



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DANCE

## STAFF CONTACTS

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

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

NMY/HVY/APY - Hollie O'Toole, Arts and Humanities Coordinator P 886.2108 E [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org)

## HEALTH & SAFETY REMINDERS

- Please do not attend if not feel healthy or recently been exposed to someone with COVID-19.
- Please sanitize hands as you enter the Y and as you exit.
- YMCA Members will be provided a shower towel, program participants, please bring a shower towel.

## INSPIRE DANCE STUDIO CLASSES FOX WEST YMCA DANCE

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.

**Registration:** Registration is currently being taken at the Fox West Y front desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org). Classes begin the week of **Sept. 13, 2021**. More information regarding dress code, student calendar, shoe requirements and more will be emailed to you after registration.

**Class Tuition:** Tuition fees can be paid in full at the time of registration or bank drafted into 8 monthly payments.

**Recital Costume:** \$70 non-refundable costume fee must be paid at the time of registration. Students will be sent home with recital packets in February with more details regarding the performance.

**Class placement:** Inspire Dance Studio program offers ages next to classes as a guide in our progressive dance levels. However, some students may fall outside the ages listed. If you have questions or need guidance on levels, please contact Megan Stine at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

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. Level placements are given in their student assessments at the end of each recital year. 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.

## **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. Pink leather ballet and black tap shoes are required. Leotard preferred and hair pulled back.

## **PREJAZZ**

A beginning introduction for to jazz dance! A fun, upbeat class that also introduces rhythm, coordination and basic technique. Leotard or equivalent and tan jazz shoes required.

## **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 tan jazz shoes required, hair must be pulled back neatly.

## **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 tan jazz shoes required, hair must be pulled back neatly.

## **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 tan jazz shoes required, hair must be pulled back neatly.

## **POMS**

This high energy class will incorporate the use of poms and will work on jazz and pom skills across and center floor. Jumps and turning technique will also be explored. Leotard or equivalent and clean tan 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! Leotard or equivalent and black tap shoes required. Hair must be pulled neatly back.

## **TAP II**

A class for dancers with 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. Leotard or equivalent and black tap shoes required.

## **TAP III**

A class for dancers with years of tap experience. This class will learn tap skills and terminology including age appropriate advancement of skills including wings, advanced time steps, advances riffs, tap progressions and more. Leotard or equivalent and black tap shoes required. Hair should be neatly pulled back.

## **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! Leotard and turners required.

## **PROGRESSING BALLET TECHNIQUE**

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.

## **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, tights, ballet shoes with hair in a bun.

## **BALLET II**

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

## **BALLET II 1/2**

For dancers who have taken Ballet 2 and are working towards ballet III. Dancers will learn barre work including tendus, plies, degages, and build on center and across the floor combinations. Dancers will need to wear a dark purple leotard, tights, pink ballet shoes and hair in a bun.

## **BALLET III**

For dancers who have ballet experience and have completed level II. 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, tights, pink ballet shoes and hair in a bun.

## **BALLET IV**

For dancers who have completed level III. 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, tights, ballet shoes and hair in bun.

## **POINTE**

For dancers who have completed level IV. Dancers will build strength while increasing foot strength and overall flexibility. Dancers will begin with classic barre work and combinations. Dancers will need to wear a black leotard, convertible tights, and hair in a bun. Leather ballet shoes required, pointe shoes for dancers approved for work in pointe.

