



# MAKE A MOVE

At the Y, we provide a nurturing environment where children can learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity and balance.



## DANCE

UPDATED ON: APRIL 29, 2019

### STAFF CONTACTS

APY – Amanda Beuscher, Arts & Humanities Coordinator P 954.7602 E [abeuscher@ymcafoxcities.org](mailto:abeuscher@ymcafoxcities.org)

FWY - Megan Stine, Dance Program Supervisor P 560.3410 E [mstine@ymcafoxcities.org](mailto:mstine@ymcafoxcities.org)

NMY/HVY – Tab Bullard, Dance Coordinator P 830.5712 E [tbullard@ymcafoxcities.org](mailto:tbullard@ymcafoxcities.org)

NMY/HVY - Maeghan Johnson, Arts & Humanities/Dance Director P 886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)

### APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

#### SPRING SESSION: APRIL 15 – JUNE 2, 2019

#### PRE-SCHOOL BALLET (AGES 2-4 YEARS) (APY)

Students will learn age-appropriate basic dance movements, positions and terminology in an active playful manner. Ballet slippers and apparel are recommended but not required.

#### YOUTH BALLET (AGES 3-5 YEARS) (APY)

Students will be introduced to the skills of an age-appropriate beginning ballet class, in an active, playful manner. Ballet slippers and dance apparel are recommended but not required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-School Ballet	APY	2-4 years	T	4:15 PM	4:45 PM	\$38	\$65
Youth Ballet	APY	3-5 years	T	4:50 PM	5:20 PM	\$38	\$65
Pre-School Ballet	APY	2-4 years	TH	10:20 AM	10:50 AM	\$38	\$65
Youth Ballet	APY	3-5 years	TH	11:00 AM	11:30 AM	\$38	\$65

### INSPIRE DANCE – FOX WEST YMCA PRESCHOOL AND YOUTH CLASSES SPRING SESSION: APRIL 15 – JUNE 2, 2019

#### TINY TOTS

An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

#### PREBALLET

The perfect class for new little dancers! This class includes ballet basics, introduction to counting music, rhythm and coordination skills. Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

#### BALLET

The basics of ballet! Dancers will learn the basic positions, tendus, plies, and begin center and floor combinations. No previous experience required. Dancers will need to wear a leotard and ballet shoes, with hair in a bun.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	T	9:00 AM	9:30 AM	\$38	\$65
Pre Ballet	FWY	3-4 years	T	9:30 AM	10:00 AM	\$38	\$65
Ballet	FWY	4-5 years	T	10:00 AM	10:30 AM	\$38	\$65

## **INSPIRE DANCE STUDIO – FOX WEST YMCA YOUTH, TEEN & ADULT**

Inspire Dance Studio runs September – April of each year, ending with a professional recital. A 10-week summer session is also offered, beginning in June, with registration beginning in May. IDS offers excellent technical training in a fun, inspiring program. All IDS staff has extensive dance training and engages in continuing education and performance experience. IDS will hold its 2019 Annual Recital on Saturday, April 27<sup>th</sup> at 1:00pm at Hortonville High School Auditorium. Tickets are \$10 at the door.

In addition, the IDS Competitive Team Program begins in June and runs 12 months each year, with auditions held in May. Workshop and Auditions for 2019-2020 teams will be held at the Fox West Y on Saturday & Sunday, May 18<sup>th</sup> & 19<sup>th</sup>. Each competitive team competes in 2-4 local competitions each year as well as a National Competition in June. If you are interested in more information, please contact Megan Stine, Dance Program Supervisor at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

### **DANCE IMPROV MINI CAMP – MAY 6-8**

Learn a core foundation of dance: Improvisation! In this class you will learn the process of spontaneously creating movement. The class is designed to explore body mapping through levels, shapes and dynamics. Improv is a tool dancers use to create a better foundation, with which they can explore movement and improve the easiness with which they dance. Leotards and tights are required.

### **LEAPS, TURNS & JUMPS MINI CAMP –MAY 13-15**

Explore the technical foundations of three dance essentials: leaps, turns and jumps. Each class will begin with a dynamic warmup and will then work on these fun skills. Learn something new and solidify your existing technique to grow more as a dancers. Leotard and tights, with dance shoes are required.

### **JAZZ/LYRICAL WORKSHOP – MAY 9**

This class is geared for dancers interested in or auditioning for our competitive team program, or the dancer with some previous experience who wants to build on their technical skills. Dancers will break down proper technique for all audition criteria and more, as well as learn new skills. Leotard, tights and shoes required.

