

Competitive Classes 2026-2027

Classes begin Tuesday, September 8th

Classes run from September 8th until May 31st

Recital is at TCU Place on Saturday, June 5th

Monthly Prices:

30 min. class \$55 per month

45 min. class \$65 per month

1 hour class \$75 per month

1 hour 15 min class \$85 per month

Discount Program: The more classes you take, the more you save!

Classes	Discount
4	10%
5	15%
6	19%
7	21%
8	23%
9	25%
10	27%
11	29%
12	31%
13	33%
14	35%
15+	37%

PEDC has an attractive discount program to help our families register for more classes and meet our requirements.

Please note: Our requirements for classes ensure our dancers are receiving the proper training to facilitate growth and be competitive. Please make sure you are aware of the prerequisites you need to take competitive classes. See the requirements at the end of the document.

Junior 1 Competitive Classes for 7–8-year-olds

Jr. 1 Jazz 7-8 years *NEW - Tuesday 6:30-7:15

* must have previous Jazz experience

Jr. 1 Tap 7-8 years *NEW – Tuesday 7:15-8:00

* must have previous tap experience

Pre-Grade 1 Ballet 7-8 years *NEW – Tuesday 5:30-6:30

Junior 2 Competitive Classes for 8–10-year-olds

Jr. 2 Jazz 8-10 years (Dance through the day) – Wednesday 7:15-8:00 pm

* required to take 2 ballet classes and jazz technique class to register for competitive jazz

* must have previous Jazz experience

Jr. 2 Tap 8-10 years (Did I mention) – Wednesday 6:30-7:15 pm

* must have previous tap experience and take the tap technique class to register for competitive tap

Jr. 2 Jazz Technique 8-10 years – Friday 7:00-7:45 pm

Jr. 2 Tap Technique 8-10 years – Friday 7:45-8:30 pm

Grade 2 Ballet 8-10 years (Lemonade Stand)– Wednesday 5:30-6:30 and Friday 6:00-7:00 pm

* both ballet classes required

Jr. Musical Theatre 10-12 years (Some things never change) - Wednesday 8:00-8:45 pm

*required to take a jazz class (can be non-competitive) to register for musical theatre

Jr. Hip Hop 9-12 years – Monday 5:45-6:30 pm

Jr. Acro 8-11 years (The use in trying) – Monday 6:30-7:30 pm

Jr. 2 Lyrical 8-10 years – Monday 7:30-8:15 pm

Junior 3 Competitive Classes for 10-12-year-olds

Jr. 3 Jazz 10-12 years (Mona Lisa) – Friday 6:00-7:00 pm

*required to take 2 ballet classes and the Jr. 3 Jazz Technique class to register for a jazz class

Jr. 3 Jazz Technique Class 10-12 years- Wednesday 5:30-6:30 pm

Grade 3 Ballet 10-12 years (Metamorphosis) – Wednesday 6:30-7:30 pm and Friday 7:00-8:00 pm

* both ballet classes required

Musical Theatre 10-12 years (Some things never change) – Wednesday 8:00-8:45 pm

*required to take a jazz class (can be non-competitive) to register for competitive musical theatre

Jr. 3 Lyrical 10-12 years for Grade 3 ballet students. (Humble and kind) Friday 5:15-6:00 pm

Jr. Hip Hop 9-12 years - Monday 5:45-6:30 pm

Jr. Acro 8-11 years (The use in trying) - Monday 6:30-7:30 pm

Conditioning for Dancers 10 +yrs - Tuesday 8:15-9:00 pm

Jumps and turns 10+ years - Jr. 3-Pre-Intermediate 2 students – Thursday 6:15-7:00

Pre-Intermediate 2 Competitive Classes for 11-14-year-olds

Pre-Intermediate 2 Jazz (My name is Kay) - Tuesday 7:15-8:15 pm

*required to take 2 ballet classes and the Pre-Intermediate 2 jazz technique class to register for a competitive jazz class

Pre-Intermediate 2 Tap (It's like that) – Tuesday 6:30-7:15 pm

*required to take the Pre-Intermediate 2 tap technique class to register for a tap class

Pre-Intermediate 2 Jazz technique class – Thursday 7:00-8:00 pm

Pre-Intermediate 2 Tap technique class – Thursday 8:00-8:45 pm

Grade 4 Ballet (Skating in New York)- Thursday 5:15-6:15 pm and Friday 8:00-9:00 pm

