



THE JILL FOSTER DANCE CENTRE  
CLASS SCHEDULE: 2023

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ALL CLASSES BY APPOINTMENT ONLY

Book here: [www.jfdc.co.uk/book-online](http://www.jfdc.co.uk/book-online)

**MK SNAP, BOURTON LOW, WALNUT TREE, MK7 7DE**

**MONDAY**

4.30-5.55pm JUNIOR MUSICAL THEATRE  
6.10 - 7.35pm ELITE FREESTYLE DANCER TRAINING

**TUESDAY**

4.30 - 5.10pm SUPER MOVERS  
5.15 - 5.55pm FREESTYLE COMMERCIAL  
6.00 - 6.40pm JUNIOR BALLROOM / LATIN AMERICAN (7-13 years)  
6.25 - 7.05pm JUNIOR BALLROOM / LATIN AMERICAN (13-18 Years)

**WEDNESDAY**

7.30-8.30pm TASTE OF TECHNIQUE  
8.30 – 9.30pm ADULT BALLROOM/ LATIN AMERICAN (Beginners)

**THURSDAY**

8.00 – 9.30pm ADULT BALLROOM / LATIN AMERICAN (Improvers/Advanced)

**SATURDAY**

9.45 - 10.25am SUPER STARS  
10.30 - 11.10am FREESTYLE COMMERCIAL (Junior Beginner/Inter)  
11.15 - 11.45am MINI MOVERS  
12.00 - 1.25 pm ELITE FREESTYLE DANCER TRAINING

**HOLMWOOD SCHOOL, KENSINGTON DRIVE, GREAT HOLM, MK8 9AB**

**MONDAY**

4.45 - 5.15pm MINI MOVERS  
5.20 – 6.00pm SUPER STARS  
6.05 - 6.45pm FREESTYLE COMMERCIAL (Junior Beginner/Intermediate)

**MEDBOURNE COMMUNITY SPORTS PAVILION, PASCAL DRIVE, MEDBOURNE, MK5 6LS**

**THURSDAY**

4.30 - 5.00pm SUPER MOVERS  
5.05- 5.45pm FREESTYLE COMMERCIAL (Junior Beginner)  
5.05- 5.45pm FREESTYLE COMMERCIAL (Junior Intermediate/Advanced)

**SHENLEY LEISURE CENTRE, BURCHARD CRESCENT, SHENLEY CHURCH END, MK5 6HF**

**FRIDAY**

5.15 - 5.55pm SUPER MOVERS  
6.00 – 6.55pm FREESTYLE COMMERCIAL

## Class Details

**MINI MOVERS (3 to 6 years)** A fun but structured class which introduces the younger dancer to Street/Freestyle, Ballroom, Latin and Rock n Roll following the IDTA Rosette Syllabus. £4.50 weekly /£24.00 per half term

**SUPER STARS (6 to 10 years)** This combination class develops the finer points of Street/ Freestyle, Ballroom and Latin American dance following the IDTA Star Dance Syllabus. £6.00 weekly /£34.00 per half term paid in advance

**SUPER MOVERS (3 to 10 years)** This combination class develops the finer points of Street/ Freestyle, Ballroom and Latin American dance following the IDTA Rosette and Star Dance Syllabus. A great class for siblings who would like to work together. £6.00 weekly /£34.00 per half term paid in advance

**FREESTYLE COMMERCIAL (7 - Adult)** An exciting class which gives the dancer the opportunity to learn Freestyle commercial and slow lyrical routines to current music. £6.00 weekly / £34.00 per half term

**JUNIOR BALLROOM AND LATIN AMERICAN (6 years plus)** These classes are "Strictly" for those who want to learn the lilting Waltz, the rhythmical Samba, dramatic Tango or the cheeky Cha Cha Cha. £6.00 weekly /£34.00 per half term

**ELITE DANCER TRAINING** This class focuses on the aspects of performance which we don't always have time to include in our mainstream classes including: strength, stamina, flexibility and trick work and competitor training. Come and see whether you have what it takes to be Elite. £6.50 weekly / £37.00 per half term

**JFDC MUSICAL THEATRE** This class is for those who love to dance and sing. Focusing on all the disciplines of performing arts while dancers get to perform selections from their favourite musicals. £6.50 weekly / £37.00 per half term

**ADULT SOCIAL DANCE COURSES** Our 5-week courses cover complete routines in a range of Ballroom and Latin American Dances (check website for start dates and content). Places sell out quickly so book yours now. £8.00 weekly /£ 35.00 per course (5 weeks) per person

**TASTE OF TECHNIQUE** Further your technical knowledge in both Ballroom & Latin American. £10.00 weekly

**JUNIOR ONE TO ONE TUITION** Junior one to ones are available to all dancers in every style we teach. One to ones are essential if you wish to join our Freestyle competitive squad Prices are £16.00 per half hour session *(NB: 48 hours notification of cancellation must be given or the fee will be charged at the full rate)*

**ADULT ONE TO ONE TUITION** Whether you want to improve your dance skills, have missed a few classes, want to catch up or prefer the personal approach, one to one sessions could be what you are looking for. Prices are £21.00 per half hour session/£40.00 per hour. *(NB: 48 hours notification of cancellation must be given or the fee will be charged at the full rate)*

**WEDDING TUITION** Give your wedding day the 'wow' factor by inviting us to choreograph your first dance in a fun and friendly atmosphere. We provide specialist choreography and training to your chosen music. Please contact the office to book your personal wedding coach (jill@jfdc.co.uk).

**IDTA PROFESSIONAL/TEACHER TRAINING** If you are looking to start a new career as a dance teacher or you wish further your qualifications, the JFDC offers teacher training in all Ballroom/Freestyle subjects. Prices are £26.00 per half hour session/£50.00 per hour. *(NB: 48 hours notification of cancellation must be given or the fee will be charged at the full rate)*