



STAFF CONTACTS

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

NMY/HVY - Hollie O'Toole, Dance Program Coordinator P 886.2108 E hotoole@ymcafoxcities.org

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

SUMMER SESSION: JUNE 12 – AUG 25, 2023

No classes the week of July 3 - 9, 2023

TINY TOTS (AGES 2-3 YEARS, AGES 3-4 YEARS) (FWY)

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 (AGES 3-4 YEARS, AGES 4-6 YEARS) (FWY)

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.

PRE-JAZZ (AGES 4-6 YEARS) (FWY)

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 1 (AGES 6-8 YEARS) (FWY)

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.

TAP 1 & 2 (AGES 6-8 YEARS, AGES 8-12 YEARS) (FWY)

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 1 (AGES 7-10 YEARS) (FWY)

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 (AGES 7-10 YEARS) (FWY)

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.

JAZZ 2 (AGES 7-11 YEARS) (FWY)

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 2 (AGES 7-11 YEARS) (FWY)

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.

BEGINNER BALLET (AGES 7-12 YEARS) (FWY)

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.

BALLET LEVELS 2 & 3 (AGES 8-12 YEARS, AGES 10-14 YEARS) (FWY)

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.

LYRICAL 1 & 2 (AGES 8-12 YEARS) (FWY)

One of our most popular styles! Based on ballet technique, and integrating interpretive and expressive movement, this class will work on fundamentals of lyrical dance. Dancers will learn leaps, turn and jumps, and learn introductory lyrical choreography. Dancers must wear a leotard, tights and jazz or lyrical shoes.

JAZZ 3 (AGES 10-14 YEARS) (FWY)

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.

MODERN 2 & 3 (AGES 10-14 YEARS) (FWY)

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.

PROGRESSING BALLET TECHNIQUE (AGES 12-18 YEARS) (FWY)

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.

POMS SKILLS AND DRILLS (AGES 13-18 YEARS) (FWY)

Poms skills and drills is an upbeat, fast paced class that will teach the basic pom skills and build on them each week. Dancers will learn both technique and choreography, while learning leaps, kicks, jumps and turns. Leotards, fitted leggings or other fitted dancewear and jazz shoes.

BALLET 4, 5 & POINTE (AGES 13-18 YEARS, AGES 14-18 YEARS) (FWY)

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.

JAZZ 4 (AGES 13-18 YEARS) (FWY)

For dancers who have completed Jazz 3. Dancers will work to further their jazz technique, strength and mobility. Dancers should wear a leotard and jazz shoes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	W	4:15 PM	4:45 PM	\$73	\$103
Tiny Tots	FWY	3-4 years	M	5:25 PM	5:55 PM	\$73	\$103
Tap/Ballet Combo	FWY	3-4 years	W	4:00 PM	4:30 PM	\$73	\$103
Pre-Jazz	FWY	4-6 years	W	4:50 PM	5:20 PM	\$73	\$103
Tap/Ballet Combo	FWY	4-6 years	W	5:25 PM	5:55 PM	\$73	\$103
Ballet 1	FWY	6-8 years	T	4:35 PM	5:05 PM	\$73	\$103
Tap 1	FWY	6-8 years	T	4:00 PM	4:30 PM	\$73	\$103
Jazz 1	FWY	7-10 years	M	4:00 PM	4:45 PM	\$106	\$138
Poms 1	FWY	7-10 years	M	4:50 PM	5:20 PM	\$73	\$103
Jazz 2	FWY	7-11 years	W	4:30 PM	5:15 PM	\$106	\$138
Poms 2	FWY	7-11 years	W	5:30 PM	6:00 PM	\$73	\$103
Beginner Ballet	FWY	7-12 years	W	6:00 PM	6:45 PM	\$106	\$138
Ballet 2	FWY	8-12 years	T	6:15 PM	7:00 PM	\$106	\$138
Lyrical 1 & 2	FWY	8-12 years	W	6:00 PM	6:45 PM	\$106	\$138
Tap 2	FWY	8-12 years	T	7:00 PM	7:30 PM	\$73	\$103
Ballet 3	FWY	10-14 years	T	4:00 PM	4:45 PM	\$106	\$138
Jazz 3	FWY	10-14 years	M	4:00 PM	4:45 PM	\$106	\$138
Modern 2 & 3	FWY	10-14 years	M	4:45 PM	5:30 PM	\$106	\$138
Progressing Ballet Technique	FWY	12-18 years	T	6:30 PM	7:30 PM	\$138	\$173
Poms Skills & Drills	FWY	13-18 years	W	6:50 PM	7:35 PM	\$106	\$138
Ballet 4	FWY	13-18 years	TH	4:00 PM	4:45 PM	\$106	\$138
Jazz 4	FWY	13-18 years	M	7:00 PM	7:45 PM	\$106	\$138
Ballet 5 & Pointe	FWY	14-18 years	T	7:30 PM	8:30 PM	\$138	\$173

