

Adult Dance

La Girandole French Canadian dance and international dance

Tuesday: 5:45 – 7:15 pm

Cost: \$280

\$140 Season 1

\$140 Season 2

Adult Dance – Danse Ultime

This course can be discovery for some and refinement for others. There is no level for this course; however knowledge of dance is essential. Classes will be an amalgam of jazz, contemporary jazz and lyrical. This course will not present a performance at the annual show; nevertheless it will encourage participants to do several dances during the year.

Thursday: 6:00 – 7:30 pm

Cost: \$460

\$230 Season 1

\$230 Season 2

Zéphyr Jr. (12-20 years)

French Canadian dance and step dance / Zéphyr troupe performance preparation

Tuesday: 7:15 – 9:15 pm

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 – 6:00 pm

Cost: \$460

Yoga

These classes use slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing.

Monday: 4:30 – 6:00 pm

Cost: \$330

\$140 Season 1

\$190 Season 2

\$90 7 Drop-in (Card)

\$15 1 Drop-in

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

Aerobics

This course will focus on cardiovascular fitness and muscular strength and endurance by offering challenging aerobic workouts.

Thursday: 6:00 – 7:30 pm

Cost: \$330

\$140 Season 1

\$190 Season 2

\$90 7 Drop-in (Card)

\$15 1 Drop-in