



# FALL



## DANCE

### STAFF CONTACTS

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

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

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

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### INSPIRE DANCE STUDIO CLASSES

#### FOX WEST YMCA DANCE

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

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. IDS offers progressive dance training, where dancers can grow their experience and knowledge each year.

**Registration:** Registration will begin Monday, July 24th at the Fox West Y front desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org). Classes begin the week of **Sept. 11, 2023**. 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 for each class. This costume will be worn for our spring recital (not for class each week). Parents will receive recital information 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 develop in 2-4 years. Each dancer will progress to the next level at teachers' discretion. Each level will wear a specific leotard color to help instructor see and correct alignment. See class description for leotard color requirement. Level placements are given in their student assessments at the end of each recital year. If a student is enrolled at a level not appropriate for their skill level, IDS has the right to move that student to the correct class placement.

### **TINY TOTS (AGES 2-3 YEARS) (FWY)**

An introduction to dance that includes coordination, rhythm, creative movement, and musicality education in a fun atmosphere! Dancers will need a leotard and pink ballet shoes (boys will wear black ballet shoes).

### **TAP/BALLET COMBO (AGES 4-5 YEARS) (FWY)**

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 (any color) and hair pulled back neatly.

### **PREJAZZ (AGES 4-5 YEARS AND AGES 5-6 YEARS) (FWY)**

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

### **BEGINNER LYRICAL & LYRICAL 1 & 2 (AGES 5-6 YEARS, AGES 7-9 YEARS, AGES 9-13 YEARS) (FWY)**

Dancers will learn lyrical technique including leaps, turns and more. A full body warmup, followed by center and across the floor combinations will follow. Dancers are required to have previous or current experience with ballet. It is highly recommended that this class be an addition to a current ballet class. Dancers will wear leotards of any color and turners (pirouettes).

### **TAP 1 (AGES 5-7 YEARS) (FWY)**

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.

### **BALLET 1 (AGES 5-8 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, tights, ballet shoes with hair in a bun.

### **JAZZ 1 (AGES 6-8 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 tan jazz shoes required; hair must be pulled back neatly.

### **POMS 1 & 2 (AGES 7-9 YEARS, AGES 9-12 YEARS) (FWY)**

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 2 (AGES 7-9 YEARS) (FWY)**

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 lace up black tap shoes required.

### **JAZZ 2 (AGES 8-10 YEARS) (FWY)**

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.

### **BALLET 2 (AGES 8-13 YEARS) (FWY)**

For dancers who have ballet experience and have completed level 1. 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, pink ballet tights, ballet shoes and hair in a bun.

### **BALLET 3 (AGES 10-14 YEARS) (FWY)**

For dancers who have ballet experience and have completed level 2. 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 DARK PURPLE leotard, pink ballet tights, pink ballet shoes and hair in a bun.

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

### **TAP 3 (AGES 10-14 YEARS) (FWY)**

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, advanced riffs, tap progressions and more. Leotard or equivalent and lace up black tap shoes required. Hair should be neatly pulled back.

### **BALLET 4 (AGES 12-18 YEARS) (FWY)**

For dancers who have completed level 3 and have instructor guidance to move to level 4. 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 NAVY leotard, pink ballet tights, ballet shoes and hair in bun.

### **JAZZ 4 (AGES 13-16 YEARS) (FWY)**

For dancers who have completed Jazz 3. Dancers will improve on 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.

### **BALLET 5 & POINTE (AGES 13-18 YEARS) (FWY)**

For dancers who have completed level 5 and have instructor approval to move to Pointe. 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, pink convertible tights, and hair in a bun. Leather ballet shoes required, as well as pointe 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	M	4:15 PM	4:45 PM	\$224	\$298
Tiny Tots	FWY	2-3 years	W	5:15 PM	5:45 PM	\$224	\$298
Tap/Ballet Combo	FWY	4-5 years	W	4:30 PM	5:00 PM	\$224	\$298
Tap/Ballet Combo	FWY	4-5 years	M	4:50 PM	5:20 PM	\$224	\$298
PreJazz	FWY	4-5 years	T	4:15 PM	4:45 PM	\$224	\$298
PreJazz	FWY	5-6 years	W	5:05 PM	5:35 PM	\$224	\$298
Beginner Lyrical	FWY	5-6 years	W	5:40 PM	6:10 PM	\$224	\$298
Tap 1	FWY	5-7 years	T	4:30 PM	5:00 PM	\$224	\$298
Ballet 1	FWY	5-8 years	M	5:00 PM	5:30 PM	\$224	\$298
Jazz 1	FWY	6-8 years	T	4:50 PM	5:20 PM	\$224	\$298
Poms 1	FWY	7-9 years	T	6:00 PM	6:30 PM	\$224	\$298
*Lyrical 1	FWY	7-9 years	T	5:25 PM	5:55 PM	\$224	\$298
Tap 2	FWY	7-9 years	W	5:50 PM	6:20 PM	\$224	\$298
Jazz 2	FWY	8-10 years	W	6:30 PM	7:00 PM	\$224	\$298
Ballet 2	FWY	8-13 years	T	4:15 PM	5:00 PM	\$322	\$416
Poms 2	FWY	9-12 years	W	6:25 PM	7:10 PM	\$322	\$416

