



FOR YOUTH DEVELOPMENT®  
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## STAFF CONTACTS

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## INSPIRE DANCE STUDIO – FOX WEST YMCA PRESCHOOL, YOUTH & TEEN CLASSES SUMMER SESSION: JUNE 6 – AUG 18, 2022 No classes the week of July 4 -10, 2022

### TINY TOTS- SUMMER SUN-SATIONAL (2-3 YEARS, 2-4 YEARS)

We will explore dancing while enjoying the sun and sounds of summer! We will have fun dancing, interpreting music and exploring different destinations including the beach, pool, zoo and more! An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will need a leotard or dance attire and ballet or jazz shoes.

### TAP/BALLET COMBO- SOUNDS OF SUMMER (3-4 YEARS, 4-6 YEARS)

What is that sound? Join us as we take a trip and explore the sounds of summer! We will have fun dancing, interpreting music and exploring the ocean, the air, and more! 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 or proper dance attire required with hair pulled back.

### PREJAZZ – SUMMER VACATION (4-6 YEARS)

Join us to travel to places near and far on our summer pre jazz trip! Introduction to Jazz technique and basics while exploring music and rhythms from cities and countries near and far. 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.

### BALLET I (6-8 YEARS)

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 LEVELS II & III (7-11 YEARS; 10-14 YEARS)

For dancers who have ballet experience and have completed multiple years of Ballet 1 or Ballet 2. Dancers will learn barre work including plies, tendus, degages and begin center and across the floor combinations. Dancers will build on technique work including barre, center and across the floor combinations. Dancers in ballet 2 will need to wear a Lavender (light purple) leotard, dancers in ballet 3 will need a dark purple leotard, and all will need pink ballet shoes with hair in a bun.

### **BALLET 4, 5 & POINTE (12-15 YEARS; 14-18 YEARS)**

For dancers who have ballet experience, have completed multiple years of Ballet 3 or 4, and have instructor recommendation for Ballet 4, 5 OR POINTE. Dancers will continue to refine technique with new barre work, center and across the floor combinations with emphasis on balance and placement. Dancers in ballet 4 will need a NAVY leotard, and dancers in ballet 5 and pointe will need to wear a BLACK leotard, and ballet shoes with hair in a bun. Pointe shoes for dancers are only by instructor invitations, with a professional fitting before class time.

### **PREJAZZ – SUMMER VACATION (4-6 YEARS)**

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 (7-10 YEARS)**

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.

### **POMS 1 (7-10 YEARS)**

For dancers with little of all experiences! Building technique in stretching, flexibility, turns, leaps and jumps as well as drills for arms, and athletic movements. Fun, energetic music while incorporating proper control and technique. Leotard or equivalent and jazz shoes required, hair in a bun.

### **BEGINNER BALLET (7-10 YEARS)**

Have you always wanted to do ballet, but thought you were a little too old? Here's the perfect class for you! 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 DARK PINK leotard and ballet shoes with hair in a bun.

### **TAP I & II (6-8 YEARS; 9-13 YEARS)**

A fun rhythm class for beginning tappers, and those who have completed tap 1. 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.

### **JAZZ II (9-12 YEARS)**

For dancers who have at least 2 years of 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.

### **POMS II 10-13 YEARS)**

For dancers who have at least 1 year of poms 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.

### **MODERN 1 (9-12 YEARS)**

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.

### **JAZZ III (13-18 YEARS)**

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.

### **LYRICAL COMBO & LYRICAL/JAZZ COMBO (9-12 YEARS)**

This class will combine the technique of ballet & jazz, with the movement and expression of lyrical class. This class will work on basic technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Jazz shoes and leotard are required. Hair must be pulled back in bun.

