



WINTER



DANCE

STAFF CONTACTS

FWY - Megan Stine, Dance Coordinator P 560.3410 E mstine@ymcafoxcities.org

NMY/HVY/APY - Maeghan Johnson, Arts & Humanities Director P 886.2138 E mjohnson@ymcafoxcities.org

NMY/HVY/APY - Hollie O'Toole, Arts and Humanities Coordinator P 886.2108 E hotoole@ymcafoxcities.org

NMY/HVY/APY - Angela Larsen, Arts and Humanities Specialist P 886.2106 E alarsen@ymcafoxcities.org

WINTER 2 PROGRAM SESSION:

February 20 – April 9, 2023 (No Classes April 3-9)

STUDIO Y DANCE

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. Offered at Appleton YMCA, Heart of the Valley YMCA, and Neenah Menasha YMCA.

PRESCHOOL CLASSES

HIP HOP SKIP JUMP (AGES 18months-3years with parent/guardian) (HVY)

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.

CREATIVE MOVEMENT (AGES 2-3 years) (NMY)

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	18 months-3 years w/guardian	W	11:00 AM	11:30 AM	\$43	\$72
Creative Movement	NMY	2-3 years	T	4:50 PM	5:20 PM	\$43	\$72

ADULT DANCE CLASSES

FOREVER WELL BALLET & BALANCE-NEW (AGES 55 YEARS +) (NMY, OGY)

For the active adult population seeking work on balance, coordination, and light strengthening, this class will utilize ballet techniques at the barre and center floor. Low-impact, joint-friendly, fluid movement, and relaxed instruction. Previous dance experience is not required! Dancewear or athletic attire and ballet shoes required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Forever Well Ballet & Balance NEW	NMY	55 years +	T	10:00 AM	11:00 AM	\$43	\$72
Forever Well Ballet & Balance NEW	OGY	55 years +	TH	10:30 AM	11:15 AM	\$43	\$72

TEEN AND ADULT SPECIALTY DANCE CLASSES

DANCE STRETCH AND STRENGTHEN-FORMERLY "DANCE PILATES" (AGES 12 YEARS +) (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 +	M	11:30 AM	12:15 PM	\$43	\$72
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years +	W	11:30 AM	12:15 PM	\$43	\$72

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-minute lessons - Fee: YMCA Member - \$101 General Public - \$129

5-45-minute lessons - Fee: YMCA Member - \$150 General Public - \$186

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