

Classes 2024/2025

Frequently Asked Questions

General FAQs

When are your classes?

Our weekly class programme runs in term time. Dates for the 2024/2025 year are:

Autumn term 2024 (12 weeks)

Mon 16 Sept - Sat 14 Dec

Half term: w/c 28 Oct

Spring term 2025 (11 weeks)

Mon 13 Jan - Sat 5 April

Half term w/c 17 Feb

Summer term 2025 (11 weeks)

Mon 28 April – Mon 21 July

Half term: w/c 26 May

Bank Hol on Mon 5 May

Do I need to book, or can I just turn up?

We recommend booking online or by telephone before the class as some dance classes fill up very quickly.

How much are classes?

Please see our website for prices of all classes.

When and how do I pay?

Please see our website for payment options for the year. Payment can be made online, over the phone or with cash/card in person.

Can I join the class at any time?

Yes, if there are spaces available. Some kinds of class are more popular and get booked up in advance. If you join a class after the start of term, you'll only pay for the classes you book.

I was ill/my child was ill so couldn't attend – do I get a refund for that week?

We have a no refund policy. The cost you have paid remains the same regardless of how many sessions you attend.

Where can I park?

The Garage is located opposite Chapelfield Gardens in Norwich city centre and has numerous parking options nearby, including secure car parks with a fee and limited free evening street parking nearby (after 6:30pm). Our website will help you plan for your visit [Your Visit | The Garage](#)

Do you cater for anyone with additional support needs and/or a physical disability?

Yes, we aim to provide classes which are accessible across the whole participatory programme. If you need additional support, please let us know so we can make any arrangements. We try our best to provide a positive learning environment for everyone.

We also offer Inclusive Dance, Inclusive Theatre and Inclusive Music classes for ages 10-14 and 14-18, and for children and adults outside this age range we offer Inclusive Performance Companies and holiday workshops. These classes and activities specialise in working with participants with special educational needs and disabilities.

Am I eligible for a bursary?

As a registered charity, we fundraise to be able to offer part and full bursary places on our classes. We want as many people as possible to be able to take part. The self-referral form is short and easy to fill in, and can be found online: [Booking & Discount Information | The Garage](#). Please note, when applying for a bursary you will need to wait for confirmation from us before joining a class.

Who are the tutors?

All our tutors are highly experienced and qualified and include a mix of former and current professional dancers, actors and musicians.

Adult Classes FAQs

Who are your adult classes for?

Everyone! Whether you are a complete beginner or revisiting an old hobby, our adult classes can be adapted to suit you. Adult classes are for all ages from 18+ but we also offer dance classes for ages 50+.

What do I need to bring with me?

Please bring water to all classes. If you are dancing you may require specific footwear, including ballet shoes for ballet, tap shoes for tap dance, and soft-soled trainers for street dance. For fitness classes you may wish to bring your own mat and we advise bringing a towel.

What do I need to wear for class?

Comfortable clothing that allows for a full range of physical movement.

I'm a total beginner, will your class be suitable for me?

Nearly all our classes are Open Level, meaning everyone is welcome. Our tutors will introduce you to the basics first, then tailor their teaching to enable all participants to take part fully in their chosen class and artform. In some kinds of dance class, we offer a Beginner and Improver Level – these differences are clearly described so you'll know which class to book for.

How many participants are in the class?

The maximum number is 25 per session but may be lower in some cases, depending on the nature of the class.

Do you have performance opportunities?

Please speak to your tutor if you are interested in performing. We also have an audition in the first week of the 2024/2025 year for our dance company Fusion (for experienced dancers ages 18+). Forward is our company for dancers aged 50+; there is no audition for this company, but you need to have experience and be attending the weekly Contemporary Dance 50+ class which this company is an extension of. More info: [Performance Companies | The Garage](#) .

If I have an injury, can I still take part?

If you are injured, we recommend you consult your GP before starting any form of exercise. When you book one of our classes, we ask you to provide any medical information that relates to taking part in a physical activity. Participants take classes at their own risk. Please inform your tutor of any new injuries.

Children & Young People Classes FAQs

Which class should I choose for my child?

We offer a range of dance styles as well as theatre, musical theatre and music. Our classes are arranged in school years; for example, when you see 'Year 7&8' this class is for ages 11-13. You could book a one-off taster class for your child to see if they like it before you commit any further (subject to availability).

Do I need to stay with my child?

For pre-school classes, a parent or carer is required to stay in the class to provide any personal care necessary. Our classes from reception to year 13 are for your child to participate in independently. Please drop off and collect your child from our foyer. The tutor will collect your child from the foyer and return them to you there when class has finished. We have a cafe on the ground floor should you wish to stay in the building for the class duration.

Will my child be safe?