### **TAP MINI CAMP – MAY 16**

This workshop is aimed at students preparing to audition for competition teams or who want to learn a new genre, or expand on their existing tap skills. Dance attire and tap shoes required.

### **TAP WORKSHOP – MAY 20-22**

Build your tap skills! This mini camp is designed to build on and improve your taps technique. Dancers will go through tap foundations and will learn new combos, riffs, timesteps and more! Dance attire and tap shoes required.

<b>May Mini Camps</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Dance Improv Mini Camp	FWY	9-12 years	M,T,W	4:30 PM	5:30 PM	\$25	\$30
Dance Improv Mini Camp	FWY	13-18 years	M,T,W	5:30 PM	6:30 PM	\$25	\$30
Leaps, Turns & Jumps Mini Camp	FWY	8-12 years	M,T,W	4:30 PM	6:00 PM	\$30	\$40
Leaps, Turns & Jumps Mini Camp	FWY	13-18 years	M,T,W	6:00 PM	7:30 PM	\$30	\$40
Jazz/Lyrical Workshop	FWY	5-8 years	TH	4:15 PM	5:30 PM	\$10	\$15
Jazz/Lyrical Workshop	FWY	9-12 years	TH	5:30 PM	6:45 PM	\$10	\$15
Jazz/Lyrical Workshop	FWY	13-18 years	TH	6:45 PM	8:00 PM	\$10	\$15
Tap Mini Camp	FWY	7-12 years	TH	4:15 PM	5:30 PM	\$10	\$15
Tap Mini Camp	FWY	13-18 years	TH	5:30 PM	6:45 PM	\$10	\$15
Tap Workshop	FWY	5-8 years	M,T,W	4:15 PM	5:15 PM	\$25	\$30
Tap Workshop	FWY	9-12 years	M,T,W	5:15 PM	6:15 PM	\$25	\$30
Tap Workshop	FWY	13-18 years	M,T,W	6:15 PM	7:15 PM	\$25	\$30

## **INSPIRE DANCE STUDIO COMPETITIVE TEAM – FOX WEST YMCA AUDITIONS FOR 2019-2020 TEAMS**

Inspire Dance Studio will hold workshops and auditions for our 2019-2020 Competitive Teams on May 18<sup>th</sup> & 19<sup>th</sup>, 2019. Our Competitive Teams attend 2-4 regional competitions per year and attend a National Competition each June. Students interested in auditions must attend the workshop on Saturday, May 18<sup>th</sup> and then audition on Sunday, May 19<sup>th</sup>. Students must register for the age they are as of May 1<sup>st</sup>, 2019. Dancers will audition at age level, but will be placed on teams according to ability. Dancers are required to register for Workshop in order to audition. There is no cost for team workshops/auditions listed below. For more information on our Competitive Team Program please contact Megan Stine, Dance Program Supervisor at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

<b>Workshops</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>
Mini Jazz Workshop	FWY	4-6 years	SAT	9:00 AM	9:45 AM
Petite Tap Workshop	FWY	6-9 years	SAT	9:45 AM	10:30 AM
Petite Jazz Workshop	FWY	6-9 years	SAT	10:30 AM	11:15 AM
Petite Lyrical Workshop	FWY	6-9 years	SAT	11:15 AM	NOON
Junior Jazz Workshop	FWY	10-12 years	SAT	NOON	1:00 PM
Junior Lyrical Workshop	FWY	10-12 years	SAT	1:00 PM	2:00 PM
Junior/Teen Tap Workshop	FWY	10-16 years	SAT	2:00 PM	2:45 PM
Teen Jazz Workshop	FWY	13-18 years	SAT	2:45 PM	3:30 PM
Teen Lyrical Workshop	FWY	13-18 years	SAT	3:30 PM	4:15 PM

<b>Auditions</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>
Mini Jazz Audition	FWY	4-6 years	SUN	9:00 AM	9:45 AM
Petite Tap Audition	FWY	6 -9 years	SUN	9:45 AM	10:30 AM
Petite Jazz Audition	FWY	6-9 years	SUN	10:30 AM	11:15 AM
Petite Lyrical Audition	FWY	6-9 years	SUN	11:15 AM	NOON
Junior Jazz Audition	FWY	10-12 years	SUN	NOON	1:00 PM
Junior Lyrical Audition	FWY	10-12 years	SUN	1:00 PM	2:00 PM
Junior/Teen/Senior Tap Audition	FWY	10-16 years	SUN	2:00 PM	2:45 PM
Teen & Senior Jazz Audition	FWY	13-18 years	SUN	2:45 PM	3:30 PM
Teen & Senior Lyrical Audition	FWY	13-18 years	SUN	3:30 PM	4:15 PM

