

12/02/2021

Dance Classes to Connect Us During Lockdown

With a range of styles to choose from, Déda wants to help people to connect through online classes this February and March.

Déda is delighted to welcome people of all ages and abilities to join their growing online community for a programme of online dance, fitness and yoga classes, recommencing Monday 22 February 2021.

Through their new **Better Together** offer, Déda hope to help people set a weekly date to connect with the online class, or even attend virtually with loved ones by giving customers the first class for free when they book a block of five classes or a course.

Drop-in adult classes include **Online: Ballet to Make You Feel Better**, **Online: Yoga with Michelle** and **Online: Rock the Hoop** (hula-hoop dance class). These classes, which are part of the **#DerbyWell** programme, are designed to help physical and mental well-being. Brand new **Wellbeing Wednesday** classes will give people the change to try a different style each week, from Musical Jazz and Theatre to Carnival!

Déda's 5 week online **Academy** courses return to keep young people moving and connected during lockdown. **Online Youth Company Class** offers 10- 19 year olds the chance to explore creative dance techniques, while **Online: Illuminate** brings together young disabled people aged 10 -25 years to dance in a friendly, welcoming environment.

Younger children will love Déda's Saturday classes **#DancingThroughDéda**, designed to start their personal dance journeys. **Online: Movers and Shakers** is a fun and creative introduction to dance for under 5's and their parent or guardians. Children aged 5 – 10 are invited to **Online: Street Jazz for Kids** and **Online: Ballet and Contemporary for Kids** to kick off their weekends with music, dance and friends.

Déda's online classes were launched in November 2020 as part of **#LIVEInYourLivingRoom**, a programme of events, performances, activities and blogs to bring us closer through art and culture, while we remain socially distanced.

Déda's building including the CUBE café | bar is currently closed in accordance with government guidance. Check www.deda.uk.com/news for the latest updates.

Clare Limb, Head of Dance Development and Learning at Déda says:

"Déda's online class programme has already impacted many lives; from a two year old attending their first ever dance class to a person in their sixties attending their first Ballet lesson in over fifty years. The classes have attracted local, regional and international audiences of all ages and abilities.

I am excited to introduce a new addition to our programme: Wellbeing Wednesday, a series of five classes in a range of different styles that gives you the chance to learn something new. Bring Carnival into your kitchen, shimmy by your sideboard and Northern Soul your way around your lounge. These classes are designed to complement our online Derby Well programme of classes, which focus on being active, connecting with others and learning something new."

Parent of Movers and Shakers participant says:

"My child has been transported to another world – Beautiful!"

Ballet to Make You Feel Better participant says:

"Using the Zoom facility, you feel like you're not quite alone. I get quite excited about doing it and afterwards I feel wonderful!"

Déda's online class programme will begin on the week commencing **Monday 22 February 2021**. Prices begin from £3.50 per class. Tickets are onsale now and can be purchased from <https://www.deda.uk.com/classes>.

For more information and enquiries contact the Box Office team at info@deda.uk.com.

Better Together discount

First class free (or 20% off) on children and young people's courses taking place in between Monday 22 February - Saturday 27 March when customer quotes '**BTacademy**' at check out.

First class free when customer books 5 of the same Déda Adult drop-in classes within the period Monday 22 February - Saturday 27 March 2021 and quotes '**BTballet**', '**BTyoga**' or '**BThoop**' at check out for respective classes.

Offer ends 11.59 on Sunday 21 February. Terms and conditions apply. Visit: <https://www.deda.uk.com/news/2021/better-together-class-discount>

Ends

Media enquiries:

Contact Grace Osbourne, Marketing and Audience Development Coordinator at Déda:
g.osbourne@deda.uk.com

Notes to Editors

Déda

Déda is a creative centre for dance, contemporary circus and outdoor performance based in the heart of the cathedral quarter in Derby – connecting locally, nationally and internationally. Déda has **3 studios**, a **124 seat theatre** and produces **Derby Festé** - an annual international outdoor street arts festival. Déda run a nationally recognised and award-winning Dance Development and Learning programme including BA and MA degree programmes in Dance and Choreography.

Déda receives funding from Arts Council England and is supported by Derby City Council.

About Arts Council England

Arts Council England is the national development agency for creativity and culture. We have set out our strategic vision in *Let's Create* that by 2030 we want England to be a country in which the creativity of each of us is valued and given the chance to flourish and where everyone of us has access to a remarkable range of high quality cultural experiences. We invest public money from Government and The National Lottery to help support the sector and to deliver this vision. www.artscouncil.org.uk



Supported using public funding by

**ARTS COUNCIL
ENGLAND**



Derby City Council