* both ballet classes required

Pre-Intermediate 2 Musical Theatre (Omigod) - Tuesday 5:30-6:15 pm

*required to take a jazz class (can be non-competitive) to register for musical theatre

Pre-Intermediate 2 Hip Hop (Soulja girls) – Monday 7:30-8:15 pm

*advised to be registered in any additional class

Pre-Intermediate 2 Contemporary (Shooting Star) – Monday 6:30-7:30 pm

* required to take 2 ballet classes and a jazz class

Conditioning for Dancers 10 yrs – Tuesday 8:15-9:00 pm

Jumps and turns 10+ years - Jr. 3-Pre-Intermediate 2 students – Thursday 6:15-7:00 pm

Intermediate/Advanced Acro Large Group 11+ years (Game of Survival, Carousel, Paint it Black) –

Monday 5:30-6:30 pm *required to take a jazz class and acro skills class

Acro Skills (experience required) 11+ years – Friday 6:00-7:00 pm **No recital dance*

*Mandatory for competitive acro classes 10 years +

Intermediate/Advanced Classes for 15+ year-olds

Intermediate/Advanced Jazz (Just keep watching) – Thursday 5:15-6:15 pm

*required to take 2 ballet classes and Jazz technique class. Conditioning/Jumps and Turns class strongly recommended, Mandatory for GNG.

Intermediate 2/3 Jazz technique - Tuesday 7:00-8:00 pm

Intermediate 3 Tap Large Group (Pencil full of lead) - Wednesday 6:00-6:45 pm

Intermediate 3 Tap Small Group (Send me on my way) - Wednesday 5:30-6:00 pm

Intermediate 3 Tap Technique – Saturday 2:00-2:45 pm

Intermediate/Advanced Musical Theatre (Money, money, money) Wednesday 6:45-7:30 pm

*required to take a jazz class (can be non-competitive) to register for musical theatre

Intermediate/Advanced Hip Hop (Madagascar) - Monday 6:30-7:30 pm

*advised to be registered in any additional class

Intermediate/Advanced Contemporary (Somebody I used to know)- Monday 7:30-8:30

* required to take 2 ballet classes, jazz technique class and strongly recommend

Conditioning/Jumps and turns class

Conditioning/Jumps and Turns 15+ years *strongly recommended for competitive students,

Mandatory for GNG – Tuesday 8:00-8:45 pm

Intermediate/Advanced Acro Large group 11+ yrs (Game of Survival, Carousel, Paint it Black)-

Monday 5:30-6:30 pm *required to take a jazz class and acro skills class

Acro Skills Class 11+ years – Friday 6:00-7:00 pm **No recital dance*

Advanced Foundation Pointe (Ordinary)– Wednesday 8:30-9:15 pm

Advanced Foundation Ballet – Thursday 6:15-7:15 pm and Friday 4:45-6:00 pm

Advanced Foundation and Advanced Large Ballet Choreo class (Navy Skies)– Wednesday 7:30-

8:30 pm *both ballet technique classes required

Advanced Ballet – Tuesday 6:00-7:00 pm and Thursday 8:00-9:15 pm

Advanced Pointe (Vienna)– Thursday 7:15-8:00 pm

Advanced Competitive Jazz and Contemporary Dance (18+ years - Experience required)

Wednesday 9:00-10:00 pm - Specially priced at \$35/month!

This class is for students, ages 18+ who want to dance at an advanced level, with the option of competing at a Saskatoon Dance Competition and participating in our Recitals!

Glitz 'N' Glam Dance Team (Invite only)

Classes and requirements:

GNG Jazz - Advanced Jazz Small Group 14+ invite only (Black Car) - Tuesday 8:45-9:30 pm

*required to take 2 Ballet technique classes, Ballet choreo Class, Inter 2/3 Jazz technique,

Conditioning/Jumps and Turns class, large jazz choreo group. Jazz exam mandatory.

GNG Ballet - Advanced Ballet Small Group 14+ invite only (Black Swan) – Tuesday 5:00-6:00

*required to take 2 Ballet technique classes, Inter 2/3 Jazz technique, Jazz choreo class (GNG),

Conditioning/Jumps and Turns class, Contemporary class (GNG) and large ballet choreo group.

Ballet Exam mandatory.

GNG Contemporary - Advanced Contemporary Small Group invite only (The Village) Thursday

9:15-10:00 pm

*required to take 2 Ballet technique classes, Ballet choreo class (GNG), Inter Jazz technique, Jazz choreo class (GNG), Conditioning/Jumps and Turns class, and large contemporary choreo group.