### **PROGRESSING BALLET TECHNIQUE (10-18 YEARS)**

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. Previous dance experience required. Dancers should wear leotard and bare feet or footless tights.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots- Summer SUNsational	FWY	2-3 years	W	4:15 PM	4:45 PM	\$70	\$99
Tiny Tots -Summer SUNsational	FWY	2-4 years	M	5:25 PM	5:55 PM	\$70	\$99
Tap/Ballet Combo - Sounds of Summer	FWY	3-4 years	W	4:00 PM	4:30 PM	\$70	\$99
PreJazz – Summer Vacation	FWY	4-6 years	W	4:50 PM	5:20 PM	\$70	\$99
Tap/Ballet Combo – Sounds of Summer	FWY	4–6 years	W	5:25 PM	5:55 PM	\$70	\$99
Ballet 1	FWY	6-8 years	T	4:00 PM	4:30 PM	\$70	\$99
Tap 1	FWY	6-8 years	T	4:35 PM	5:05 PM	\$70	\$99
Jazz 1	FWY	7-10 years	M	4:00 PM	4:45 PM	\$101	\$132
Poms 1	FWY	7–10 years	M	4:50 PM	5:20 PM	\$70	\$99
Beginner Ballet	FWY	7 -10 years	W	5:15 PM	6:00 PM	\$101	\$132
Lyrical/Jazz Combo	FWY	7-10 years	W	4:30 PM	5:15 PM	\$101	\$132
Ballet 2	FWY	7-11 years	T	6:15 PM	7:00 PM	\$101	\$132
Jazz 2	FWY	9–12 years	M	4:00 PM	4:45 PM	\$101	\$132
Modern 1	FWY	9-12 years	M	4:45 PM	5:30 PM	\$101	\$132
Lyrical Combo Class	FWY	9–12 years	W	6:00 PM	6:45 PM	\$101	\$132
Tap 2	FWY	9-13 years	M	6:45 PM	7:30 PM	\$101	\$132
Poms 2	FWY	10-13 years	M	6:00 PM	6:45 PM	\$101	\$132
Ballet 3	FWY	10-14 years	T	4:15 PM	5:00 PM	\$101	\$132
Progressing Ballet Technique	FWY	10-18 years	T	7:00 PM	7:45 PM	\$101	\$132
Jazz 3	FWY	13–18 years	M	7:00 PM	7:45 PM	\$101	\$132
Ballet 4	FWY	12-16 years	TH	4:00 PM	4:45 PM	\$101	\$132
Ballet 5	FWY	14–18 years	TH	4:50 PM	5:35 PM	\$101	\$132
Pointe	FWY	14–18 years	T	8:00 PM	9:00 PM	\$132	\$165

## INSPIRE DANCE STUDIO DANCE COMPETITION & COMPANY TEAMS FOX WEST YMCA REGISTRATION REQUIRED

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 the assigned ballet and their required team's classes over summer. Dancers attend two to three regional competitions in spring and a national competition in June. Dancers ages 4 and up are eligible to audition.

Workshop and Auditions for 2022-2023 teams will be held at the Fox West Y on *Saturday & Sunday, May 21 & 22*. **Dancers must attend both Workshop on Saturday and Auditions on Sunday.** Dancers must audition as the age they are as of May 1, 2022. Dancers will audition in their age group, but will be placed on teams according to ability and skill level. The cost to audition is \$10 per dancer (not per class). Dancers must also register for the "audition fee" for each dancer. Summer schedule for competitive teams will be released after auditions are complete and teams are formed.

IDS Competition team dancers will have summer classes beginning the week of June 6 and running through August 18. Fall classes will begin in September.

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

**COMPANY TEAM:** Company Team members will take part in 1-2 extra hours of technique training per week and will compete at a higher level at competition. Dancers interested in Company Team will mark their interest in this team at their auditions.

### Workshop – Saturday, May 21

### Auditions – Sunday, May 22

Mini Jazz & Mini Tap	FWY	4-6 years	SAT/SUN	9:00 AM	9:45 AM
Petite Jazz & Lyrical	FWY	7-9 years	SAT/SUN	9:45 AM	10:30 AM
Petite Tap	FWY	7-9 years	SAT/SUN	10:30 AM	11:15 AM
Junior Jazz	FWY	10-12 years	SAT/SUN	11:15 AM	NOON
Junior Lyrical	FWY	10-12 years	SAT/SUN	12:15 PM	1:00 PM
Junior Tap	FWY	10-12 years	SAT/SUN	1:00 PM	1:45 PM
Teen/Senior Tap	FWY	13-18 years	SAT/SUN	1:45 PM	2:30 PM
Teen/Senior Jazz	FWY	13-18 years	SAT/SUN	2:30 PM	3:15 PM
Teen/Senior Lyrical	FWY	13-18 years	SAT/SUN	3:15 PM	4:00 PM
Audition Fee	FWY	4-18 years	SAT/SUN	\$10	\$10

## STUDIO Y DANCE

### HEART OF THE VALLEY, NEENAH-MENASHA & APPLETON 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. Hollie, O'Toole, Dance Program Coordinator joined the Arts and Humanities team in 2016. 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 Hollie O'Toole at [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org) for more information.