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
*Lyrical 2	FWY	9-13 years	W	7:10 PM	7:55 PM	\$322	\$416
Ballet 3	FWY	10-14 years	TH	5:45 PM	6:30 PM	\$322	\$416
Jazz 3	FWY	10-14 years	M	6:00 PM	6:45 PM	\$322	\$416
Tap 3	FWY	10-14 years	M	5:25 PM	5:55 PM	\$224	\$298
Ballet 4	FWY	12-18 years	TH	4:15 PM	5:00 PM	\$322	\$416
Jazz 4	FWY	13-16 years	M	6:45 PM	7:30 PM	\$322	\$416
Ballet 5 & Pointe	FWY	13-18 years	T	8:00 PM	9:00 PM	\$440	\$604

\*Previous or current ballet experience suggested. Highly recommended to take in addition to a weekly ballet class.

## INSPIRE DANCE STUDIO COMPETITIVE TEAMS FOX WEST YMCA DANCE

IDS held their auditions for the 2023-2024 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

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

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

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

NMY/HVY/APY/OGY - Angela Larsen, Arts & Humanities Specialist P 886.2106 E [alarsen@ymcafoxcities.org](mailto:alarsen@ymcafoxcities.org)

The Studio Y Dance Program offers dance classes for ages 18 months-adult. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. All 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 14 for Y Members and Thursday, August 18 for the General Public. Classes begin **September 11, 2023**. 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)

**Payment Policy:** 7-week classes will be paid in full at the time of registration. All 13-week and 30-week classes are paid monthly and will automatically draft on the 15<sup>th</sup> of every month for the entirety of the session. Please reach out to Maeghan, Hollie, or Angela if you are interested in a full-pay option.

**NEW! Classes at the Ogden Y:** Studio Y will be offering dance classes at OGY. We are so excited to serve another location!

## 2024 DANCE RECITAL

**Saturday, May 11, 2024**

**Fox Cities Performing Arts Center**

All Competition Teams, 30-week classes and 13-week classes (Jan-May session) will participate in the annual dance recital. Private and Semi-Private dance classes will also be given the opportunity to perform.

**STUDIO Y DANCE COMPETITION TEAMS 2023-2024**  
**AUDITION SUNDAY AUGUST 6, 2023 - NOON-1:30 PM**  
**NEENAH-MENASHA YMCA Aerobic Studio**  
**(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 May.

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

**Group Competition Team**

Y Member - \$686 total year/8 = \$62/month, 3 competition entries draft event dates \$60/\$60/\$70  
 General Public - \$820 total year/8 = \$78.75, 3 competition entries draft event dates \$60/\$60/\$70

**Duet/Trio Competition Team**

Y Member - \$816 total year/8 = \$70.75/month, 3 competition entries draft event dates \$80/\$80/\$90  
 General Public - \$940 total year/8 = \$86.25/month, 3 competition entries draft event dates \$80/\$80/\$90

**Solo Competition Team**

Y Member - \$1,016 total year/8 = \$73.25/month, 3 competition entries draft event dates \$140/\$140/\$150  
 General Public - \$1,138 total year/8 = \$88.50/month, 3 competition entries draft event dates \$140/\$140/\$150

**PRESCHOOL CLASSES**

**7-WEEK FALL SESSIONS**

**SESSION 1: SEPTEMBER 11-OCTOBER 29, 2023**

**SESSION 2: OCTOBER 30-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)**

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

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.

