

JD DANCE STUDIO TIMETABLE 2026/27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:30am 50+ Social Line Dance			10am Mini Ballet
					11am ABD Ballet <i>Primary Grade</i>
3pm Tumble Tots <i>Toddler Acro (2.5-4yrs)</i>	4pm Junior ABD Combo <i>Jazz / Lyrical</i>	3pm Tiny Toes <i>Toddler Dance (2.5-4yrs)</i>			12pm ABD Ballet <i>Grade 1 & 2</i>
	4pm Senior Commercial	3:45pm ABD Pre-Prep <i>Ballet - Tap & Modern</i>			10am Dungiven Juniors
5pm Beginner Acro <i>Primary & Level 1</i>	5pm Senior ABD Combo <i>Jazz / Lyrical</i>		6pm Mini Musical Theatre		11am Dungiven Juniors
6pm Intermediate Acro <i>Level 2 & Level 3</i>	5pm Junior Commercial	5pm Mini Hip Hop	7pm Junior + Musical Theatre		
7pm Strength & Conditioning	6pm Elite Competition Team	6pm Beginner Competition	5pm Castleblaney Beginners		
7:30pm Advanced Acro <i>Level 4,5 & 6</i>	7pm Adult Line	7pm Junior + Hip Hop	6pm Castleblaney Competition Class		

JD DANCE STUDIO CLASSES 2026/27

Acro Dance

Tumble Tots - 2.5-4yrs

Beginner Acro - Primary & Level 1

Intermediate Acro - Level 2 & 3

Stretch & Conditioning - Mixed Age

Advanced Acro - Level 4+

Join at beginner level or book for assessment

ABD Dance

Tiny Toes (Introduction to dance) 2.5yrs

Pre-Prep (Jazz & Tap) - 5-7yrs

Mini Ballet - 3-6yrs

Primary Ballet - 7yrs+

Grade Ballet 1+2 - By Assessment

Junior (Jazz/Lyrical) - 8-12yrs

Senior (Jazz/Lyrical) 13yrs+



HipHop

Mini HipHop - 5-7yrs

Junior HipHop - 8yrs+

Beginner Friendly

Commercial

Junior Commercial - 8-12yrs

Senior Commercial - 13yrs+

Exprience Advised

Competition Teams

Beginner Competition Team

Mixed age

Elite Competition Team

By Assessment

Musical Theatre

Mini Musical Theatre - 5-9years

Junior+ Musical Theatre -10yrs+

Beginner Friendly

Adult Classes

Adult Line Dance - 18yrs +

50+ Social Line Dance - 50+



Acro Dance



Acro Dance is the beautiful fusion of the artistic motion of dance and the athleticism of acrobatics. Acro Dance is similar but not same as gymnastics. Dancers will learn and complete all skills while seamlessly integrating musically, emotional expression, control, and line of dance. Skills taught in Acro Dance might look the same as gymnastics, but they are taught differently to compensate for the conditions of dancers being able to safely complete all the skills on a hard stage without the advantage of a sprung floor. We are proud to offer students training in Acrobatic Arts. Acrobatic Arts is a professional curriculum for acrobatic dance. This program is designed to promote excellence in flexibility, strength, balance, limbering, tumbling and basic contortion and partner/group stunting for dancers. Acro Dance instructors Jess & Lexi are fully certified Acrobatic Arts teachers and will work with students in classes to prepare for and enter Acrobatic Arts Exams.

Please Note: Beginner classes are open to new members but all other classes are by passing previous grades or teacher assesment.

Strength & Conditioning

These classes are carefully planned to help progress your flexibility through stretching and strengthening exercises that will help to ensure you are not only safely and effectively building flexibility, but also the strength needed to sustain this range of flexibility!

Strength and Conditioning classes are perfect for anyone that would like to build flexibility and strength to assist with your Acro Dance & are required for all level 3,4,5 or 6 Acro Students to ensure a you retain the required strength and flexibility required for the skills in your syllabus.