**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/[mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org) or Hollie O'Toole at [hotoole@ymcafoxcities.org](mailto:hotoole@ymcafoxcities.org) for more information.

**APPLETON YMCA**-The Studio Y program will return in fall 2022 with classes at the Appleton Y!

## STUDIO Y DANCE COMPETITION TEAMS 2022-2023

### AUDITION SUNDAY AUGUST 7, 2022 - 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.

Competition team auditions will be held August 7 from NOON-1:30 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 and musical theatre!

### **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!

### **HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS, WITH PARENT) (HVY/NMY)**

Dance with your little one while they learn basic dance movements and gross motor skills! This is a parent/guardian and child class. Dance shoes or clean sneakers required.

### **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**

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 (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.

### **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.

## 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.

## 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 poms as a fun prop to prepare dancers for school dance teams! Poms are provided, only attire needed are jazz shoes or dance sneakers and athletic clothing.

## MUSICAL THEATRE

With all that jazz and more, this class is a must to prepare dancers for school show choir and musicals! Dancers will sample jazz, funk, and lyrical styles, while learning turns, leaps and combinations set to show tunes. Only attire needed are jazz shoes or dance sneakers and athletic clothing.

## HEART OF THE VALLEY YMCA PRESCHOOL AND YOUTH

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Class name	YMCA	Age	Day	Start	End	Y Member 4wk/6wk	General Public 4wk/6wk
Pre-Dance I	HVY	3-4 years	T	4:15 PM	4:45 PM	\$27/\$41	\$38/58
Pre-Dance I	HVY	3-4 years	W	10:15 AM	10:45 AM	\$27/\$41	\$38/58
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$27/\$41	\$38/58
Pre-Dance II	HVY	4-5 years	M	4:15 PM	4:45 PM	\$27/\$41	\$38/58
Pre-Dance II	HVY	4-5 years	W	10:50 AM	11:20 AM	\$27/\$41	\$38/58
Pre-Dance II	HVY	4-5 years	W	4:15 PM	4:45 PM	\$27/\$41	\$38/58
Hip Hop for Preschoolers	HVY	4-5 years	M	4:50 PM	5:20 PM	\$27/\$41	\$38/58
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$27/\$41	\$38/58
Ballet	HVY	5-8 years	M	5:25 PM	5:55 PM	\$27/\$41	\$38/58
Ballet	HVY	5-8 years	SAT	10:10 AM	10:40 AM	\$27/\$41	\$38/58
Ballet/Tap	HVY	5-8 years	W	4:50 PM	5:35 AM	\$39/\$59	\$51/\$77
Ballet/Lyrical	HVY	5-8 years	W	11:25 AM	11:55 AM	\$27/\$41	\$38/\$58
Tap	HVY	5-8 years	TH	4:45 PM	5:15 PM	\$27/\$41	\$38/58
Lyrical and Contemporary	HVY	5-8 years	T	5:25 PM	5:55 PM	\$27/\$41	\$38/58
Hip Hop and Jazz	HVY	5-8 years	M	6:00 PM	6:30 PM	\$27/\$41	\$38/58
Hip Hop and Jazz	HVY	5-8 years	W	NOON	12:30 PM	\$27/\$41	\$38/58
Hip Hop and Jazz	HVY	5-8 years	T	4:50 PM	5:20 PM	\$27/\$41	\$38/58
Hip Hop and Jazz	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$27/\$41	\$38/58
Poms	HVY	5-8 years	W	5:40 PM	6:10 PM	\$27/\$41	\$38/58
Poms	HVY	5-8 years	TH	5:20 PM	5:50 PM	\$27/\$41	\$38/58
Ballet	HVY	8-12 years	W	6:15 PM	7:00 PM	\$39/\$59	\$51/\$77
Ballet	HVY	8-12 years	SAT	11:20 AM	12:05 PM	\$39/\$59	\$51/\$77
Lyrical and Contemporary	HVY	8-12 years	M	6:35 PM	7:20 PM	\$39/\$59	\$51/\$77
Jazz	HVY	8-12 years	T	6:00 PM	6:45 PM	\$39/\$59	\$51/\$77
Hip Hop	HVY	8-12 years	M	7:25 PM	8:10 PM	\$39/\$59	\$51/\$77
Musical Theatre	HVY	8-12 years	TH	6:50 PM	7:35 PM	\$39/\$59	\$51/\$77
Poms	HVY	8-12 years	TH	6:00 PM	6:45 PM	\$39/\$59	\$51/\$77