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.

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.

FOX WEST YMCA

Competitive Team Workshop & Auditions

Workshop and Auditions will be held on Saturday and Sunday, May 20 & 21 for dancers wanting to be a part of our 2023-2024 Competitive Teams. Our competitive teams begin at age 4. Dancers will register for Workshop (only) and **must attend both the Workshop on Saturday and Auditions on Sunday**. Please note that Workshop times differ from Audition times for some groups. Dancers will register for the age they are as of May 1, 2023, and will need to audition for that age group. All dancers will audition in the correct age group but will be placed on teams according to ability and skill level. A summer schedule for competitive classes will be available after auditions. For more information on our competitive team, please email Megan Stine at mstine@ymcafoxcities.org.

Workshops

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Mini Jazz & Mini Tap Workshop	FWY	4-6 years	S	9:00 AM	9:45 AM	\$5	\$5
Petite Jazz & Lyrical Workshop	FWY	7-9 years	S	9:45 AM	10:30 AM	\$5	\$5
Petite Tap Workshop	FWY	7-9 years	S	10:30 AM	11:15 AM	\$5	\$5
Junior Jazz Workshop	FWY	10-12 years	S	9:00 AM	9:45 AM	\$5	\$5
Junior Lyrical Workshop	FWY	10-12 years	S	9:45 AM	10:30 AM	\$5	\$5
Junior Tap Workshop	FWY	10-12 years	S	10:30 AM	11:15 AM	\$5	\$5
Teen Jazz Workshop	FWY	13-15 years	S	11:15 AM	12:00 PM	\$5	\$5
Teen Lyrical Workshop	FWY	13-15 years	S	12:00 PM	12:45 PM	\$5	\$5
Teen Tap Workshop	FWY	13-15 years	S	12:45 PM	1:30 PM	\$5	\$5
Senior Tap Workshop	FWY	16-18 years	S	1:30 PM	2:15 PM	\$5	\$5
Senior Jazz Workshop	FWY	16-18 years	S	2:15 PM	3:00 PM	\$5	\$5
Senior Lyrical Workshop	FWY	16-18 years	S	3:00 PM	3:45 PM	\$5	\$5

Auditions

Class name	YMCA	Age	Day	Start	End
Mini Jazz & Mini Tap Auditions	FWY	4-6 years	SU	9:00 AM	9:30 AM
Petite Jazz & Lyrical Auditions	FWY	7-9 years	SU	9:30 AM	10:00 AM
Petite Tap Auditions	FWY	7-9 years	SU	10:00 AM	10:30 AM
Junior Jazz Auditions	FWY	10-12 years	SU	10:30 AM	11:00 AM
Junior Lyrical Auditions	FWY	10-12 years	SU	11:00 AM	11:30 AM
Junior Tap Auditions	FWY	10-12 years	SU	11:30 AM	12:00 PM
Teen Jazz Auditions	FWY	13-15 years	SU	12:30 PM	1:15 PM
Teen Lyrical Auditions	FWY	13-15 years	SU	1:15 PM	2:00 PM
Teen Tap Auditions	FWY	13-15 years	SU	2:00 PM	2:45 PM
Senior Tap Auditions	FWY	16-18 years	SU	2:45 PM	3:30 PM
Senior Jazz Auditions	FWY	16-18 years	SU	3:30 PM	4:15 PM
Senior Lyrical Auditions	FWY	16-18 years	SU	4:15 PM	5:00 PM