## **STUDIO Y DANCE HEART OF THE VALLEY AND NEENAH-MENASHA YMCAS**

The Studio Y Dance Program offers dance classes for ages 2-adult and competition teams for ages 5-adult. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. Both sites offer recital classes and competition teams, spring and summer programs. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class. Maeghan Johnson, Arts and Humanities Director holds a B.A. in Dance, 9-month Pilate's certification course and was a professional performance dancer prior to joining the YMCA management staff. Tab Bullard, Dance Program Coordinator joined the Arts and Humanities team in 2013. Tab has 10 years of experience working in the dance profession.

The Studio Y program staff also includes a team of highly qualified dance instructors with prior teaching and performance experience in their specialty areas. Instructors continue their dance education through teacher workshops and classes to ensure high quality programming. The Studio Y Dance Program offers technique classes and competition teams in Ballet, Pointe, Lyrical/Contemporary, Tap, Jazz, Hip Hop, Ballroom, Baton and more. Please contact Maeghan Johnson at 886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org) for more information.

**Registration:** Registration begins Monday, December 11 for Y Members and Thursday, December 14 for the General Public. Please register at a Fox Cities Y service desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org)

**Class placement:** The Studio Y program offers ages next to classes only as a guide in our progressive dance levels. If you have questions on where your child should be placed by level please contact Maeghan Johnson at 886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org).

## HEART OF THE VALLEY AND NEENAH MENASHA YMCA 4-WEEK PRESCHOOL CLASSES

**MAY 7 – JUNE 1**

### CREATIVE MOVEMENT

This fun class focuses on coordination and rhythm in creative and imaginative ways. This class will engage your dancer in movement!

### HIP HOP FOR PRESCHOOLERS

Does your little dancer love to groove? This beginning hip hop class will introduce young boys and girls to basic hip hop steps. Set with fun and age appropriate pop music, we'll give little break-dancers a great introduction to movement and musicality. Clean sneakers are required.

### PRE-DANCE I

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

### PRE-DANCE II

A great class for dancers ready for more! The class begins with ballet stretches, positions and beginning ballet steps. Then, it swings into fun tap steps and across the floor work to keep them moving! Ballet and Tap shoes are required.

## HEART OF THE VALLEY YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	T	6:00 PM	6:30 PM	\$22	\$37
Hip Hop for Preschoolers	HVY	4-5 years	W	4:00 PM	4:30 PM	\$22	\$37
Hip Hop for Preschoolers	HVY	4-5 years	TH	10:30 AM	11:00 AM	\$22	\$37
Hip Hop for Preschoolers	HVY	4-5 years	SAT	10:05 AM	10:35 AM	\$22	\$37
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance I	HVY	3-4 years	TH	10:00 AM	10:30 AM	\$28	\$39
Pre-Dance I	HVY	3-4 years	TH	5:30 PM	6:00 PM	\$28	\$39
Pre-Dance I	HVY	3-4 years	SAT	9:30 AM	10:00 AM	\$28	\$39
Pre-Dance II	HVY	4-5 years	W	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance II	HVY	4-5 years	SAT	10:45 AM	11:15 AM	\$28	\$39

## NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	T	5:30 PM	6:00 PM	\$22	\$37
Pre-Dance I	NMY	3-4 years	TH	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance I	NMY	3-4 years	F	9:00 AM	9:30 AM	\$28	\$39
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$28	\$39

## YOUTH CLASSES 4-WEEK CLASSES

**MAY 7 – JUNE 1**

### BALLET

The perfect class for ballerinas in training. Learn the correct ballet positions, center work, sauté jumps,

beginning turns and more! Ballet shoes are required.

### **BALLET/TAP**

This great class offers the best of both worlds! The class begins with ballet barre work, center combinations, leap and more. Then, it's time to shuffle, ball change, scuff, hop and step across the floor in an invigorating tap segment. Ballet slippers and Tap shoes are required.

