25pm - 6.10pm	Grade 2 Modern with Emma	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/aspireschoolofdanceportishead	45min class, covering Grade 2 Modern ISTD syllabus suited to 7yrs+ If joining via zoom please enter waiting room at 5.23pm, class will commence by 5.25pm estimated finish 6pm
Friday	6.15pm - 7pm	Grade 3 Modern with Emma	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/aspireschoolofdanceportishead	45min class, covering Grade 3 Modern ISTD syllabus suited to 9yrs+ If joining via zoom please enter waiting room at 6.13pm, class will commence by 6.15pm estimated finish 7pm
Friday	7.05pm - 7.50pm	Grade 4 Modern with Emma	Zoom App	Kelly on kellybarnes2002@yahoo.co.uk or via facebook www.facebook.com/aspireschoolofdanceportishead	45min class, covering Grade 4 Modern ISTD syllabus suited to 11yrs+ If joining via zoom please enter waiting room at 7.03pm, class will commence by 7.05pm estimated finish 7.50pm

