



FOR YOUTH DEVELOPMENT®  
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# DANCE

## STAFF CONTACTS

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

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

NMY/HVY – Hollie O’Toole, Dance Program Coordinator P 886.2108 E [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org)

## NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced at the Y.
- Staff volunteers, participants over the age of 5 will wear masks for programs.
- Parents will not be allowed to enter program spaces and will drop off and pick up child at the door of the program space.
- Equipment and touchpoints will be cleaned and disinfected throughout the day. When children use supplies and equipment, they will be placed in a used bin to be disinfected before return for use.
- Programs have been staggered schedules to limit crowds and crossover of participants and spectators
- Additional safety protocols will be provided with registration in program.

## FOX WEST YMCA DANCE INSPIRE DANCE STUDIO CLASSES

**Classes Begin: SEPT 8, 2020**

**No Classes November 24 – 29, 2020 (Monday classes will still meet November 23)**

**No Classes December 21, 2020 – January 3, 2021**

**Classes End April 19, 2021**

Inspire Dance Studio is a recital program which begins each September and runs until April, ending the season with a professional recital for all dancers. Each IDS instructor has extensive dance training and multiple years of teaching experience as well as maintaining a continuing dance education. Megan Stine,

Dance Program Supervisor leads the IDS staff with over 15 years of experience instructing classes of all levels and genres of dance.

Our ballet program is a progressive dance program which builds proper technique, muscle memory, balance and coordination. Each level is designed for a dancer to learn in for 2-3 years. Each dancer will progress to the next level with teacher recommendation. Each level will wear a specific leotard color to help instructor see and correct alignment. If a student is enrolled in a level not appropriate for their skill level, IDS has the right to move that student to the correct class placement.

Each class will require a \$70 costume fee due at the time of registration. Tuition fees can be paid in full at the time of registration or bank drafted into 8 monthly payments. All costume fees are non-refundable. Classes will begin the week of September 8, 2020. All students should register for the class reflecting their age as of September 1, 2020. More information regarding dress code, student calendar and shoe requirements will be available in August in our IDS Dance Student Handbook. For more information please contact Megan Stine at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

### **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.

### **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 in 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.

## **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.

## **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.

## **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.

<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>
Tiny Tots	FWY	2-3 years	W	6:00 PM	6:30 PM	\$194	\$272
Tap/Ballet Combo	FWY	4-5 years	M	4:15 PM	4:45 PM	\$194	\$272
Tap/Ballet Combo	FWY	3-4 years	W	4:50 PM	5:20 PM	\$194	\$272
PreJazz	FWY	4-5 years	W	5:25 PM	5:55 PM	\$194	\$272
Jazz 1	FWY	6-7 years	T	4:15 PM	4:45 PM	\$194	\$272
Tap 1	FWY	6-9 years	M	4:50 PM	5:20 PM	\$194	\$272
Ballet 1	FWY	6-9 years	M	5:25 PM	5:55 PM	\$194	\$272
Ballet 2	FWY	8-11 years	M	6:00 PM	6:30 PM	\$194	\$272
Ballet 2	FWY	8-12 years	T	4:15 PM	5:00 PM	\$280	\$360
Jazz 2	FWY	8-10 years	W	6:35 PM	7:05 PM	\$194	\$272
Hip Hop 1	FWY	8-11 years	TH	4:15 PM	4:45 PM	\$194	\$272
Tap 2	FWY	9-12 years	W	4:15 PM	4:45 PM	\$194	\$272
Modern 1	FWY	10-15 years	W	6:05 PM	6:50 PM	\$280	\$360
Ballet 3	FWY	11-14 years	T	5:00 PM	5:45 PM	\$280	\$360
Jazz 3	FWY	11-15 years	M	6:35 PM	7:05 PM	\$280	\$360
Ballet 4	FWY	12-18 years	T	5:45 PM	6:30 PM	\$280	\$360
Pointe	FWY	13 years and older	T	7:15 PM	8:15 PM	\$382	\$528

## 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 two regional competitions in spring and a national competition in Summer.

Workshop and Auditions for 2020-2021 teams will be held at the Fox West Y. Dancers must register for and attend workshop to audition. All students must audition the following day to be placed on a team. Dancers must audition as the age they are as of May 1, 2020. Dancers will audition at their age, but be placed on teams according to ability and skill level. There is no cost to audition. Fall classes will begin in September 8, 2020.

