



# 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 15, 2019

### STAFF CONTACTS

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NMY/HVY – Tab Bullard, Dance Program Coordinator P 886.2108 E [tbullard@ymcafoxcities.org](mailto:tbullard@ymcafoxcities.org)  
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### APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

**ALL SUMMER SESSION (10 WEEKS) JUNE 11-AUGUST 26, 2018**  
**NO CLASSES JULY 2-8, 2018**

#### 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. Session 1 only.

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

Students will be introduced to the skills of an age-appropriate 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	TH	10:20 AM	10:50 AM	\$47	\$67
Youth Ballet	APY	3-5 years	TH	11:00 AM	11:30 AM	\$47	\$67
Pre-School Ballet	APY	2-4 years	T	4:15 PM	4:45 PM	\$47	\$67
Youth Ballet	APY	3-5 years	T	4:50 PM	5:20 PM	\$47	\$67

### INSPIRE DANCE STUDIO – FOX WEST YMCA PRESCHOOL, YOUTH & TEEN CLASSES

**SUMMER SESSION: JUNE 10 – AUG 23, 2019**  
**No classes the week of July 1-5, 2018**

#### MOMMY & ME MOVEMENT (2 – 3 YRS WITH PARENT PARTICIPATION)

Moms or dads! Join your tiny dancers for a fun beginner class! Class will introduce dance basics focusing on balance, musicality and fun dance games. Parents wear comfortable clothes and dancers wear a leotard and ballet or jazz shoes.

#### 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.

#### PREBALLET

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

#### TAP/BALLET COMBO

An introduction to dance! A great class exposing dancers to both Ballet and Tap! Age appropriate advancement in ballet skills including basic technique and terminology. Age appropriate advancement in tap

skills and combinations including heel steps, toe steps, shuffles and flaps. Ballet and tap shoes are required. Leotard preferred.

### **BALLET I**

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

### **BALLET II**

For dancers who have ballet experience and have completed Ballet I. Dancers will learn barre work including plies, tendus, degages and begin center and across the floor combinations. Dancers will need to wear a lavender (light purple) leotard and ballet shoes with hair in a bun.

### **BALLET III**

For dancers who have completed Ballet II, have approval from instructor for Ballet III. Dancers will build on technique work including barre, center and across the floor combinations. Dancers will build skills including timing and musicality and be exposed to classic repertoire. Dancers will need to wear a navy leotard and ballet shoes with hair in a bun.

### **BALLET IV**

For dancers who have ballet experience, have completed Ballet III and have instructor recommendation for Ballet IV. Dancers will continue to refine technique with new barre work, center and across the floor combinations with emphasis on balance and placement. Dancers will need to wear a black leotard and ballet shoes with hair in a bun.

### **PRE-POINTE/POINTE**

For dancers who have completed ballet IV and have instructor approval. Dancers will build strength while increasing foot strength and overall flexibility. Dancers will begin class with barre work including plies, tendus, degages and begin center and across the floor combinations. Dancers will need to wear a black leotard and tights with hair in a bun. Leather ballet shoes required, pointe shoes for dancers approved for work en pointe.

### **PREJAZZ**

An introduction to Jazz technique and basics. Dancers will move to fun, upbeat music while learning beginning skills such as kicks, turns and jumps. Leotard or equivalent and jazz shoes required, hair in a bun.

### **JAZZ I**

The basics of Jazz for dancers who want to stretch, turn and leap! Fun, energetic music while incorporating proper control and technique. Leotard or equivalent and jazz shoes required, hair in a bun.

### **JAZZ II**

For dancers who have jazz experience! Building technique in stretching, flexibility, turns, leaps and jumps. Fun, energetic music while incorporating proper control and technique. Leotard or equivalent and jazz shoes required, hair in a bun.

### **JAZZ III**

For dancers who have at least three progressive years of jazz experience building technique and flexibility while working on multiple turns, a variety of intermediate leaps and so much more. Both center and across the floor progressions will be taught. Leotard or equivalent and jazz shoes required, hair in a bun.

### **POMS**

This high energy class will incorporate the use of poms and will work on jazz and funk skills across and center floor. Jumps and turning technique will also be explored. Leotard or equivalent and clean jazz shoes required, hair pulled neatly back.

### **TAP I**

A fun rhythm class for beginners or dancers with limited experience. Class will incorporate shuffles, flaps, cramp rolls, and more! Tap shoes are required. Dancers should wear a leotard and shorts/leggings with hair pulled back neatly.

*This is a working document and is subject to change.*

## TAP II

A class for dancers with previous tap experience. This class will learn tap skills and terminology including age appropriate advancement of skills including maxi fords, cramp rolls, flaps, tap progressions and more. Tap shoes are required. Dancers should wear a leotard and shorts/leggings with hair pulled back neatly.

