



Class Descriptions:

Mommy and Me Dance – For mommy and child(ages 5 months to 24months). An introduction, music, dance, learning and fitness class. A fun environment with upbeat music to start getting your child and yourself active. *Attire: Workout clothing, baby sling(not required but recommended).*

Creative Dance – An introduction to dance! Does your 2 or 3 year old want to dance? This class is offered for 30mins every Saturday morning! Kids get to experience being in the studio; they can wear their favorite dance outfit and get to dance to the latest fun music! Creative Dance aims to introduce the foundations of dance techniques and will include many outlets for creative expression

Classes are available for dancer's age 2-3years old with an emphasis on both ballet and jazz.

Ballet Barre Workout - Performed primarily at a ballet barre, these exceptionally designed sequences will help to strengthen technique, body alignment and tone your entire body, from head to toe. Using upbeat music, this ballet barre class uses basic dance movements and positions to increase your balance and body strength.

Available for All Adults 16+

Dancewear Requirements: Workout clothes

Ballet – the basis of all dance forms combines the beauty of music with dance. The benefits of learning ballet include development of good posture and self-discipline while learning technique and musicality. Ballet training provides young ballet dancers with opportunities to develop grace, fitness and self -confidence.

Ballet classes are available for dancers age 4 +

Dancewear Requirements: Mondor Black Bodysuit, Mondor Light Pink Tights, Pink Ballet Shoes

Pointe – This class is a ballet class in which you do specific exercises to train on pointe. J'Danse Studio uses real pointe shoes in class to perform demi pointe and pre-pointe exercises on the barre, across the floor, and in the centre.

Available for Senior Elite/Advanced Students Only, must require teachers approval

Dancewear Requirements: Mondor Black Bodysuit, Mondor Light Pink Tights, Pink Pointe Shoes

Acro Dance – Acro dance is a seamless combination of acrobatic and gymnastic skills with choreographed dance moves, requiring a great deal of strength and flexibility. We have a certified Acrobatic AcroDance Instructor on Staff.

Attire: Black bodysuit, light suntan tights and shorts, with foot undies

Jazz Funk/ Hip Hop Combo - Class is designed for young dancer's age 12yrs+. Learn new Hip Hop and Funky Jazz moves combined with an introduction to basic styles, floor work, jazz combinations and hip hop dance moves! Perfect for both boys and girls and those wanted to have FUN!

For Ages 12+

Attire Requirements: same as jazz

Jazz – Jazz is the form of dance that seems to be the most popular. It is fun and upbeat using the most recent and popular music hits. Jazz class combines stretching, aerobic exercise, strength, and upbeat movement to create fun exciting routines. We suggest jazz for all students 4 years and up.

Jazz classes are available for dancers age 4+

Dancewear Requirements: Mondor Black Bodysuit, Mondor Sun Tan Tights, Black Jazz Shoes

Tap – Tap dancing is an energetic dance style where students learn rhythm, style, technique and musicality through percussive footwork. Tap was initially popularized in Hollywood by such great dancers as Fred Astaire, Ginger Rogers and Shirley Temple and more recently, by the hugely popular performers Tap Dogs, Stomp and Riverdance!

Tap is available for dancers age 4+. No previous experience required.

Dancewear Requirements: Mondor Black Bodysuit, Mondor Sun Tan Tights, Black Tap Shoes

Lyrical – This beautiful and graceful form of dance combines Ballet, Jazz and Contemporary dance techniques teaching the dancer to communicate emotion and expression through choreography and music. Lyrical encourages the dancer to explore the fascinating world of musicality and the close relationship music shares with dance.

Lyrical classes are available for students 9 yrs +

Dancewear Requirements: Mondor Black Bodysuit, Mondor Suntan tights, Half soles

Stretch n Strength – Fitness for athletes with an emphasis on core strength. This class will improve your health and decrease your risk of injury. The main focus is to improve your, balance, agility, and coordination. You will strengthen all muscles, but particularly your core as these provide the support for all movement. Various stretches we'll increase your flexibility overall.

Available for All Dancers. Required for Pre-Competitive Students. Recommended for Elite Students.

Attire Requirements: Running Shoes, workout clothes, water bottle

Yoga - A system of physical exercises or postures that builds strength, flexibility and confidence. Dancers learn how to move more freely and with greater ease and awareness. It's a fact that dancers feel more relaxed, focused, and motivated when incorporating Yoga into their daily routine.

Available for All Dancers. Recommended for Elite, Advanced Students & Pre-Competitive Dancers

Requirements: Yoga Mat, workout clothing, yoga block (can be purchased at JDS)

BoxFit/Adult Bootcamp – This all level class provides the perfect mix of boxing technique and cardio fitness. The class starts with a core workout, plyometrics and stretching. Then get your boxing gloves out because training will emphasize the use of thai pads for punches, kicks and combinations for a full body workout. Some ground work and jiu jitsu techniques will be used. A variety of fitness equipment will be incorporated during the class while motivation music plays in the background.

All level of participants welcome.

Boxfit Required: Boxing gloves, hand wraps, mouth guard, indoor shoes, towel, water bottle.

Bootcamp – workout clothes, running shoes

Competitive – Please visit our **Competitive Team** tab on our website for more information and the handbook.