



THE JILL FOSTER DANCE CENTRE
CLASS SCHEDULE: 2021-2022

Text: 07850 441964
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jfdc.co.uk

ALL CLASSES BY APPOINTMENT ONLY

Book here: www.jfdc.co.uk/book-online

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

MONDAY

6.10 - 7.35pm

ELITE FREESTYLE DANCER TRAINING

7.45 - 8.45pm

LATIN LIMBER

TUESDAY

4.30 - 5.10pm

SUPER MOVERS

5.15 - 5.55pm

FREESTYLE COMMERCIAL

6.00 - 6.40pm

JUNIOR BALLROOM / LATIN AMERICAN (Beginner / Intermediate)

6.45 - 7.25pm

JUNIOR BALLROOM / LATIN AMERICAN (Advanced)

WEDNESDAY

7.30-8.30pm

TASTE OF TECHNIQUE

8.30 – 9.30pm

ADULT BALLROOM/ LATIN AMERICAN (Beginners)

THURSDAY

8.00 – 9.25pm

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

1.20 - 2.15 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

TICKFORD CENTRE: MIDDLETON POOL, NEWPORT PAGNELL, MK16 9DH

WEDNESDAY

4.15 - 4.55pm

SUPER MOVERS

5.00 – 5.40pm

Freestyle commercial

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)

MAULDEN VILLAGE HALL, FLITWICK ROAD, MAULDEN, BEDS, MK45 2DN

THURSDAY

‘Dancing for Fun & Fitness’

5.15 - 5.55pm	SUPER MOVERS
6.00 - 6.40pm	JUNIOR BALLROOM / LATIN AMERICAN (Beginner / Intermediate)_____
6.45 – 7.25pm	FREESTYLE COMMERCIAL

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

FRIDAY

5.15 - 5.55pm	SUPER MOVERS
6.00 - 6.40pm	FREESTYLE COMMERCIAL (Junior Beginner)
6.45 – 7.25pm	FREESTYLE COMMERCIAL (Junior Intermediate)
7.30 - 8.10pm	FREESTYLE COMMERCIAL (Junior Advanced)

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. £3.50 weekly /£21.00 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. £5.00 weekly /£30.00 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. £5.00 weekly /£30.00 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. £5.00 weekly / £30.00 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. £5.00 weekly /£30.00 per half term

ELITE DANCER TRAINING The 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. £5.00 weekly / £30.00 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. £7.00 weekly /£ 30.00 per course (5 weeks) per person

LATIN LIMBER Gentle to moderate exercise whilst developing your Latin style and technique. £7.00 weekly

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 £15.00 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 £20.00 per half hour session/£38.00 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 £25.00 per half hour session/£48.00 per hour. *(NB: 48 hours notification of cancellation must be given or the fee will be charged at the full rate)*