## MODERN

A class exploring rhythm and musicality with contemporary and interpretive movements to different styles of music. For dancers wanting to explore a fresh style of dance with freedom of movement. Leotard and dance shorts/leggings required. Dancers should be barefoot with hair neatly pulled back.

## LYRICAL

One of our most popular! Explore lyrical ballet technique that teaches dancers expressive movement. This class will work on basic technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and leotard are required. Hair must be pulled back in bun. Previous ballet experience recommended.

## HIP HOP

This class offers fun street hip hop while introducing basic breaking, tricks, street style choreography. Set to current pop music, this will be a fun, high energy class. Athletic/dance clothes required with clean sneakers or jazz shoes.

## PROGRESSING BALLET TECHNIQUE

A new class we are excited to offer! This class is an innovative program designed to help serious dancers enhance the muscle memory in their body. It is an in depth class helping students understand the activation of certain muscles to help control and align turnout, assist in controlled landings as well as understanding how to activate and engage the muscles to advance technique throughout their dancing of all genres. Because of the amount of equipment used, there is a \$10 equipment usage fee due at registration.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Mommy & Me Movement	FWY	2-3 years	M	5:15 PM	5:45 PM	\$65	\$93
Tiny Tots	FWY	3-4 years	T	9:00 AM	9:30 AM	\$65	\$93
PreBallet	FWY	3-4 years	T	9:30 AM	10:00 AM	\$65	\$93
Tap/Ballet Combo	FWY	4-5 years	T	10:00 AM	10:30 AM	\$65	\$93
Tap/Ballet Combo	FWY	3-4 years	W	5:30 PM	6:00 PM	\$65	\$93
Tap/Ballet Combo	FWY	5-6 years	M	5:45 PM	6:15 PM	\$65	\$93
Ballet I	FWY	5-6 years	W	6:00 PM	6:30 PM	\$65	\$93
Ballet I	FWY	5-7 years	T	10:30 AM	11:00 AM	\$65	\$93
Ballet I	FWY	6-8 years	M	4:00 PM	4:30 PM	\$65	\$93
PreJazz	FWY	4-5 years	TH	4:15 PM	4:45 PM	\$65	\$93
Jazz I	FWY	5-6 years	W	4:30 PM	5:00 PM	\$65	\$93
Jazz 1	FWY	5-7 years	T	11:00 AM	11:30 AM	\$65	\$93
Tap I	FWY	5-6 years	W	5:00 PM	5:30 PM	\$65	\$93
Jazz II	FWY	7-9 years	TH	4:45 PM	5:15 PM	\$65	\$93
Lyrical I	FWY	7-9 years	W	4:00 PM	4:30 PM	\$65	\$93
Poms	FWY	7-9 years	M	6:15 PM	6:45 PM	\$65	\$93
Ballet II	FWY	7-11 years	M	4:30 PM	5:15 PM	\$95	\$123
Ballet II	FWY	7-11 years	T	4:00 PM	4:45 PM	\$95	\$123
Tap II & III	FWY	8-11 years	T	4:45 PM	5:30 PM	\$95	\$123
Modern	FWY	9-11 years	M	6:45 PM	7:30 PM	\$95	\$123
Modern	FWY	11-15 years	TH	5:15 PM	6:00 PM	\$95	\$123

Ballet III	FWY	10-15 years	T	4:45 PM	5:30 PM	\$95	\$123
Ballet IV	FWY	12-18 years	T	5:30 PM	6:15 PM	\$95	\$123
Pointe	FWY	13-21 years	T	6:15 PM	7:15 PM	\$130	\$186
Hip Hop	FWY	12-15 years	T	7:15 PM	7:45 PM	\$65	\$93
Progressing Ballet Technique	FWY	9-18 years	T	4:00 PM	4:45 PM	\$95	\$123

## **INSPIRE DANCE STUDIO DANCE COMPETITION TEAMS FOX WEST YMCA**

IDS Competition teams are classes designed to give dancers an opportunity to develop technique and dance skills with other students at their level who demonstrate a high level of commitment. These classes are designed to be appropriately fast paced to maximize your dancer's potential for learning. Strong class attendance is required. All dancers on competitive teams are required to take ballet and additional technique classes over summer. Dancers attend three regional competitions in spring and a national competition in June.

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>. Dancers must attend workshop to audition. All students must audition that day to be considered for a team. Dancers must audition as the age they are as of May 1, 2019. Dancers will audition at their age, but be placed on teams according to ability and skill level. There is no cost to audition.

IDS Competition team dancers will have a 7 week summer session beginning the week of July 8, 2019 and running through August 23, 2019. Fall classes will begin in September.