### **HIP HOP & JAZZ**

This class offers fun street hip hop steps, basic break dance tricks and includes turns, leaps and combinations of a jazz technique class. Fun for all! Boys and girls welcome! Clean sneakers or Jazz shoes are required.

### **BALLET/LYRICAL**

One of our most popular! Explore ballet and lyrical technique that teaches dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and dancewear/yoga/athletic attire are required.

### **MUSICAL THEATRE**

This class will explore the world of musical theatre through songs from well-known Broadway plays, introducing and expanding on basic jazz steps and improvisation. Jazz shoes are required.

### **CONTEMPORARY/MODERN**

Both styles are derivatives of ballet by bending the rules of the discipline and focusing more on expression and interpretation. A fun class to explore the two styles as well as your own creativity through movement! Ballet or Jazz shoes and dancewear/yoga/athletic attire.

### **POMS**

This class will use jazz elements as a foundation and teach the different arm movements with poms. Poms will be provided, jazz shoes or clean sneakers required.

### **TURNS, LEAPS AND PROGRESSIONS**

This class will focus on turns and leaps that are required for advancing dancers. New across the floor combinations will improve strength and technique for dancers studying all genres of dance. Ballet, lyrical and/or jazz shoes are required.

### **JAZZ**

This is the perfect class for students who are interested in jazz, musical theater and show choir! This class will explore different styles of jazz. Dancers will work on extensions, turns, jumps, and more! Jazz shoes required.

### **HIP HOP**

Our Hip Hop class offers fun street style choreography and funky break dance moves to keep dancers current with the media! Set with their favorite pop music this class is a must for dancers! Jazz shoes or clean sneakers are required.

### **PRIVATE DANCE LESSONS**

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Maeghan Johnson, Dance Program Coordinator at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

## **HEART OF THE VALLEY YMCA YOUTH CLASSES - 4-WEEK SPRING SESSION MAY 7 – JUNE 1 (NO MONDAY CLASSES)**

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Ballet/Lyrical	HVY	5-8 years	T	4:30 PM	5:15 PM	\$28	\$39

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet/Tap	HVY	5-8 years	W	4:30 PM	5:15 PM	\$40	\$51
Hip Hop & Jazz	HVY	5-8 years	TH	4:00 PM	4:45 PM	\$40	\$51
Poms	HVY	5-8 years	T	4:00 PM	4:30 PM	\$40	\$51
Musical Theatre	HVY	5-8 years	W	4:30 PM	5:00 PM	\$40	\$51
Turns, Leaps and Progressions	HVY	8-12 years	T	4:30 PM	5:15 PM	\$40	\$51
Musical Theatre	HVY	8-12 years	T	5:15 PM	6:00 PM	\$40	\$51
Jazz	HVY	8-12 years	W	5:15 PM	6:00 PM	\$40	\$51
Poms	HVY	8-12 years	W	6:05 PM	6:50 PM	\$40	\$51
Hip Hop	HVY	8-12 years	TH	4:45 PM	5:30 PM	\$40	\$51
Contemporary/Modern	HVY	8-12 years	TH	4:45 PM	5:30 PM	\$40	\$51

**NEENAH-MENASHA YMCA**  
**YOUTH CLASSES - 4-WEEK SPRING SESSION**  
**MAY 7 – JUNE 1 (NO MONDAY CLASSES)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet/Tap	NMY	5-8 years	T	4:00 PM	4:45 PM	\$40	\$51
Hip Hop and Jazz	NMY	5-8 years	T	4:45 PM	5:30 PM	\$40	\$51
Poms	NMY	5-8 years	W	4:00 PM	4:30 PM	\$28	\$39
Ballet/Lyrical	NMY	5-8 years	TH	4:30 PM	5:15 PM	\$40	\$51
Ballet	NMY	5-8 years	SAT	9:35 AM	10:05 AM	\$28	\$39
Lyrical	NMY	5-8 years	SAT	10:15 AM	10:45 AM	\$28	\$39
Tap	NMY	8-12 years	T	6:15 PM	7:00 PM	\$40	\$51
Turns, Leaps, and Progressions	NMY	8-12 years	T	7:00 PM	7:45 PM	\$40	\$51
Hip Hop	NMY	8-12 years	W	4:45 PM	5:30 PM	\$40	\$51
Poms	NMY	8-12 years	TH	5:15 PM	6:00 PM	\$40	\$51
Ballet/Lyrical	NMY	8-12 years	TH	6:15 PM	7:00 PM	\$40	\$51
Ballet	NMY	8-12 years	SAT	11:00 AM	11:45 AM	\$40	\$51

**TEEN AND ADULT DANCE CLASSES**  
**4-WEEK SPRING SESSION**  
**MAY 7 – JUNE 1**

**BALLET**

The Studio Y Cecchetti Ballet class offers properly instructed and demonstrated barre, center work, and combinations to strengthen your technique. This class is an absolute necessity for dancers to stretch, strengthen, and lengthen the body, improve posture and balance, and gain confidence in movement for other dance genres. Ballet shoes and dancewear/yoga/athletic attire are required.