STUDIO Y DANCE

HEART OF THE VALLEY, NEENAH-MENASHA, APPLETON & OGDEN 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 or Hollie O'Toole at 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 or Hollie O'Toole at hotoole@ymcafoxcities.org for more information.

APPLETON YMCA-The Studio Y program will return in fall 2023 with classes at the Appleton Y!

STUDIO Y DANCE COMPETITION TEAMS 2023-2024

AUDITION SUNDAY AUGUST 6, 2023 - 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 6 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!

HEART OF THE VALLEY YMCA

SUMMER SESSION: JUNE 12 – AUG 13, 2023

No classes the week of July 3 - 9, 2023

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS, WITH PARENT) (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.

PRE-DANCE I (AGES 3-4 YEARS) (HVY)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

HIP HOP FOR PRESCHOOLERS (AGES 4-5 YEARS) (HVY)

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.

PRE-DANCE II (AGES 4-5 YEARS) (HVY)

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.

BALLET (AGES 5-8 YEARS) (HVY)

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 YEARS) (HVY)

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 YEARS AND AGES 8-12 YEARS) (HVY)

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.

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS AND AGES 8-12 YEARS) (HVY)

One of our most popular! Explore lyrical and contemporary ballet techniques 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.

POMS (AGES 5-8 YEARS AND AGES 8-12 YEARS) (HVY)

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.

BALLET (AGES 6-12 YEARS AND AGES 8-12 YEARS) (HVY)

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.

BATON (AGES 6-12 YEARS) (HVY)

For the aspiring twirler, this class will introduce baton basics and technique, including marching, twirling, and tosses and turns. Students will need clean sneakers or jazz shoes for class. Batons will be provided for use during class, and students can be measured for their own baton, which families can purchase for an additional fee.

MUSICAL THEATRE (AGES 8-12 YEARS) (HVY)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	18 months-3 years	W	10:45 AM	11:15 AM	\$58	\$82
Pre-Dance I	HVY	3-4 years	M	4:15 PM	4:45 PM	\$58	\$82
Pre-Dance I	HVY	3-4 years	W	10:10 AM	10:40 AM	\$58	\$82
Pre-Dance I	HVY	3-4 years	W	4:15 PM	4:45 PM	\$58	\$82
Pre-Dance I	HVY	3-4 years	TH	4:45 PM	5:15 PM	\$58	\$82
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$58	\$82
Hip Hop for Preschoolers	HVY	4-5 years	M	4:50 PM	5:20 PM	\$58	\$82
Hip Hop for Preschoolers	HVY	4-5 years	W	9:35 AM	10:05 AM	\$58	\$82

