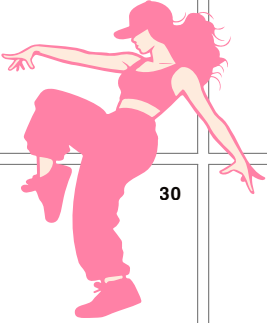




GRANDE CACHE RECREATION CENTRE DANCE PROGRAMS 2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 HAPPY NEW YEAR!	2	3
4	5 	6	7	8	9	10
11	12	13 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	14 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM LYRICAL 6:00 - 7:00 pm	15 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45-6:30 pm	16	17
18	19	20 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	21 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM LYRICAL 6:00 - 7:00 pm	22 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45-6:30 pm	23 	24
25	26	27 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	28 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM LYRICAL 6:00 - 7:00 pm	29 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45 - 6:30pm	30	31
MISS SARAH'S SPOT!						

Welcome, new and returning dancers! I am so excited to start the dance season! This session will be a bit different... a 12 week dance intensive training, with a strong focus on technique, strength and flexibility. Year End Show date TBD. Come to class ready to work hard and have fun! Just remember... “The best things happen when you’re dancing.” - Danny Kaye





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LITTLE LEAPS

AGES: 3 & 4
WHEN: Tuesdays
TIME: 5:00 - 5:30 pm
COST: \$75

In this playful introduction to dance, dancers will explore movement through music, imagination, and simple dance steps from ballet, jazz, and creative movement. We'll hop like bunnies, twirl like princesses, and march like superheroes—all while building coordination, balance, and confidence. Perfect for first-time dancers, this class blends fun, friendship, and a touch of sparkle to inspire a lifelong love of dance!

- **Dress code: Please have dancers in leotard & tights. Boys in moveable clothing. Pink ballet shoes for girls, black for boys. NO JEANS! HAIR: Neatly tied up.**

JAZZ

AGES: 5 - 7
WHEN: Tuesdays
TIMES: 5:30 - 6:15 pm
COST: \$75

Let's jazz it up! This fun and energetic class is perfect for young dancers ready to grow their skills. We'll learn awesome new moves from our jazz curriculum, practice technique like kicks, turns, and jumps, AND work on flexibility to help every dancer shine. With games, upbeat music, and plenty of encouragement, dancers will build confidence, strength and style - while having a great time on the dance floor!

- **Dress code: Leotard, tights & shorts (or leggings). For boys: movable clothing. Black jazz shoes. NO JEANS! HAIR: Neatly tied up.**

ELEVATE LYRICAL

AGES: 8 - 10
WHEN: Wednesdays
TIME: 5:00 - 6:00 pm
COST: \$75

This lyrical class is designed for dancers ready to take their skills to the next level. We'll work on building flexibility, strengthening technique, and exploring the emotional storytelling that makes the lyrics so beautiful. Dancers will learn combinations that blend ballet grace, artistry and a deeper connection to music - all in a fun, supportive space.

- **DRESS CODE: Leotard, leggings or tights with ballet shoes or lyrical shoes. HAIR: Neatly tied up. Dancers in this class set the standard for the younger dancers. NO JEANS.**

MOMENTUM INTERMEDIATE LYRICAL

AGES: 11+
WHEN: Wednesdays
TIME: 6:00 - 7:00 pm
COST: \$97.50

For dancers who refuse to stay in the same place, this is your push forward. Momentum is designed to challenge and inspire, combining advanced flexibility training, targeted strength work, and precision technique to take your lyrical skills to the next level. Through dynamic combinations and emotionally charged choreography, dancers will refine their control, expand their range of motion, and build the power behind every leap and turn. This class is where artistry meets athleticism.

- **DRESS CODE: Leotard, leggings or tights with ballet shoes or lyrical shoes. HAIR: Neatly tied up. Dancers in this class set the standard for the younger dancers. NO JEANS!**

BEAT BREAKERS (HIPHOP)

AGES: 8-10
WHEN: Thursdays
TIME: 5:00 - 5:45 pm
COST: \$75

This high-energy beginner hip hop class introduces kids to the foundations of street dance in a fun, supportive environment. Dancers will learn basic grooves, footwork, and freestyle skills while building rhythm, coordination, and confidence. This class is all about learning fresh moves, expressing yourself, and feeling the beat. Perfect for kids who are ready to move, groove and be part of a crew!

- **DRESS CODE: Movable clothing, sweatpants, baggy shirt, funky hat. CLEAN INDOOR RUNNERS ONLY. Have fun with your own hip hop style! NO JEANS.**

GC CREW (HIPHOP)

AGES: 11+
WHEN: Thursdays
TIME: 5:45 - 6:30 pm
COST: \$97.50

Set up your skills and take your hip hop to the next level with GC Crew. Designed for dancers ages 11 and up, this intermediate class pushes beyond the basics with sharper footwork, musicality, and performance-style choreography. Dancers will explore a mix of old school and new school hip-hop, building confidence, stamina, and stage presence while repping the pride of Grande Cache. If you're ready to bring the energy, own the floor, and level up your groove, GC Crew is where you belong.

- **DRESS CODE: Movable clothing, sweatpants, baggy shirt, funky hat. CLEAN INDOOR RUNNERS ONLY. Have fun with your own hip hop style! NO JEANS.**

FOR MORE INFORMATION:
Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: Grande Cache Recreation Centre

