

Dancing in Manchester

Other

There are many of types of dance; we've found some interesting opportunities from Chinese Folk Dance to Soca Aerobics. To find out about these and others click on the following PDF icon;

- **Chinese Folk dance** via foundation, intermediate and higher level lessons including body-mind skills and classical movements at Manchester Chinese Centre, 67 **Ardwick** Green, the lessons are held up stairs on the top floor. The teacher will go out to groups phone: 0161 275 9885, or see <http://www.mchinesecentre.org.uk/art/dance.html>.
- **Soca Aerobics** at the Kath Locke Centre, **Moss Side** Tuesdays 7-8.30pm £3.50/£4
- Body-mind centering and "**Contact improvisation**" including yoga, gymnastics, martial arts and dance - inclusive blind or partially sighted people, **Old Trafford** Community Centre, Shrewsbury St, Tuesdays 7.30-9pm, cost £3.50/£5 phone Katy on 07932038730 or see <http://www.manchester-contact-improvisation.org.uk/>
- **Circle dancing** at the Unitarian Church Hall, behind Regency Court, 548B Wilbraham Rd, **Chorlton** Tuesdays 7.30-9.15pm. Steps are taught at beginning of each dance (also learn by copying the feet of someone in front of you). Costs: 1st 3 sessions free, £3 low income Contact Wendy Turner on 0161 485 8848 or see www.chorltoncircledancegroup.co.uk
- **Egyptian Dance** at St. Werburgh's Church, **Chorlton** with times and days varying so please phone Jane on: 07950 531917
- **Five Rhythms** dance class, every Sunday, 6.30-9.30pm at St. Werburgh's Hall, **Chorlton** - therapeutic improvised dance practice in 5 rhythms and areas of energy, for more info tel: 01706 221733; or see <http://allicandoisdance.co.uk>