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$58	\$82
Pre-Dance II	HVY	4-5 years	T	4:45 PM	5:15 PM	\$58	\$82
Pre-Dance II	HVY	4-5 years	W	9:00 AM	9:30 AM	\$58	\$82
Ballet	HVY	5-8 years	M	5:25 PM	5:55 PM	\$58	\$82
Ballet	HVY	5-8 years	TH	5:20 PM	5:50 PM	\$58	\$82
Ballet & Tap	HVY	5-8 years	W	5:25 PM	6:10 PM	\$84	\$110
Hip Hop & Jazz	HVY	5-8 years	M	6:00 PM	6:30 PM	\$58	\$82
Hip Hop & Jazz	HVY	5-8 years	T	5:20 PM	5:50 PM	\$58	\$82
Hip Hop & Jazz	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$58	\$82
Lyrical and Contemporary	HVY	5-8 years	T	5:55 PM	6:25 PM	\$58	\$82
Lyrical and Contemporary	HVY	5-8 years	W	4:50 PM	5:20 PM	\$58	\$82
Lyrical and Contemporary	HVY	5-8 years	SAT	10:10 AM	10:40 AM	\$58	\$82
Poms	HVY	5-8 years	TH	5:55 PM	6:25 PM	\$58	\$82
Ballet	HVY	6-12 years	W	11:20 AM	12:05 PM	\$84	\$110
Baton	HVY	6-12 years	W	6:15 PM	6:45 PM	\$58	\$82
Ballet	HVY	8-12 years	M	6:35 PM	7:20 PM	\$84	\$110
Hip Hop and Jazz	HVY	8-12 years	M	7:25 PM	8:10 PM	\$84	\$110
Hip Hop and Jazz	HVY	8-12 years	SAT	11:15 AM	NOON	\$84	\$110
Lyrical and Contemporary	HVY	8-12 years	T	6:30 PM	7:15 PM	\$84	\$110
Lyrical and Contemporary	HVY	8-12 years	TH	6:30 PM	7:15 PM	\$84	\$110
Musical Theatre	HVY	8-12 years	TH	7:20 PM	8:05 PM	\$84	\$110
Poms	HVY	8-12 years	T	7:20 PM	8:05 PM	\$84	\$110

NEENAH-MENASHA YMCA

SUMMER SESSION: JUNE 12 – AUG 13, 2023

No classes the week of July 3 - 9, 2023

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS, WITH PARENT) (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.

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!

PRE-DANCE I (AGES 3-4 YEARS) (NMY)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

HIP HOP FOR PRESCHOOLERS (AGES 4-5 YEARS) (NMY)

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.

PRE-DANCE II (AGES 4-5 YEARS) (NMY)

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.

BALLET (AGES 5-8 YEARS) (NMY)

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 YEARS) (NMY)

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 YEARS, AGES 8-12 YEARS) (NMY)

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.

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS, AGES 8-12 YEARS) (NMY)

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.

POMS (AGES 5-8 YEARS, AGES 8-12 YEARS) (NMY)

Similar to jazz in technique, this class adds poms as a fun prop to prepare dancers for school dance teams! Poms are provided, the only attire needed are jazz shoes or dance sneakers and athletic clothing.

BATON (AGES 6-12 YEARS) (NMY)

For the aspiring twirler, this class will introduce baton basics and technique, including marching, twirling, and tosses and turns. Students will need clean sneakers or jazz shoes for class. Batons will be provided for use during class, and students can be measured for their own baton, which families can purchase for an additional fee.

BALLET (AGES 8 YEARS +) (NMY)

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.

MUSICAL THEATRE & JAZZ (AGES 8-12 YEARS) (NMY)

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. The only attire needed are jazz shoes or dance sneakers and athletic clothing.

BALLET STRETCH AND ALIGNMENT – NEW (AGES 12 YEARS +) (NMY)

This class uses the Zena Rommett Method to help progressive dancers to correct & refine alignment, strengthen joints, lengthens and strengthens muscles! Ballet shoes and dancewear/yoga/athletic attire are required.

HIP HOP & BREAKDANCE (AGES 12 YEARS +) (NMY)

Learn beginning break dance moves in this awesome new class! From Tornado rolls to back spins, to basic stalls, you'll learn new tricks to take out on the dance floor! Clean sneakers are required.

POINTE (AGES 12 YEARS +) (NMY)

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. Pointe shoes required.

TAP (AGES 12 YEARS +) (NMY)

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.