For more information, please contact Megan Stine, Dance Program Supervisor at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

## **STUDIO Y DANCE HEART OF THE VALLEY AND NEENAH-MENASHA YMCA'S**

The Studio Y Dance Program offers dance classes for ages 2-adult and competition teams for ages 6-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 nine 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/[mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org) or Tab Bullard at 886.2108/[tbullard@ymcafoxcities.org](mailto:tbullard@ymcafoxcities.org) for more information.

**Registration:** Registration begins Monday, May 6 for Y Members and Thursday, May 9 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 Tab Bullard at 920.886.2108 or [tbullard@ymcafoxcities.org](mailto:tbullard@ymcafoxcities.org)

## **STUDIO Y DANCE COMPETITION TEAMS 2019-2020 AUDITION SUNDAY AUGUST 18, 2019 - NOON-2:00 PM (Pre-registration is not required)**

Studio Y competition teams provide students a chance to stretch their talents to the next level of dance performance. Studio Y competition teams encourage discipline, determination, self-esteem, confidence, responsibility and respect for themselves and others...all in a fun, Y mission-driven atmosphere. Competition team auditions will be held August 18 from NOON-2:00 PM. All dancers will be placed on a team. After dancers are placed on teams, their season runs September through April in a 28-week session. Dancers rehearse weekly and are encouraged to participate in technique classes. Competition team dancers participate in two mandatory regional dance competitions and qualifying dancers have the opportunity to attend nationals held in the Wisconsin Dells. Dancers also perform in the annual Studio Y Recital held in April.

Studio Y competition teams celebrate all dancers at various levels of their training and compete in both recreational and competitive levels. Teams are set by level, past competition team experience and age group. Studio Y teams consist of solos, duets, trios and groups for students ages 6-18. Studio Y offers teams in ballet, pointe, lyrical, contemporary, modern, tap, hip hop, jazz, musical theatre, song and dance and baton!

### **CREATIVE MOVEMENT**

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

### **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.

### **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.

### **BALLET (5-8)**

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 warmups, center combinations, leaps 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 (8 and OLDER)**

The Studio Y 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.

### **LYRICAL AND 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 is a working document and is subject to change.

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.

**POMS**

Another popular class that combines elements of jazz with cheer performance movements with use of a fun and flashy prop! Perfect for dancers with ambitions of trying out for dance teams. Jazz shoes and comfortable athletic attire are required.

**TAP**

Twinkle toes, step aside! This class is perfect for those who love to stomp, combining elements of classic tap steps with modern rhythmic tapping. Tap shoes and comfortable attire required.

**MODERN**

A class exploring rhythm and musicality with contemporary and interpretive movements to instrumental music. Comfortable clothing 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!

**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 Tab Bullard, Dance Program Coordinator at 886.2108 for availability. Semi-private/duet classes are also available at the same cost.

**HEART OF THE VALLEY YMCA  
PRESCHOOL CLASSES**

*SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)*

*SESSION 2 (4 WEEKS) JULY 22-AUGUST 16*

**CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	T	5:15 PM	5:45 PM	\$28	\$39
Creative Movement	HVY	2-3 years	TH	5:30 PM	6:00 PM	\$28	\$39
Creative Movement	HVY	2-3 years	M	11:10 AM	11:40 AM	\$28	\$39
Pre-Dance I	HVY	3-4 years	M	9:15 AM	9:45 AM	\$28	\$39
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance I	HVY	3-4 years	TH	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance II	HVY	4-5 years	T	4:45 PM	5:15 PM	\$28	\$39
Pre-Dance II	HVY	4-5 years	W	4:00 PM	4:30 PM	\$28	\$39
Hip Hop for Preschoolers	HVY	4-5 years	M	4:00 PM	4:30 PM	\$28	\$39
Hip Hop for Preschoolers	HVY	4-5 years	W	9:00 AM	9:30 AM	\$28	\$39
Hip Hop for Preschoolers	HVY	4-5 years	W	5:30 PM	6:00 PM	\$28	\$39

**NEENAH-MENASHA YMCA  
PRESCHOOL CLASSES**

*SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)*

*SESSION 2 (4 WEEKS) JULY 22-AUGUST 16*

**CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	M	5:30 PM	6:00 PM	\$28	\$39
Creative Movement	NMY	2-3 years	F	10:30 AM	11:00 AM	\$28	\$39
Pre-Dance I	NMY	3-4 years	W	4:00 PM	4:30 PM	\$28	\$39
Pre-Dance I	NMY	3-4 years	TH	10:30 AM	11:00 AM	\$28	\$39
Pre-Dance I	NMY	3-4 years	F	9:00 AM	9:30 AM	\$28	\$39
Pre-Dance II	NMY	4-5 years	T	5:30 PM	6:00 PM	\$28	\$39
Pre-Dance II	NMY	4-5 years	F	10:00 AM	10:30 AM	\$28	\$39
Hip Hop for Preschoolers	NMY	4-5 years	F	9:30 AM	10:00 AM	\$28	\$39