ABD Combo (Jazz / Lyrical)



Our Associated Board of Dance (ABD) Combo Class is the perfect opportunity for dancers to develop their skills across Jazz and Lyrical dance in a fun, encouraging and progressive environment. Classes will combine energetic jazz technique, performance skills and choreography with the expressive, emotional movement of lyrical dance. Dancers will work on flexibility, strength, coordination, musicality, technique, performance quality and confidence, while learning exciting routines and developing their own individual style.

As an ABD Dance class, dancers also have the opportunity to work towards recognised dance examinations, giving them clear goals to work towards and allowing them to progress through the ABD syllabus as their skills develop. There are also competition opportunities available for dancers who would like to take their training further, perform on stage and challenge themselves in a competitive environment.

Previous dance experience is recommended and beneficial for this class, as dancers will be working on developing their existing technique, performance skills and dance vocabulary. The class is particularly suited to aspiring dancers who are looking to improve their technique, build strength and flexibility, develop musicality and performance quality, and progress their overall dance skills. It provides a fantastic opportunity for dancers who are committed to developing their abilities and working towards future ABD exam and competition opportunities.

Commercial

Commercial Dance is made up of a combination of dance styles, usually seen in music videos, musicals, and on-stage performances.

Our classes are primarily based on a fusion of Street/Jazz and Contemporary Dance. Dancers train the foundations of these styles at a high level and work in groups, partners and small groups learning routines for performances and competitions. These high energy classes are suited to experienced dancers that want to progress their knowledge and ability in this style. With a fabulous fusion of styles, dancers will gain knowledge and experience that will enhance their dance skills for a future in dance. Dancers will have exciting opportunities to compete and perform throughout the dance year. We recommend dancers having some previous dance experience before joining these classes.

BTC & ECT

Our Competition Classes offer students the opportunity to train at a competitive level. Students train in group classes and on a one-to-one basis with our instructors as well as local and international guest instructors to prepare to take part in some of the most prestigious competitions all over the world. Students are trained in a range of dance styles including Waltz, Cha Cha, East Coast Swing, West Coast Swing, Polka, Nightclub and Hip-Hop. What we are best known for is the amazing success of our Elite Competition Team who competes in competitions all over the world, including travelling to events in France, Florida, and South Africa. The team's success speaks for itself with a combination of over 40 World, European titles over the last 10 years. As well as our elite competition team we also have classes for beginners that offer an introduction to competitive dancing, learning the basic techniques and performance skills involved in the styles listed above.

Toddler Classes

Tiny Toes Dance

Tiny dancers, big steps!

Our Tiny Toes Dance class is the perfect introduction to dance for toddlers. Through fun, music, and movement, little ones will build rhythm, coordination, confidence, and independence in a warm, nurturing environment 

 **What your tiny dancer will gain:**

- Foundational dance skills
- Improved balance, rhythm & musicality
 - Confidence & independence
 - Listening, turn-taking & following directions
- Lots of fun while moving to music 

Tumble Tots Dance

Our Tumble Tots class is the perfect introduction to the exciting world of Acro Dance – combining basic tumbling with the creativity and rhythm of dance! Designed especially for 3–4 year olds, this playful and structured class helps build essential movement skills in a safe and supportive environment. Each week, dancers will learn:

Taught by Acrobatic Arts certified instructors, Tumble Tots builds confidence, body awareness, and a strong foundation for all future dance and movement classes

Hip Hop

Hip-Hop is a fusion genre that incorporates many styles such as: Popping, Locking, House, Whacking, Break Dance and Commercial Jazz. Our Hip-Hop classes encourage student's personalities to shine through and perform with freedom of movement. While these classes have a more fun, relaxed vibe it is also a very energetic and skilful style with many different techniques. Students will learn a variety of combinations and routines the most popular and up to dance music suited to the age range of the class and will have the opportunity to showcase these routines in performances and events throughout the year. These classes are perfect for beginner students or students with a little dance experience to learn in a fun and encouraging environment.

Musical Theatre



 Musical Theatre – Sing, Dance & Act!