URNS, LEAPS AND PROGRESSIONS (AGES 12 YEARS +) (HVY)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	18months-3 years, w/parent	TH	10:45 AM	11:15 AM	\$58	\$82
Creative Movement	NMY	2-3 years	TH	9:00 AM	9:30 AM	\$58	\$82
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$58	\$82
Pre-Dance I	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$58	\$82
Hip Hop for Preschoolers	NMY	4-5 years	T	5:00 PM	5:30 PM	\$58	\$82
Hip Hop for Preschoolers	NMY	4-5 years	TH	4:00 PM	4:30 PM	\$58	\$82
Pre-Dance II	NMY	4-5 years	W	4:00 PM	4:30 PM	\$58	\$82
Pre-Dance II	NMY	4-5 years	TH	10:10 AM	10:40 AM	\$58	\$82
Ballet	NMY	5-8 years	T	6:10 PM	6:40 PM	\$58	\$82
Ballet & Tap	NMY	5-8 years	M	5:10 PM	5:55 PM	\$58	\$82
Hip Hop & Jazz	NMY	5-8 years	T	5:35 PM	6:05 PM	\$58	\$82
Hip Hop & Jazz	NMY	5-8 years	W	5:35 PM	6:05 PM	\$58	\$82
Lyrical & Contemporary	NMY	5-8 years	TH	4:35 PM	5:05 PM	\$58	\$82
Poms	NMY	5-8 years	W	5:10 PM	5:40 PM	\$58	\$82
Baton	NMY	6-12 years	M	4:35 PM	5:05 PM	\$58	\$82
Ballet	NMY	8-12 years	M	6:00 PM	6:45 PM	\$84	\$110
Ballet	NMY	8-12 years	TH	11:20 AM	12:05 PM	\$84	\$110
Hip Hop & Jazz	NMY	8-12 years	T	6:45 PM	7:30 PM	\$84	\$110
Hip Hop	NMY	8-12 years	TH	6:00 PM	6:30 PM	\$58	\$82
Lyrical and Contemporary	NMY	8-12 years	W	6:20 PM	7:05 PM	\$84	\$110
Musical Theater & Jazz	NMY	8-12 years	TH	5:10 PM	5:55 PM	\$84	\$110
Poms	NMY	8-12 years	W	5:45 PM	6:15 PM	\$58	\$82
Ballet	NMY	12 years +	M	10:00 AM	11:30 AM	\$137	\$166
Ballet	NMY	12 years +	W	10:00 AM	11:30 AM	\$137	\$166
Ballet Stretch and Alignment NEW	NMY	12 years +	T	9:00 AM	9:45 AM	\$84	\$110
Hip Hop and Breakdance	NMY	12 years +	TH	7:25 PM	8:10 PM	\$84	\$110
Pointe	NMY	12 years +	M	12:30 PM	1:00 PM	\$58	\$82
Pointe	NMY	12 years +	W	12:30 PM	1:00 PM	\$58	\$82
Tap	NMY	12 years +	M	6:50 PM	7:35 PM	\$84	\$110
Tap	NMY	12 years +	T	11:00 AM	11:45 AM	\$84	\$110
Turns, Leaps, and Progressions	NMY	12 years +	T	10:00 AM	10:45 AM	\$84	\$110
Turns, Leaps, and Progressions	NMY	12 years +	TH	6:35 PM	7:20 PM	\$84	\$110

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

SUMMER SESSION: JUNE 12 – AUG 13, 2023

No classes the week of July 3 - 9, 2023

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	NMY	12 years +	M	11:40 AM	12:25 PM	\$84	\$110
Dance Stretch and Strengthen	NMY	12 years +	W	11:40 AM	12:25 PM	\$84	\$110

BALLET & BALANCE-NEW (AGES 55 YEARS +) (OGY)

This dynamic movement class offers floor barre and standing exercises that focus on balance, coordination and core-strengthening. Previous dance experience is not required. Athletic attire and ballet shoes are required.

BARRE & BALANCE (AGES 14 YEARS +) (OGY)

This dynamic movement class offers floor barre and standing exercises that focus on balance, coordination and core-strengthening. Previous dance experience is not required. Athletic attire and ballet shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet and Balance NEW	OGY	55 years +	TH	10:30 AM	11:15 AM	\$84	\$110
Barre & Balance	OGY	14 years +	TH	10:30 AM	11:15 AM	\$84	\$110

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