

12 - 20 years

Ballet C (12-15 years)

In this ballet class students will continue to learn and develop fundamentals, with a progression toward learning variations. Students will learn original steps from ballet productions, with an emphasis on artistic expression and stage presence. This is a great class for dancers wishing to experience the joy of dance, and to develop their performance skills!

Saturday: 11:00am – 12:30pm

Cost: \$460

Hip-Hop C (12-15 years)

This class teaches rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun.

Friday: 6:30 – 8:00 pm

Cost: \$400

Zéphyr Jr. (12-20 years)

French Canadian dance and step dance / Zéphyr troupe performance preparation

Tuesday: 7:15 – 9:15pm

Cost: \$568

Contemporary Dance

Contemporary is a fusion of classic dance, jazz and ballet, encouraging pedestrian-like movement. Contemporary is quickly becoming a mainstream form of dance that focuses on a natural way of moving while still incorporating the technical aspects of dance. Previous ballet training is required as well as current enrolment in a ballet class is required.

Thursday: 4:30 – 6:00pm

Cost: \$460

Parent-Child Yoga

These Classes have no therapeutic ambition even if they can improve communication and relationships between generations. The challenge is more about interpersonal skills, even if the acquisitions may be in the process. They are usually playful, inviting you to the inner and sharing...

..Being together and enjoy these moments in common!

Saturday: 9:30 – 10:30 am

Cost: \$330

\$140 Season 1

\$190 Season 2

\$90 7 Drop-in (Card)

\$15 1 Drop-in