

Dance...

- Builds confidence and resilience
- Improves strength, flexibility and fitness
- Develops balance, coordination and control
- Improves body awareness
- Encourages creativity and self-expression
- Develops teamwork and communication skills



High quality
contemporary
dance training for
all children and
young people



BOUNCE!



@tinarts



info@tinarts.co.uk



0300 1240448



Find out more...

Get in touch to find out more and book your free taster session.

Our Approach

With over 25 years' experience, TIN Arts are experts in tailoring activities to the needs of individuals whether they're taking their first ever dance class or preparing for a professional career in dance. At BOUNCE, young people with and without disabilities dance together and learn at a pace that suits them. Groups are small and each is taught by two professionally-trained and experienced artists ensuring each young person receives the care and attention they need.

Timetable

Scramble

(age 4+)

Thursday 4.30 to 5.15

Zigzag

(age 7+)

Wednesday 4.30 to 5.30

or

Friday 4.30 to 5.30

Twister

(age 11+ beginners and improvers)

Thursday 5.45 to 6.45

Frantic

(age 11+ intermediate)

Friday 6.00 to 7.30

D+

(age 11+ advanced)

Wednesday 6.00 to 7.30

TINARTS

A New Home!

From September 2026 all classes will take place in the TIN Dance House!



TIN Arts

TIN Dance House
Coulson Street
Spennymoor
DL16 7RS