<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	M	4:15 PM	4:45 PM	\$202	\$282
Tiny Tots	FWY	2-3 years	W	5:15 PM	5:45 PM	\$202	\$282
Tap/Ballet Combo	FWY	4-5 years	M	4:50 PM	5:20 PM	\$202	\$282
PreJazz	FWY	4-5 years	T	4:15 PM	4:45 PM	\$202	\$282
Ballet I	FWY	6-8 years	M	4:15 PM	4:45 PM	\$202	\$282
Jazz I	FWY	6-8 years	T	4:50 PM	5:20 PM	\$202	\$282
Tap I	FWY	6-8 years	W	5:50 PM	6:20 PM	\$202	\$282
Ballet II	FWY	8-12 years	T	4:15 PM	5:00 PM	\$290	\$372
Tap II	FWY	9-11 years	M	5:25 PM	5:55 PM	\$202	\$282
Jazz II	FWY	9-11 years	M	6:00 PM	6:45 PM	\$290	\$372
Lyrical Combo	FWY	9-12 years	W	7:10 PM	7:55 PM	\$290	\$372
Poms	FWY	9-12 years	W	6:25 PM	7:10 PM	\$290	\$372
Ballet II 1/2	FWY	10-13 years	TH	6:35 PM	7:20 PM	\$290	\$372
Modern	FWY	10-14 years	T	7:05 PM	7:50 PM	\$290	\$372
Ballet III	FWY	10-15 years	T	5:55 PM	6:40 PM	\$290	\$372
PBT	FWY	10-18 years	TH	7:25 PM	8:10 PM	\$290	\$372
Jazz III	FWY	12-16 years	T	7:55 PM	8:25 PM	\$202	\$282
Poms	FWY	13-18 years	M	7:30 PM	8:00 PM	\$202	\$282
Ballet IV	FWY	13-17 years	T	6:45 PM	7:30 PM	\$290	\$372
Pointe	FWY	13-18 years	T	8:15 PM	9:15 PM	\$394	\$542

## **INSPIRE DANCE STUDIO COMPETITIVE TEAMS**

### **FOX WEST YMCA DANCE**

IDS held their auditions for the 2021-2022 season in May. Dancers who auditioned were placed on teams, as well as Individual Performances as a result of that audition. For more information on our competitive teams please email Megan Stine at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

### **STUDIO Y DANCE**

#### **HEART OF THE VALLEY, NEENAH-MENASHA and APPLETON YMCA**

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

NMY/HVY/APY - Hollie O'Toole, Arts and Humanities 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. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class.

**Registration:** Registration begins Monday, August 16 for Y Members and Thursday, August 19 for the General Public. Classes begin **September 7, 2021**. Please register at a Fox Cities Y service desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org)

**Recital Costume:** \$65 non-refundable costume fee must be paid at the time of registration. Students will be sent home with recital packets in March with more details regarding the performance.

**Class placement:** The Studio Y program offers ages next to classes 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, Arts & Humanities Director P 886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org) or Hollie O'Toole, Arts and Humanities Coordinator P 886.2108 E [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org)

**NEW! Classes at the Appleton Y:** Studio Y will be offering dance classes and competition teams at APY. We are so excited to serve another location!

### **2022 DANCE RECITAL**

**Saturday, April 23, 2022**

**Menasha High School Auditorium**

All Competition Teams, 28-week classes and 14-week classes (Jan-April session) will participate in the annual dance recital.

### **STUDIO Y DANCE COMPETITION TEAMS 2021-2022**

**AUDITION SUNDAY AUGUST 22, 2020 - NOON-1:30 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. 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 - \$602 total year/8 = \$55/month, 3 competition entries draft event dates \$54

General Public - \$722 total year/8 = \$70/month, 3 competition entries draft event dates \$54

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

Y Member - \$690 total year/8 = \$62.25/month, 3 competition entries draft event dates \$64

General Public - \$802 total year/8 = \$76.25/month, 3 competition entries draft event dates \$64

#### **Solo Competition Team**

Y Member - \$860 total year/8 = \$63.25/month, 3 competition entries draft event dates \$118

General Public - \$972 total year/8 = \$77.25/month, 3 competition entries draft event dates \$118

## **7-WEEK PRESCHOOL CLASSES**

**FALL SESSION 1: SEPTEMBER 7-OCTOBER 24, 2021**

**FALL SESSION 2: OCTOBER 25-DECEMBER 19, 2021 (NO CLASSES NOV 22-28)**

### **CREATIVE MOVEMENT (AGES 2-3)**

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

## **HEART OF THE VALLEY YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	TH	10:10 AM	10:40 AM	\$39	\$67

## **NEENAH-MENASHA YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	F	9:00 AM	9:30 AM	\$39	\$67

## **PRESCHOOL AND YOUTH CLASSES**

### **14-WEEK AND 28-WEEK CLASSES**

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

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

**BANK DRAFT OPTION-**

#### **28-WEEK DANCE CLASSES**

**SEPTEMBER 7- APRIL 23, 2022 (NO CLASSES NOV 22-28, DEC 20-JAN 2, MARCH 21-27)**

**BANK DRAFT OPTION-**

### **PRE-DANCE I (AGES 3-4)**

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 (AGES 4-5)**

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 (AGES 4-5)**

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 (AGES 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 (AGES 5-8)**

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 (AGES 5-8)**

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 (AGES 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.

