

Contemporary Dance

Course Overview

Ready to elevate your contemporary dance practice? Join us for a dynamic 6-week short course designed for dancers with some prior experience who are eager to refine their technique and explore expressive movement. In these weekly sessions, you'll:

- Strengthen your contemporary dance foundations
- Learn fresh and exciting dance phrases in a release-based and lyrical contemporary style
- Build confidence, stamina, and artistry through movement

Whether you're refreshing your skills, boosting your fitness through dance, or enhancing your professional practice for teaching and performance, this course offers a supportive and inspiring environment to grow. Suitable for aspiring full-time dance students, dancers currently in training, local graduates and dance artists, and anyone looking to reconnect with contemporary dance in a creative and energising way.

What you will learn

Classes will focus on the development of technical and performance skills in the contemporary style, drawing on lyrical and release techniques. Classes will follow a similar structure in each week and material will develop in complexity and pace. Classes will be led by Leicester based choreographer and teacher Demi Essex within our professional dance studio at Abbey Park Campus. Please wear suitable loose clothing for classes and bring water with you.

Entry Requirements

Participants must be aged 15 years and over with some dance experience. Classes will allow for those with less confidence to work at a slower pace, whilst challenging those with more technique and experience. Suitable for those looking to pursue a full-time dance course, those already in training, local graduates and dance artists.

Course Fees

There are no additional costs.

Course Progression

Upon completion of this 6-week short course, you can continue onto our next block of classes. You may wish to look at our L2 (P00176) 1 year course and L3 (P00183) full-time dance courses on our website and take your training to the next level and progress your skills further.

What Happens Next

Apply online via the College website. For enrol and pay courses: Once you have decided to take the course, you need to fill in a short learner details form online and pay the course fee. Once you have done this, you will receive an electronic confirmation of enrolment and payment.

Course Details

Course Code	P00607
Start Date	01/02/2027
Study Hours	Part Time
Duration	6 weeks
Campus	Abbey Park Campus
Level	1

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