Our Musical Theatre classes are the perfect place to sing, dance, act and perform while building confidence, creativity and stage skills. Students will develop vocal technique, acting and characterisation, choreography, performance skills and stage presence, working towards exciting musical theatre numbers and productions.

Classes also offer Associated Board of Dance (ABD) certification, with exam opportunities available for dancers who wish to work towards recognised qualifications and develop their skills further. Students will also have opportunities to perform in showcases, productions and other exciting performance events throughout the year.

Whether your child dreams of performing on stage or simply wants to have fun, build confidence and learn new skills, our Musical Theatre classes have something for everyone! ✨

ABD Ballet



Ballet is the foundation of all dance styles. Ballet dance is a modern dance technique in which students focus on grace, balance, and strength. It helps students gain the dance fundamentals to dancing and will open up the opportunity to get into many other types of dancing as well. Students will start to work on posture and body alignment while developing strong muscles and learning positions. Classes will consist of Ballet exercises that will develop student's memory skills, spatial awareness, communication, and social skills and will encourage student's imagination, musicality and learning to count through song. Our ballet classes are the perfect class for anyone that wants to learn or progress in dance. We are fully registered members of the Associated Board of Dance Examination board allowing our students the opportunity to prepare for and progress through their grades.

ABD Prep-Prep



ABD Pre-Preparatory Tap & Modern Jazz

Our Associated Board of Dance (ABD) Pre-Preparatory Tap & Modern Jazz class is a fun and engaging introduction to structured dance training, designed to help young dancers develop their confidence, musicality and fundamental dance skills in a supportive environment.

What will the class entail?

Throughout the class, dancers will be introduced to:

- 🎵 Musicality & rhythm – learning to move in time with music and develop an understanding of rhythm.
- 👟 Tap fundamentals – exploring basic tap steps, sounds, rhythms and combinations.
- 🦸 Modern Jazz technique – learning basic movements, positions, travelling steps, jumps, turns and simple choreography.
- 🤸 Coordination & movement – developing balance, flexibility, strength and body control through age-appropriate exercises.
- ✨ Performance skills – building confidence, expression and the ability to perform choreography.
- 🧠 Listening & following instructions – encouraging focus, independence and working as part of a group.
- 🎭 Creativity & confidence – using music and movement to encourage imagination and self-expression.

ABD Exam Opportunities

Students will have the opportunity to work towards Associated Board of Dance examinations, where appropriate, allowing them to develop their technique and gain recognised dance qualifications as they progress.

Our classes are designed to make learning enjoyable while introducing young dancers to the foundations of formal dance training.

No previous experience is required – just enthusiasm, comfortable dancewear and a willingness to learn! 💕

Adult Classes

Adult Line Dance 🤠

Get ready to dance, have fun and meet new people! Our adult line dance classes are a fun and friendly way to learn exciting routines, improve your coordination and keep active — no partner required!

Whether you're a complete beginner or looking to build on your existing skills, our classes are suitable for a range of abilities. Expect great music, easy-to-follow choreography, plenty of laughs and a welcoming atmosphere.

Learn dances to your favourite Country and Non-Country Music.
Come along, learn something new and dance the night away with JD Dance Studio! 🤠 🤸

Castleblaney & Dungiven

We're delighted to be expanding our JD Dance Studio services into new locations, allowing us to bring our classes, training and opportunities to more dancers across the Castleblaney and Dungiven areas.

Our aim is to make quality dance training more accessible while maintaining the standards, values and supportive environment that JD Dance Studio is known for.

Across our new locations, we will offer a range of dance styles for different ages and abilities, delivered by our team of professional, highly trained teachers.

As part of JD Dance Studio, dancers will also have access to opportunities beyond their weekly classes, including performance experiences, competitions, examinations and additional dance opportunities as they progress.

We're so excited to grow our JD Dance family and to be able to share our passion for dance with even more dancers and families across the wider community. 💜

New locations. New opportunities. Same JD Dance family. ✨