

déda | PRESS RELEASE

04/01/2021

Good news! Déda's Online Class Programme Restarts in January 2021

Give yourself something to look forward to this New Year with classes that focus on your physical and mental wellbeing.

Déda is delighted to welcome people of all ages and abilities to join them for a programme of online dance, fitness and yoga classes from Monday 11 January.

Popular drop-in adult classes **Ballet to Make You Feel Better** and **Rock the Hoop** (hula-hoop dance class), return by strong demand from local, national and international audiences following their introduction last November. The classes, which are part of the **#DerbyWell** programme, are designed to help physical and mental well-being.

Following the success of the autumn term, Déda has expanded their range of drop-in adult classes to include **Yoga with Michelle** on Tuesday evenings from 5.30pm. This simple, accessible Yoga class with a fusion of meditation, movement and breath, is the perfect way to unwind from the day.

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

Younger children will love our Saturday classes **#DancingThroughDéda**, designed to start their personal dance journeys. **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 **Street Jazz for Kids** and **Ballet and Contemporary for Kids** to kick off their weekends with music, dance and friends.

So, if you or your child has always wanted to try dance, would like a new experience for 2021 or just want to connect with others, why not give a class a try?

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

January's **#LIVEInYourLivingRoom** programme includes the CUBE's monthly bookclub on the last Thursday of the month, free online exhibitions and a free performance of **Knot presented by Nikki and JD** which will be held on Facebook on 21 January at 7.30pm.

Déda's building including the CUBE café | bar will remain closed in accordance with government guidance for Tier 4. Check www.deda.uk.com/news for the latest updates.

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

"Whether it's a new year's resolution to increase your fitness and flexibility or simply a way of improving your health and well-being in these difficult times through being active, connecting with others or learning something new, Déda's online classes have something for you – all delivered directly into your own home by expert tutors via Zoom.

Rock the Hoop class participant says:

"The perfect way to wake up! Rochene was encouraging & supportive and hoop was really fun. I feel ready to start the day"

Déda's online class programme will begin on the week commencing **Monday 11 January**. Prices begin from £3.50 per class. Tickets can be purchased from <https://www.deda.uk.com/classes>.

Find out more about other #LIVEInYourLivingRoom activities including the performance of Knot presented by Nikki and JD and the CUBE café | bar's monthly book club at <https://www.deda.uk.com/whats-on>.

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

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