Class name	YMCA	Age	Day	Start	End	Y Member 4wk/6wk	General Public 4wk/6wk
Tap	HVY	8-12 years	TH	7:40 PM	8:25 PM	\$39/\$59	\$51/\$77
Irish- Beginning Soft Shoe June 6-July 3	HVY	8-12 years	T	6:50 PM	7:35 PM	\$39	\$51

## TEEN AND ADULT

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Class name	YMCA	Age	Day	Start	End	Y Member 4wk/6wk	General Public 4wk/6wk
Ballet	HVY	12 years and up	M	8:15 PM	9:00 PM	\$39/\$59	\$51/\$77

## NEENAH-MENASHA YMCA

### PRESCHOOL AND YOUTH

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Class name	YMCA	Age	Day	Start	End	Y Member 4wk/6wk	General Public 4wk/6wk
Hip Hop Skip Jump	NMY	18 months-3 years (w/parent)	T	4:30 PM	5:00 PM	\$27/\$41	\$38/58
Creative Movement	NMY	2-3 years	T	5:05 PM	5:35 PM	\$27/\$41	\$38/58
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$27/\$41	\$38/58
Pre-Dance I	NMY	3-4 years	T	5:40 PM	6:10 PM	\$27/\$41	\$38/58
Pre-Dance II	NMY	4-5 years	M	4:35 PM	5:05 PM	\$27/\$41	\$38/58
Hip Hop for Preschoolers	NMY	4-5 years	W	4:00 PM	4:30 PM	\$27/\$41	\$38/58
Ballet	NMY	5-8 years	M	5:10 PM	5:40 PM	\$27/\$41	\$38/58
Lyrical & Contemporary	NMY	5-8 years	W	5:10 PM	5:40 PM	\$27/\$41	\$38/58
Ballet/Tap	NMY	5-8 years	T	6:15 PM	7:00 PM	\$39/\$59	\$51/\$77
Hip Hop & Jazz	NMY	5-8 years	M	5:45 PM	6:15 PM	\$27/\$41	\$38/58
Hip Hop & Jazz	NMY	5-8 years	W	5:45 PM	6:15 PM	\$27/\$41	\$38/58
Poms	NMY	5-8 years	W	4:35 PM	5:05 PM	\$27/\$41	\$38/58
Ballet	NMY	8-12 years	W	6:20 PM	7:05 PM	\$39/\$59	\$51/\$77
Lyrical and Contemporary	NMY	8-12 years	M	6:30 PM	7:15 PM	\$39/\$59	\$51/\$77
Hip Hop and Jazz	NMY	8-12 years	W	7:10 PM	7:55 PM	\$39/\$59	\$51/\$77

## TEEN AND ADULT

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Ballet	NMY	12 years and up	M	10:00 AM	11:30 AM	\$75/\$113	90/\$134
Ballet	NMY	12 years and up	W	10:00 AM	11:30 AM	\$75/\$113	90/\$134
Pointe	NMY	12 years and up	M	12:30 PM	1:00 PM	\$27/\$41	\$38/58
Pointe	NMY	12 years and up	W	12:30 PM	1:00 PM	\$27/\$41	\$38/58
Lyrical/Contemporary	NMY	12 years and up	T	10:00 AM	10:45 AM	\$39/\$59	\$51/\$77
Jazz	NMY	12 years and up	T	11:00 AM	11:45 AM	\$39/\$59	\$51/\$77
Tap	NMY	12 years and up	M	7:20 PM	8:05 PM	\$39/\$59	\$51/\$77

## NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3 -**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

**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	NMY	12 years and older	M	11:40 AM	12:25 PM	\$21/\$37	\$32/\$55
Dance Stretch and Strengthen	NMY	12 years and older	T	11:50 AM	12:35 PM	\$21/\$37	\$32/\$55
Dance Stretch and Strengthen	NMY	12 years and older	W	11:40 AM	12:25 PM	\$21/\$37	\$32/\$55

### 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**

**APPLETON YMCA**-The Studio Y program will return in fall 2022 with classes at the Appleton Y!