**HEART OF THE VALLEY YMCA  
YOUTH CLASSES****SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)****SESSION 2 (4 WEEKS) JULY 22-AUGUST 16****CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Poms	HVY	5-8 years	M	9:45 AM	10:15 AM	\$28	\$39
Ballet/Lyrical	HVY	5-8 years	M	10:15 AM	11:00 AM	\$40	\$51
Lyrical	HVY	5-8 years	M	4:30 PM	5:00 PM	\$28	\$39
Ballet	HVY	5-8 years	T	4:30 PM	5:00 PM	\$28	\$39
Contemporary/Modern	HVY	5-8 years	T	5:15 PM	6:00 PM	\$40	\$51
Hip Hop and Jazz	HVY	5-8 years	W	9:30 AM	10:15 AM	\$40	\$51
Hip Hop and Jazz	HVY	5-8 years	W	4:00 PM	4:45 PM	\$40	\$51
Musical Theatre	HVY	5-8 years	W	4:45 PM	5:30 PM	\$40	\$51
Tap	HVY	5-8 years	W	5:15 PM	6:00 PM	\$40	\$51
Poms	HVY	5-8 years	TH	4:15 PM	4:45 PM	\$28	\$39
Lyrical/Contemporary	HVY	5-8 years	TH	4:45 PM	5:30 PM	\$40	\$51
Jazz	HVY	8-12 years	M	5:00 PM	5:45 PM	\$40	\$51
Ballet/Lyrical	HVY	8-12 years	M	5:50 PM	6:35 PM	\$40	\$51
Poms	HVY	8-12 years	M	6:45 PM	7:30 PM	\$40	\$51
Contemporary/Modern	HVY	8-12 years	T	4:00 PM	4:45 PM	\$40	\$51
Hip Hop	HVY	8-12 years	W	10:15 AM	11:00 AM	\$40	\$51
Turns, Leaps, and Progressions	HVY	8-12 years	W	7:00 PM	7:45 PM	\$40	\$51
Tap	HVY	8-12 years	W	4:30 PM	5:15 PM	\$40	\$51
Musical Theatre	HVY	8-12 years	TH	6:15 PM	7:00 PM	\$40	\$51
Lyrical/Contemporary	HVY	8-12 years	TH	7:00 PM	7:45 PM	\$40	\$51

**NEENAH-MENASHA YMCA  
YOUTH CLASSES****SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)****SESSION 2 (4 WEEKS) JULY 22-AUGUST 16****CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

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

## HEART OF THE VALLEY YMCA TEEN AND ADULT CLASSES

*SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)*

*SESSION 2 (4 WEEKS) JULY 22-AUGUST 16*

**CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Musical Theatre	HVY	12-18 years	T	6:00 PM	6:45 PM	\$40	\$51
Ballet	HVY	12 years and older	T	6:45 PM	7:45 PM	\$55	\$76
Jazz	HVY	12-18 years	TH	4:30 PM	5:15 PM	\$40	\$51
Lyrical	HVY	12-18 years	TH	5:15 PM	6:00 PM	\$40	\$51

## NEENAH-MENASHA YMCA TEEN AND ADULT CLASSES

*SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)*

*SESSION 2 (4 WEEKS) JULY 22-AUGUST 16*

**CLASS OFFERINGS WILL BE THE SAME FOR BOTH SESSIONS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contemporary/Modern	NMY	12-18 years	TH	4:45 PM	5:30 PM	\$40	\$51
Turns, Leaps, and Progressions	NMY	12-18 years	TH	5:30 PM	6:15 PM	\$40	\$51
Jazz	NMY	12-18 years	TH	6:15 PM	7:00 PM	\$40	\$51
Musical Theatre	NMY	12-18 years	TH	7:00 PM	7:45 PM	\$40	\$51
Tap	NMY	12 years and older	T	11:00 AM	12:00 PM	\$55	\$76
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

## SPECIALTY DANCE CLASSES



**SESSION 1 (4 WEEKS) JUNE 17-JULY 19 (NO CLASSES 4<sup>TH</sup> OF JULY WEEK)**

**SESSION 2 (4 WEEKS) JULY 22-AUGUST 16**

**DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 13-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.

<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>
Dance Stretch and Strengthen	NMY	12 years and older	M	11:30 AM	12:15 AM	\$13	\$19
Dance Stretch and Strengthen	NMY	12 years and older	T	9:30 AM	10:15 AM	\$13	\$19
Dance Stretch and Strengthen	NMY	12 years and older	W	11:30 AM	12:15 AM	\$13	\$19

**NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES**

**2 WEEK SESSIONS, MONDAYS JUNE 3 & 10**

<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>
Merengue-Beginners June 3,10	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Merengue-Continuing Students June 3,10	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34