Ballet and Jazz exams mandatory.

GNG Tap – Advanced Tap Small Group invite only (Carried Away) – Monday 9:15-9:45 pm *
required to take Intermediate 2 Tap Technique class, and large tap group.

GNG Musical Theatre - Advanced Musical Theatre Small Group invite only (I hope I get it) –
Monday 8:30-9:15 pm

*required to take a competitive jazz class, and large Musical Theatre group.

Conditioning/Jumps and Turns Class is required for all GNG dancers – Tuesday 8:00-8:45 pm

*All GNG students should take the Inter/Advanced Hip Hop class to prepare them for conventions and future dance opportunities such as Harbour Dance Centre, Cruise ships, etc.

*GNG students are strongly advised to take the Acro Skills class Friday 6:00-7:00 pm.

New to Pure Energy Dance Co! – Fitness Classes with Megan!

No experience required.

Wear what you are comfortable with (leggings and tank or tee, sweats and a t shirt – you do you! Come join Miss Megan for fun, fitness, and a community of friends!

Please bring your own yoga mat (we have extras in case you forget).

These classes are for teens and adults. Classes run from September to the end of May.

All Fitness classes are offered at a discounted rate - \$45 per month! Please register online to receive the discounted price. Drop ins are \$16.25 per class.

To register for these fitness classes, please see the non-competitive dance season.

Barre Yoga Fusion – Tuesday 7:15-8:15 pm

Get ready to work and sweat and then stretch your muscles out! Barre Yoga Fusion combines the best of both worlds. We will start with a full body workout- targeting muscles that will help improve your stability, balance and stamina. A short “cardio blast” to get our heart rates up and then some work at the barre to train muscles that you didn’t even know you had! The workout gets rounded out by some slowed down dynamic stretching and finishes with a round of breath work to send you back out into the world feeling refreshed and focused.

Barre Fitness - Thursday 7:30-8:30 pm

The “little black dress” of the barre world. This class is the OG full body workout and is guaranteed to work your muscles until they quiver and shake! We start with some light calisthenics and then head to the barre where we will target specific muscle groups and work them to the point of no return! You will be shaking- with joy! The class gets rounded out with a short “cardio burst” and then finishes with some light stretches to help keep you limber and feeling great!

Pilates Stretch – Thursday 5:00-6:00 pm

Pilates classes are perfectly designed to give you the long, lean muscles you desire. This class is based on the mat so it is perfect for anyone who is looking for a low impact challenge. Be prepared to sweat and work your abs, back, legs and arms. Pilates stretch challenges participants using the framework of Joseph Pilates’ original choreography, with a few creative twists to keep it fresh and interesting!

Megan is fully certified in teaching; RAD ballet, Pilates, Yoga, PBT and Barre Fitness. She enjoys sharing her deep knowledge of movement and dance and is delighted to be a part of the Pure Energy family! (To see Megan's full bio, go to pureenergy.ca).

Class Requirements for the 2025-26 Competitive Dance Season

Jazz Dance – must take two Ballet classes and a Jazz technique class. and the Stretch and Conditioning/Jumps and Turns class strongly recommended

Tap Dance – must take a Tap technique class.

Ballet Dance – must take two Ballet technique classes in addition to the large Ballet class.

Lyrical/Contemporary Dance – must take two Ballet classes and a jazz class. Intermediate level and higher, a jazz technique class is mandatory and Conditioning/Jumps and Turns class is strongly recommended.

Acro Dance – Acro skills class is mandatory for ages 11+ and Conditioning/Jumps and Turns class is strongly recommended. Jazz class advised.

Musical Theatre Dance – must take a jazz class (could be non-competitive)

Hip Hop Dance – advised to be registered in any additional dance class.

Solos and Duos are required to take all the necessary Ballet and Technique classes as listed above in addition to the choreography classes in the genre of the solo/duo. Students who take solos and duets are also expected to be taking their exams and attend all workshops and training opportunities that are available to them.

Requirements to take a Tap and Jazz Exam:

Students who wish to take their Exams must be enrolled in two Ballet classes, take the Tap Technique class (for tap exam) and Jazz Technique class (for jazz exam), along with their Jazz and Tap group classes. **Only those ready for the exam will take the exam.**

Requirements to take a Ballet Exam: Students will be invited to take an exam:

All Ballet exam students are required to take the Ballet classes outlined for their Grade (minimum 2 classes per week). Students will receive an invitation to take the exam if the teacher feels they are ready.