

Synergy Dance Classes

Summer Term

SYNERGY DANCE®
*Be part of a new Dance Program in Schools
& Leisure Centres.*



Tuesday at Ash Manor Sports Centre

7:15pm – 8:00pm **Adult Yoga**

Relax & unwind in our fun introduction to Yoga for adults.

Wednesday at Guildford Spectrum

5:10pm – 5:55pm **Synergy Dance Acro 6+ years**

Intro to dance technique, acro balances, limbering & tumbling skills.

Thursday at Guildford Spectrum

4:00pm – 4:55pm **Synergy Teen Yoga 12+ years**

Relax and unwind in our fun introduction to Yoga.

7:00pm – 8:00pm **Adult Pilates**

Relax and unwind in our fun introduction to Pilates for beginners.

Friday at Ash Manor Sports Centre

6:00pm – 7:00pm **Synergy Discofit 8+ years inc. Adults**

Fun exercise class to the sounds of disco fever. Parents welcome to join.

7:00pm – 7:45pm **Synergy Mindful Movement 8+ years inc. Adults**

Relax and unwind in our fun Yoga stretch class. Parents welcome to join.

Saturday at Guildford Spectrum

9:30am – 10:25am **Synergy Acro Tots 3-5 years**

Intro to dance technique, acro balances, limbering & tumbling skills.

9:30am – 10:25am **Synergy Dance Acro 5-11 years**

Intro to dance technique, acro balances, limbering & tumbling skills.

10:30am – 11:25am **Synergy Street & Break Dance 6-11 years**

An energetic mix of dance styles including Break, Street & Hip Hop.

11:30am – 12:25pm **Synergy Street & Break Dance Advanced 7-12 yrs**

An energetic mix of dance styles including Break, Street & Hip Hop.

Sunday at Queen Elizabeth Park Centre, Guildford

5:30pm – 6:30pm **Dance Acro 6+ years – beginners/intermediate**

6:30pm – 7:00pm **Dance Acro 6+ years – graded work**

Intro to dance technique, acro balances, limbering & tumbling skills.

To book at Guildford Spectrum please call 01483 443322 Option 3

To book at Ash Manor Sports Centre please call 01252 325484

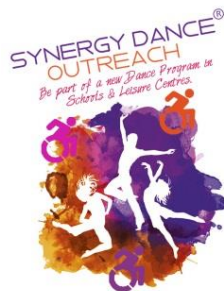
To book at QEP Centre please email admin@synergydance.co.uk

Please see our website for courses, holiday workshops & parties:

www.synergydance.co.uk, Outreach: www.synergydanceoutreach.co.uk



Synergy Dance Outreach



Monday at Guildford Spectrum

4:00pm – 4:45pm SEND Dance & Movement 5+ years

Inclusive class - explore movement, dance & have lots of fun.

Wednesday at YMCA East Surrey, Sovereign Centre

4:45pm – 5:30pm SEND Teen Dance/Fitness

Aerobics, stretching, strength and cardio work, all to fun, upbeat music.

5:45pm – 6:45pm SEND Teen Yoga/Relaxation

Relax and unwind in our fun introduction to Yoga.

Thursday at Guildford Spectrum

3:45pm – 4:30pm SEND Yoga Class for Children & Parents/Carers

Relax and unwind in our fun introduction to Yoga after school.

5:05pm – 6:00pm Family VI & SEN Yoga 8+ years & Parents/Carers

Relax & unwind - a class for participants with Visual Impairments & SEN.

Saturday at Woking Leisure Centre

10:30am – 11:15am Family VI & SEN Dance 8+ years & Parents/Carers

Dance & move - a class for participants with Visual Impairments & SEN.

To book a place email admin@synergydanceoutreach.co.uk

Synergy Dance Outreach is a Registered Charity No: 1180506

Supported by:



GUILDFORD

SPECTRUM
LEISURE COMPLEX