**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.

**MUSICAL THEATRE**

This class will explore different styles of dance popular on Broadway and will incorporate stage acting. Explore different styles of jazz and expressive movement set to songs from your favorite musicals! Athletic attire and jazz shoes or sneakers are appropriate for this class.

**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 class adds an extra spin by utilizing a fun prop! Poms are provided, only attire needed are jazz shoes or dance sneakers and athletic clothing.

**DANCE TEAM TECHNIQUE**

For the dancer interested in school dance teams, this class will prepare you for auditions, teach proper form, technique and skills that dance team coaches will be looking for. Learn poms basics along with jazz and lyrical turns, leaps and combinations. Jazz shoes or clean sneakers required.

## **NEW! APPLETON YMCA**

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

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23, 2022 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

<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	APY	3-4 years	SAT	10:00 AM	10:30 AM	\$101	\$141	
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$101	\$141	
Ballet	APY	5-8 years	SAT	11:10 AM	11:40 AM	\$101	\$141	
Hip Hop & Jazz	APY	5-8 years	SAT	11:45 AM	12:15 PM	\$101	\$141	

## **HEART OF THE VALLEY YMCA PRESCHOOL AND YOUTH CLASSES**

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

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23, 2022 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

<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	TH	9:35 AM	10:05 AM	\$101	\$141
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$101	\$141
Pre-Dance II	HVY	4-5 years	TH	9:00 AM	9:30 AM	\$101	\$141
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$101	\$141
Ballet	HVY	5-8 years	M	6:00 PM	6:30 PM	\$101	\$141
Ballet	HVY	5-8 years	SAT	10:10 AM	10:40 AM	\$101	\$141
Lyrical & Contemporary	HVY	5-8 years	TH	4:45 PM	5:15 PM	\$101	\$141
Poms	HVY	5-8 years	W	5:50 PM	6:20 PM	\$101	\$141
Ballet	HVY	8-12 years	SAT	11:35 AM	12:20 PM	\$145	\$186
Lyrical & Contemporary	HVY	8-12 years	M	6:35 PM	7:20 PM	\$145	\$186
Hip Hop & Jazz	HVY	8-12 years	SAT	10:45 AM	11:30 AM	\$145	\$186
Hip Hop	HVY	8-12 years	TH	5:55 PM	6:40 PM	\$145	\$186
Poms	HVY	8-12 years	W	7:15 PM	8:00 PM	\$145	\$186
Musical Theatre	HVY	8-12 years	TH	6:45 PM	7:30 PM	\$145	\$186
Dance Team Technique	HVY	10 and older	M	7:25 PM	8:10 PM	\$145	\$186

### **28-WEEK DANCE CLASSES**

**SEPTEMBER 7- APRIL 23, 2022 (NO CLASSES NOV 22-28, DEC 20-JAN 2, MARCH 21-27)**

<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	M	4:00 PM	4:30 PM	\$202	\$282
Pre-Dance II	HVY	4-5 years	T	4:00 PM	4:30 PM	\$202	\$282
Lyrical & Contemporary	HVY	5-8 years	M	4:30 PM	5:00 PM	\$202	\$282
Tap	HVY	5-8 years	TH	5:20 PM	5:50 PM	\$202	\$282
Hip Hop & Jazz	HVY	5-8 years	T	4:35 PM	5:05 PM	\$202	\$282
Tap	HVY	8-12 years	T	5:10 PM	5:55 PM	\$290	\$372
Hip Hop & Breakdance	HVY	8-12 years	W	4:15 PM	5:00 PM	\$290	\$372

## NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

### 14-WEEK DANCE CLASSES

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23, 2022 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