Yes. Our tutors and support workers are selected and approved by our experienced team, hold enhanced DBS certificates and they go through a thorough induction. There will also

be a member of staff with first aid training on hand. Many of the teaching and support team are also licensed chaperones.

What should my child wear and bring to class?

Please provide a water bottle. We do not have a uniform, and we ask that your child is dressed comfortably and ready for movement. We do have Garage-branded clothing which can be purchased from our website: [The Garage | The Garage Trust \(teemill.com\)](http://TheGarage|TheGarageTrust(teemill.com)) . If your child is attending Ballet or Ballet & Contemporary classes then we do recommend them wearing ballet shoes – this is the most appropriate footwear for these activities.

My child may need some support in class, can you help with this?

Yes, we have a team of support workers who can help with developing confidence, making instructions as clear as possible, supporting engagement and understanding, and escorting a child to the toilet. Please discuss with us how we can best support your child.

Will my child perform in a show?

Yes, your child will be invited to perform in a showcase in front of a paying audience either in The Garage Theatre, or another professional venue in Norwich, and there are sometimes other performance opportunities. This can be optional, but we encourage everyone to participate as it is a really positive experience. Performance skills will be part of the curriculum. We also hold auditions in the first week of the academic year for our performance companies: [Performance Companies | The Garage](http://PerformanceCompanies|TheGarage) . Our Performance Academies spend the year working towards a big end of year show - this year's production was Shrek The Musical JR.

What happens in Musical Theatre classes?

Musical theatre combines all three disciplines of the performing arts – Dancing, Acting and Singing. As well as improving their singing, dancing and acting skills through creative games, tasks and techniques, they will learn pieces from popular and less well-known musicals to improve their confidence and foster a love of the performing arts.

What is Street Dance?

Street dance is a high energy dance style with a great soundtrack - you will learn the steps and skills to find confidence in technique and choreography. A really good way to improve co-ordination and agility and develop your sense of rhythm.

What is Inclusive Dance/Theatre/Music?

These classes are flexible to individual needs, whilst ensuring participants are learning new skills in their chosen artform and developing their own area of interest. We help grow social skills and confidence and celebrate individuality. Whether you choose to express yourself through dance, build confidence through theatre or be part of a band in music, all these classes use improvisation to adapt to individual needs.

What happens in Theatre classes?

Theatre develops key skills for performance such as characterisation, vocal technique and generating ideas through creative games and tasks. Participants will explore familiar stories and performances, and create some of their own. This will help them improve their confidence, wellbeing, and love for performance.

What is Breakdance?

Breakdance is a high-energy dance style giving you the foundation for moves including floorwork, freezes and top rocking. Despite the wide age range, participants are supported to progress at their individual pace.

What is Ballet & Contemporary?

Our Ballet and Contemporary classes combine the traditional structure and technique of ballet, with the fluidity and creativity of contemporary dance, developing co-ordination, strength, flexibility, balance and agility. Classes are designed to be fun and creative, and develop technical skills, as well as improve self-confidence.

What is a pre-school class?

Our pre-school classes are the next step up from our toddler provision. Pre-schoolers are encouraged to take part independently with their adult watching in the studio. For dance and ballet, they can experience performing for the first time.

What happens in the Music classes?

Music classes are group sessions designed to build confidence and ensemble playing skills. For all three levels (Beginners, Improvers, Advanced), sessions focus on developing key musical skills, and on learning or creating songs/pieces for performance. Beginners and Improvers don't need to supply their own instruments, but we would expect Advanced participants to have and bring their own instrument to maximise their learning opportunities (apart from keyboards and percussion).

What are Rambert Grades?

We are excited to be introducing this to our timetable from September 2024, please visit [Vision and Mission — Rambert Grades](#) for more details. *Link to our page/section for this?*

My First FAQs

What will my child do in a My First class?

My First classes are an introduction to the art forms of dance and theatre, heavily play-based and free creatively. Sessions are carefully structured and include gentle introductory songs and games, warm-up activities and a main development section in which the group might explore role play, imagination and creative movement.

What should my child wear?

Comfortable clothing that allows for movement. For Theatre classes shoes are kept on, and should be soft shoes. For Ballet and Music & Movement either ballet shoes, soft shoes or bare feet. No boots or wellies.

How many participants are there in a class?

We have a maximum capacity of 15 participants per class. If the class is full, we can add you to our waiting list.

Can parents watch the sessions?

At least one parent or carer is required to stay in the class to provide any personal care necessary. In My First classes, adults participate alongside their child, and in Pre-School classes children may feel able to take part on their own with parents/carers watching.

Are there performance opportunities for toddlers?

In our My First classes we focus on building confidence within the group. We may share our work with parents/carers (acting as an audience) but we aim to maintain a secure, nurturing environment for children to thrive without the pressure of performance.