

Non-Competitive Classes 2026-2027

Classes begin Tuesday, September 8th

Classes run from September 8th until May 31st

Recital is at TCU Place on Sunday, June 6th (Rehearsal is Saturday, June 5th)

During the month of September, we can transfer you to another class if the class you registered for doesn't work or your child wants to try something different. We will make sure your child is in the perfect class!

If you need to discontinue, please let us know before the new month of classes begins.

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! For families with more than one registered child, the classes are totalled per family and discounted accordingly.

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%

Costume Fees:

Tiny Tot Ballet: \$90, Classes ages 5-9: \$130, Classes ages 10+: \$150

*No costume fees for all non-competitive hip hop classes, all non-competitive acro classes, and aerial classes.

Classes for 1.5 – 2.5-year-olds

Creative Movement (Parent-Assisted) Saturday 10:15-10:45 am

Classes for 3–4-year-olds

Tiny Tot Ballet 3-4 years Tuesday 5:30-6:00 pm

Tiny Tot Ballet 3-4 years Saturday 11:00-11:45 am

Hip Hop Tots 3-4 years Tuesday 6:00-6:30 pm

Hip Hop Tots 3-4 years Saturday 12:15-12:45 pm

Acro Tots 3-4 years Saturday 11:45 am-12:15 pm

Classes for 5–8-year-olds

Jazz/Tap Combo 5-6 years Tuesday 5:30-6:30 pm

Jazz/Tap Combo 5-6 years Saturday 11:45-12:45 pm

Pre-Primary Ballet 5-6 years Tuesday 6:30-7:15 pm

Pre-Primary Ballet 5-6 years Saturday 11:00-11:45 pm

Hip Hop 5-7 years Monday 5:15-6:00 pm

Hip Hop 5-7 years Saturday 12:45-1:30 pm

Acro Dance 5-9 years Monday 6:45-7:30 pm

Acro Dance 5-8 years Saturday 1:45-2:30 pm

Aerial Arts (silks) 5-7 years Wednesday 6:00-7:00 pm

Aerial Arts (silks) 7-9 years Wednesday 7:00-8:00

Aerial Arts (silks) 7-10 years Saturday 10:45-11:45 am

Classes for 7-9-year-olds

Jr. 1 Jazz 7-9 years Thursday 5:15-6:00 pm

Jr 1. Tap 7-9 years Thursday 6:45-7:30 pm

Jr. 1 Jazz/Tap Combo Saturday 12:45-2:00 pm

Primary Ballet 7-9 years Thursday 6:00-6:45 pm

Primary Ballet 7-9 years Saturday 10:15-11:00 am

Grade 1 Ballet 9-11 years Thursday 6:45-7:30

Grade 1/2 Ballet 9-12 years Saturday 11:45 am-12:30 pm

Hip Hop 5-7 years Saturday 12:45-1:30 pm

Hip Hop 5-7 years Monday 5:15-6:00 pm

Hip Hop 8-11 years Saturday 1:30-2:15 pm

Hip Hop 8-11 years Monday 6:00-6:45 pm

Musical Theatre 9-13 years Thursday 6:00-6:45 pm

Acro Dance 5-9 years Monday 6:45-7:30 pm

Acro Dance 5-8 years Saturday 1:45-2:30 pm

Acro Dance 9-13 Saturday 2:30-3:15 pm

Aerial Arts (silks) 7-9 years Wednesday 7:00-8:00 pm

Aerial Arts (silks and trapeze) 7-10 years Saturday 10:45-11:45 am

Classes for 10-12 year-olds

Junior/Pre-Inter Jazz 11-14 years Monday 7:30-8:30 pm

Junior/Pre-Inter Tap 11-14 years Monday 8:30-9:15 pm

Grade 1 Ballet 9-11 years Thursday 6:45-7:30

Grade 1/2 Ballet 9-12 years Saturday 11:45-12:30 pm

Hip Hop 12 + years Tuesday 8:15-9:00 pm

Hip Hop 8-11 years Monday 6:00-6:45 pm

Hip Hop 8-11 years Saturday 1:30-2:15 pm

Musical Theatre 9-13 years Thursday 6:00-6:45 pm

Acro Dance 10+ years Monday 7:30-8:30 pm

Acro Dance 9-13 Saturday 2:30-3:15 pm

Aerial Arts (silks) 10+ years Wednesday 8:00-9:00 pm

Aerial Arts (silks) 10+ years Saturday 12:45-1:45 pm

Classes for 12+ years

Advanced Teen Jazz (experience required) 14+ years Tuesday 7:00-8:00 pm

Advanced Teen Contemporary (experience required) 14+ years Tuesday 6:15-7:00 pm

Hip Hop 12+ years Tuesday 8:15-9:00 pm

Conditioning for Dancers (register in Competitive season) Tuesday 8:15-9:00

Junior/ Pre-Inter Jazz 11-14 years Monday 7:30-8:30 pm

Junior/Pre-Inter Tap 11-14 years Monday 8:30-9:15 pm

Musical Theatre 9-13 years Thursday 6:00-6:45 pm

Acro 9-13 years Saturday 2:30-3:15 pm

Aerial Arts (silks) 10+ years Wednesday 8:00-9:00 pm

Aerial Arts (silks) 10+ years Saturday 12:45-1:45 pm

Adult Classes (No experience required)

Classes run from September to the end of May. Classes will include new weekly combinations and choreography. Wear what you are comfortable with (leggings and tank or tee, sweats and a t shirt – you do you! Come join Miss Sarah for fun, exercise, and a dance community of friends!

We offer our adult classes at a discounted price! No Registration fee! Please register online to receive the discounted price. Drop ins are \$16.25 per class.

Adult Hip Hop Wednesday 6:30-7:15 pm \$45 per month

Adult Tap Wednesday 7:15-8:00 pm \$45 per month

Adult Jazz Wednesday 8:00-8:45 pm \$45 per month

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! No Registration fee. Please register online to receive the discounted price. Drop ins are \$16.25 per class.

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).