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	\$101	\$141
Pre-Dance I	NMY	3-4 years	W	4:00 PM	4:30 PM	\$101	\$141
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$101	\$141
Pre-Dance II	NMY	4-5 years	T	5:05 PM	5:35 PM	\$101	\$141
Pre-Dance II	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$101	\$141
Hip Hop for Preschoolers	NMY	4-5 years	W	4:35 PM	5:05 PM	\$101	\$141
Hip Hop & Jazz	NMY	5-8 years	T	6:15 PM	6:45 PM	\$101	\$141
Ballet	NMY	5-8 years	T	5:40 PM	6:10 PM	\$101	\$141
Ballet	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$101	\$141
Hip Hop & Jazz	NMY	5-8 years	M	5:40 PM	6:10 PM	\$101	\$141
Poms	NMY	5-8 years	M	6:15 PM	6:45 PM	\$101	\$141
Hip Hop	NMY	8-12 years	W	6:20 PM	7:05 PM	\$145	\$186
Hip Hop & Jazz	NMY	8-12 years	T	7:40 PM	8:25 PM	\$145	\$186
Hip Hop & Jazz	NMY	8-12 years	SAT	10:45 AM	11:30 AM	\$145	\$186
Ballet	NMY	8-12 years	T	6:50 PM	7:35 PM	\$145	\$186
Beginning Irish (Soft Shoe)	NMY	8-12 years	SAT	11:35 AM	12:20 PM	\$145	\$186
Dance Team Technique	NMY	10 and older	W	7:10 PM	7:55 PM	\$145	\$186

### 28-WEEK DANCE CLASSES

**SEPTEMBER 7- APRIL 23, 2022 (NO CLASSES NOV 22-28, DEC 20-JAN 2, MARCH 21-27)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance II	NMY	4-5 years	TH	5:20 PM	5:50 PM	\$202	\$282
Ballet/Tap	NMY	5-8 years	TH	4:30 PM	5:15 PM	\$290	\$372
Tap	NMY	5-8 years	W	5:10 PM	5:40 PM	\$202	\$282
Lyrical & Contemporary	NMY	5-8 years	TH	5:55 PM	6:25 PM	\$202	\$282
Hip Hop & Jazz	NMY	5-8 years	TH	6:30 PM	7:00 PM	\$202	\$282
Poms	NMY	5-8 years	W	5:45 PM	6:15 PM	\$202	\$282
Lyrical & Contemporary	NMY	8-12 years	M	4:00 PM	4:45 PM	\$290	\$372
Lyrical & Contemporary	NMY	8-12 years	TH	7:05 PM	7:50 PM	\$290	\$372
Poms	NMY	8-12 years	M	6:50 PM	7:35 PM	\$290	\$372

## TEEN AND ADULT DANCE CLASSES

### 14-WEEK DANCE CLASSES

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23, 2022 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

### 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.

### POINTE

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.

## **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! Clean sneakers or Jazz shoes are required.

## **DANCE TEAM TECHNIQUE**

For the dancer interested in school dance teams, this class will prepare you for auditions, teach proper form, technique and skills that dance team coaches will be looking for. Learn poms basics along with jazz and lyrical turns, leaps and combinations. Jazz shoes or clean sneakers required.

## **NEENAH-MENASHA**

### **TEEN AND ADULT DANCE CLASSES**

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

**SESSION 1: SEPTEMBER 7-DECEMBER 19, 2021 (NO CLASSES NOVEMBER 22-28)**

**SESSION 2: JANUARY 3- APRIL 23, 2022 (REGISTRATION IN DECEMBER, NO CLASSES MARCH 21-27)**

<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	NMY	12-18 years	M	4:00 PM	5:00 PM	\$145	\$186
Ballet	NMY	18 and older	M	10:00 AM	11:30 AM	\$234	\$282
Ballet	NMY	18 and older	W	10:00 AM	11:30 AM	\$234	\$282
Pointe	NMY	12-18 years	M	5:00 PM	5:30 PM	\$101	\$141
Pointe	NMY	18 and older	M	12:30 PM	1:00 PM	\$101	\$141
Hip Hop & Jazz	NMY	12 and older	M	7:40 PM	8:25 PM	\$145	\$186
Dance Team Technique	NMY	10 and older	W	7:10 PM	7:55 PM	\$145	\$186

## **NEENAH-MENASHA**

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

#### **7 WEEK SESSIONS**

**FALL SESSION 1: SEPTEMBER 7-OCTOBER 24, 2021**

**FALL SESSION 2: OCTOBER 25-DECEMBER 19, 2021 (NO CLASSES NOV 22-28)**

## **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.

<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 formerly "Dance Pilates"	NMY	12 years and older	M	11:30 AM	12:15 PM	\$38	\$65
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:30 AM	12:15 PM	\$38	\$65

## **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**