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

### Workshop Dates- Must be registered for to attend. Required to audition. Monday, Aug 17, 2020 - Wednesday, Aug 19, 2020

Class name	YMCA	Age	Day	Start	End
Mini/Petite Tap Workshop	FWY	5-9 years	M	4:00 PM	4:45 PM
Mini/Petite Jazz & Lyrical Workshop	FWY	5-9 years	M	5:00 PM	6:00 PM
Junior Tap Workshop	FWY	10-12 years	T	4:00 PM	4:45 PM
Junior Jazz & Lyrical Workshop	FWY	10-12 years	T	5:00 PM	6:00 PM
Teen/Senior Tap Workshop	FWY	13 and older	W	4:00 PM	4:45 PM
Teen/Senior Jazz & Lyrical Workshop	FWY	13 and older	W	5:00 PM	6:00 PM

### Audition Dates: No registration required. Tuesday, Aug 18- Thursday, Aug 20

Class name	YMCA	Age	Day	Start	End
Mini/Petite Tap Audition	FWY	5-9 years	T	4:00 PM	4:45 PM
Mini/Petite Jazz & Lyrical Audition	FWY	5-9 years	T	5:00 PM	6:00 PM
Junior Tap Audition	FWY	10-12 years	W	4:00 PM	4:45 PM
Junior Jazz & Lyrical Audition	FWY	10-12 years	W	5:00 PM	6:00 PM
Teen/Senior Tap Audition	FWY	13 and older	TH	4:00 PM	4:45 PM
Teen/Senior Jazz & Lyrical Audition	FWY	13 and older	TH	5:00 PM	6:30 PM

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

NMY/HVY - Maeghan Johnson, Arts & Humanities Director P 886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)  
 NMY/HVY - Hollie O'Toole, Dance Program Coordinator P 886.2108 E [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org)

The Studio Y Dance Program offers dance classes for ages 2-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. Maeghan Johnson, Arts and Humanities Director holds a B.A. in Dance and is a former professional ballet dancer. Hollie O'Toole, Dance Program Coordinator has trained in many genres in dance and continues her dance education through master dance classes.

This is a working document and is subject to change.

**Registration:** Registration begins Monday, August 17 for Y Members and Thursday, August 20 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 Hollie O' Toole or Maeghan Johnson.

## **2021 SPRING DANCE RECITAL**

### **Date and Location TBA**

All Competition Teams and 14-week classes (Jan-April session) will participate in the annual dance recital.

## **STUDIO Y DANCE COMPETITION TEAMS 2020-2021**

### **AUDITION SUNDAY AUGUST 16, 2020 - NOON-2:00 PM, NMY**

#### **(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. All dancers who audition will be placed on a team. 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, and musical theatre!

#### **Costume Fee: \$75 due upon registration**

August registration will bank draft September-April. Registration taken after the session begins will require the \$75 costume fee and September fee due and will bank draft October-April. Fees include all classes, 2 Regional Competition Fees, 1 National Competition Fee

#### **Group Competition Team**

Y Member - \$584/8 = \$73/month

General Public - \$704/8 = \$88/month

#### **Duet/Trio Competition Team**

Y Member - \$672/8 = \$84/month

General Public - \$784/8 = \$98/month

#### **Solo Competition Team**

Y Member-\$840/8 = \$105/month

General Public-\$952/ 8 = \$119/month

## **7-WEEK PRESCHOOL**

**FALL SESSION 1: SEPTEMBER 8-OCTOBER 25, 2020**

## **14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 20, 2020 (NO CLASSES NOVEMBER 23-29)**

## **28-WEEK DANCE CLASSES**

Solos, Duets and trios can be created for dancers interested in a 28-week session for the spring recital. Please contact Hollie O'Toole, Dance Program Coordinator at 886.2108 for availability.

## **PRIVATE DANCE LESSONS**

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical and more! Classes are available at all levels of training. Please contact Hollie O'Toole, Dance Program Coordinator at 886.2108 for availability.

Semi-private/duet classes are also available at the same cost.

**5-30 min. lessons - Fee: YMCA Member - \$101 General Public - \$129**

**5-45 min. lessons - Fee: YMCA Member - \$150 General Public - \$186**

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

### **CREATIVE MOVEMENT (AGES 2-3 with guardian participation)**

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

### **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**

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**

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.

### **POINTE (WITH INSTRUCTOR PERMISSION)**

Dancers must also take the Ballet class preceding the pointe class as a requirement. Dancers should not take this class without prior ballet experience. If you have questions about this class please contact Maeghan Johnson at 886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org). Pointe shoes 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.

### **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 and athletic wear 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.

### **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.

### **POMS**

Similar to jazz in technique, this is a great class to prepare you for school dance teams. Poms are provided, Jazz shoes or dance sneakers and athletic clothing required.

## **HEART OF THE VALLEY YMCA**

### **7-WEEK PRESCHOOL**

**FALL SESSION 1: SEPTEMBER 8-OCTOBER 25, 2020**

<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>
Creative Movement	HVY	2-3 years	TH	10:20 AM	10:50 AM	\$38	\$65
Pre-Dance I	HVY	3-4 years	TH	9:00 AM	9:30 AM	\$38	\$65
Pre-Dance II	HVY	3-4 years	TH	9:40 AM	10:10 AM	\$38	\$65