**CONTEMPORARY/MODERN**

Both styles are derivatives of ballet by bending the rules of the discipline and focusing more on expression and interpretation. A fun class to explore the two styles as well as your own creativity through movement! Ballet or Jazz shoes and dancewear/yoga/athletic attire.

**JAZZ**

This is the perfect class for students who are interested in jazz, musical theater and show choir! This class will explore different styles of jazz. Dancers will work on extensions, turns, jumps, and more! Jazz shoes required.

**TAP**

This energetic class will focus on new tap steps, traveling combinations, terminology and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required.

**LYRICAL/CONTEMPORARY**

One of our most popular! Explore lyrical and contemporary ballet technique that teaches dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and dancewear/yoga/athletic attire are required.

**TURNS, LEAPS AND PROGRESSIONS**

This class will focus on turns and leaps that are required for advancing dancers. New across the floor combinations will improve strength and technique for dancers studying all genres of dance. Ballet, lyrical and/or jazz shoes are required.

**PRIVATE DANCE LESSONS**

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Maeghan Johnson, Dance Program Coordinator at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

**5-1/2 hour lessons - Fee: YMCA Member - \$101 General Public - \$129**

**5-3/4 hour lessons - Fee: YMCA Member - \$150 General Public - \$186**

**5-1 hour lessons - Fee: YMCA Member - \$197 General Public - \$223**

**HEART OF THE VALLEY YMCA  
TEEN AND ADULT DANCE CLASSES - 4-WEEK SPRING SESSION  
MAY 7 – JUNE 1**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contemporary/Modern	HVY	12-18 years	T	5:15 PM	6:00 PM	\$40	\$51
Ballet	HVY	12 years and older	T	6:30 PM	7:30 PM	\$55	\$76
Turns, Leaps, and Progressions	HVY	12-18 years	TH	5:30 PM	6:15 PM	\$40	\$51
Ballet/Lyrical	HVY	12-18 years	TH	6:20 PM	7:05 PM	\$40	\$51
Jazz	HVY	12-18 years	TH	7:15 PM	8:00 PM	\$40	\$51

**NEENAH-MENASHA  
TEEN AND ADULT DANCE CLASSES - 4-WEEK SPRING SESSION  
MAY 7 – JUNE 1 (MONDAY CLASSES PRORATED FOR MEMORIAL DAY)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	NMY	12 years and older	M	10:00 AM	11:30 AM	\$66	\$111
Ballet	NMY	12 years and older	W	10:00 AM	11:30 AM	\$66	\$111
Tap	NMY	12 years and older	T	8:00 PM	8:45 PM	\$40	\$51
Ballet/Lyrical	NMY	12 years and older	W	5:30 PM	6:15 PM	\$40	\$51
Turns, Leaps, and Progressions	NMY	12 years and older	W	6:15 PM	7:00 PM	\$40	\$51
Contemporary/Modern	NMY	12 years and older	TH	7:05 PM	7:50 PM	\$40	\$51

**NEENAH-MENASHA YMCA  
SPECIALTY DANCE CLASSES - 4-WEEK SPRING SESSION  
MAY 7 – JUNE 1 (MONDAY CLASSES PRORATED FOR MEMORIAL DAY)  
DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 12-ADULT) (NMY)**



This high energy mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements to offer deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	M	11:30 AM	12:15 AM	\$13	\$19
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:30 AM	12:15 AM	\$13	\$19

## **NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES**

***SESSION 1: WALTZ (APRIL 29, MAY 6)***

***SESSION 2: RUMBA (MAY 13, 20)***

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 2 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$17 C-\$33	S-\$21 C-\$43
Ballroom 2 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$17 C-\$33	S-\$21 C-\$43
East Coast Swing Workshop Saturday, May 4	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22