## **HEART OF THE VALLEY YMCA**

### **14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 20, 2020 (NO CLASSES NOVEMBER 23-29)**

<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>
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$97	\$136
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$97	\$136
Pre-Dance II	HVY	4-5 years	T	4:45 PM	5:15 PM	\$97	\$136
Pre-Dance II	HVY	4-5 years	SAT	9:45 AM	10:15 AM	\$97	\$136
Hip Hop for Preschoolers	HVY	4-5 years	M	4:00 PM	4:30 PM	\$90	\$126
Ballet	HVY	5-8 years	M	5:30 PM	6:00 PM	\$90	\$126
Ballet	HVY	5-8 years	SAT	11:15 AM	11:45 AM	\$97	\$136
Ballet/Tap	HVY	5-8 years	T	5:30 PM	6:15 PM	\$140	\$180
Hip Hop & Jazz	HVY	5-8 years	M	4:45 PM	5:15 PM	\$90	\$126
Hip Hop & Jazz	HVY	5-8 years	W	5:45 PM	6:15 PM	\$97	\$136
Hip Hop & Jazz	HVY	5-8 years	SAT	10:30 AM	11:00 AM	\$97	\$136
Hip Hop & Jazz	HVY	8-12 years	SAT	NOON	12:45 PM	\$140	\$180
Lyrical/Contemporary	HVY	8-12 years	M	7:15 PM	8:00 PM	\$130	\$167
Lyrical/Contemporary	HVY	8-12 years	T	6:30 PM	7:15 PM	\$140	\$180
Hip Hop	HVY	8-12 years	M	6:15 PM	7:00 PM	\$130	\$167
Poms	HVY	8-12 years	W	6:30 PM	7:15 PM	\$140	\$180

## **NEENAH-MANASHA YMCA**

### **7-WEEK PRESCHOOL**

**FALL SESSION 1: SEPTEMBER 8-OCTOBER 25, 2020**

<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>
Creative Movement	NMY	2-3 years	TH	9:00 AM	9:30 AM	\$38	\$65
Pre-Dance I	NMY	3-4 years	W	9:15 AM	9:45 AM	\$38	\$65

**NEENAH-MENASHA YMCA  
14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 20, 2020 (NO CLASSES NOVEMBER 23-29)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	T	4:30 PM	5:00 PM	\$97	\$136
Pre-Dance II	NMY	4-5 years	M	4:00 PM	4:30 PM	\$90	\$126
Pre-Dance II	NMY	4-5 years	T	9:30 AM	10:00 AM	\$97	\$136
Pre-Dance II	NMY	4-5 years	SAT	9:00 AM	9:30 AM	\$97	\$136
Hip Hop for Preschoolers	NMY	4-5 years	TH	5:30PM	6:00 PM	\$97	\$136
Ballet	NMY	5-8 years	M	10:00 AM	10:30 AM	\$90	\$126
Ballet	NMY	5-8 years	T	5:15 PM	5:45 PM	\$97	\$136
Ballet	NMY	5-8 years	SAT	9:45 AM	10:15 AM	\$97	\$136
Ballet/Tap	NMY	5-8 years	T	10:15 AM	11:00 AM	\$140	\$180
Ballet/Tap	NMY	5-8 years	TH	4:30 PM	5:15 PM	\$140	\$180
Hip Hop & Jazz	NMY	5-8 years	M	10:45 AM	11:15 AM	\$90	\$126
Hip Hop & Jazz	NMY	5-8 years	TH	6:15 PM	6:45 PM	\$97	\$136
Hip Hop & Jazz	NMY	5-8 years	SAT	10:30 AM	11:15 AM	\$140	\$180
Ballet	NMY	8-12 years	M	11:30 AM	12:15 PM	\$130	\$167
Ballet	NMY	8-12 years	TH	7:00 PM	7:45 PM	\$140	\$180
Lyrical/Contemporary	NMY	8-12 years	M	4:45 PM	5:30 PM	\$130	\$167
Hip Hop	NMY	8-12 years	T	6:00 PM	6:45 PM	\$140	\$180
Hip Hop	NMY	8-12 years	SAT	11:30 AM	12:15 PM	\$140	\$180
Ballet	NMY	12 years and older	M	10:00 AM	11:30 AM	\$210	\$254
Ballet	NMY	12 years and older	W	10:00 AM	11:30 AM	\$227	\$274
Lyrical/Contemporary	NMY	12 years and older	M	5:45 PM	6:30 PM	\$130	\$167
Pointe	NMY	12 years and older	M	11:30 AM	NOON	\$90	\$126
Hip Hop	NMY	12 years and older	T	7:00 PM	7:45 PM	\$140	\$180
Tap	NMY	12 years and older	T	11:15 AM	NOON	\$140	\$180

**SPECIALTY DANCE CLASSES**

**7 WEEK SESSIONS**

**FALL SESSION 1: SEPTEMBER 8-OCTOBER 25, 2020**

**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	W	NOON	12:45 PM	\$38	\$65



## **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 Hollie O'Toole, Dance Program Coordinator at 886.2108 for availability. Semi-private/duet classes are also available at the same cost.

**5-30 min. lessons - Fee: YMCA Member - \$101 General Public - \$129**

**5-45 min. lessons - Fee: YMCA Member - \$150 General Public - \$186**

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