**HEART OF THE VALLEY YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	18 months-3 years w/ guardian	W	10:45 AM	11:15 AM	\$51	\$72

**APPLETON YMCA  
PRESCHOOL AND YOUTH CLASSES**

**13-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 11-DECEMBER 17, 2023 (NO CLASSES NOVEMBER 20-26)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ABOVE)**

**PRE-DANCE I (AGES 3-4 YEARS) (APY)**

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 YEARS) (APY)**

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 & TAP (AGES 5-8 YEARS) (APY)**

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) (APY)**

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	APY	3-4 years	SAT	10:00 AM	10:30 AM	\$104	\$138
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$104	\$138
Ballet/Tap	APY	5-8 years	SAT	11:45 AM	12:30 PM	\$150	\$193
Hip Hop & Jazz	APY	5-8 years	SAT	11:10 AM	11:40 PM	\$104	\$138
Hip Hop & Jazz	APY	8-12 years	SAT	12:35 PM	1:20 PM	\$150	\$193

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

**14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 11-DECEMBER 24, 2023**

**(NO CLASSES NOVEMBER 20-26, CLASSES SATURDAY, DECEMBER 23 HAVE BEEN PRORATED TO 13-WEEKS)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ABOVE)**

**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. ☹️

**BALLET (AGES 4-5 YEARS, AGES 5-8 YEARS, AGES 8-12 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.

**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 will 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.

**HIP HOP & JAZZ (AGES 5-8 YEARS, 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, AGES 8-12 YEARS) (HVY)**

One of our most popular! Explore lyrical and contemporary ballet technique that teach 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) (HVY)**

Similar to jazz in technique, this class adds an extra spin by utilizing a fun prop! Poms are provided, the only attire needed are jazz shoes or dance sneakers and athletic clothing.

**HOMESCHOOL BALLET (AGES 6-12 YEARS) (HVY)**

This class is perfect for the homeschool student aspiring to learn ballet terminology, history, posture, and correct form. This class will include barre, balance, and center floor work, and basic combinations to help with sequencing and retention of dance material. Ballet shoes, dance or athletic attire, notebook, and a writing utensil required.

**BALLET/BEGINNING POINTE (AGES 12 YEARS +) (HVY)**

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. When ready, dancers will then move to the barre en pointe and learn the basics of ballet in pointe shoes. Ballet shoes and pointe shoes are required for this class. If you have questions about this class or how to obtain pointe shoes, please contact Maeghan Johnson at 886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	W	10:10 AM	10:40 AM	\$112	\$149
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$104	\$138
Hip Hop for Preschoolers	HVY	4-5 years	W	9:35 AM	10:05 AM	\$112	\$149
Hip Hop for Preschoolers	HVY	4-5 years	W	5:00 PM	5:30 PM	\$112	\$149
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$104	\$138
Pre-Dance II	HVY	4-5 years	W	9:00 AM	9:30 AM	\$112	\$149
Pre-Dance II	HVY	4-5 years	TH	5:30 PM	5:00 PM	\$112	\$149
Ballet	HVY	5-8 years	SAT	10:10 AM	10:40 AM	\$104	\$138
Hip Hop & Jazz	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$104	\$138
Lyrical & Contemporary	HVY	5-8 years	W	6:10 PM	6:40 PM	\$112	\$149
Poms	HVY	5-8 years	W	5:35 PM	6:05 PM	\$112	\$149
Homeschool Ballet	HVY	6-12 years	W	11:20 AM	12:05 PM	\$161	\$208
Hip Hop & Jazz	HVY	8-12 years	SAT	11:20 AM	12:05 PM	\$150	\$193

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lyrical & Contemporary	HVY	8-12 years	W	7:35 PM	8:20 PM	\$161	\$208
Lyrical & Contemporary	HVY	8-12 years	SAT	12:10 PM	12:55 PM	\$150	\$193
Poms	HVY	8-12 years	W	6:45 PM	7:30 PM	\$150	\$193

### **30-WEEK DANCE CLASSES**

**SEPTEMBER 11, 2023- MAY 11, 2024**

**(NO CLASSES NOVEMBER 20-26, DECEMBER 24-JANUARY 7, MARCH 24-APRIL 7)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE**

**(PLEASE SEE PAYMENT POLICY ABOVE)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$243	\$324
Pre-Dance I	HVY	3-4 years	M	4:00 PM	4:30 PM	\$243	\$324
Pre-Dance II	HVY	4-5 years	T	4:35 PM	5:05 PM	\$243	\$324
Pre-Dance II	HVY	4-5 years	TH	4:30 PM	5:00 PM	\$243	\$324
Ballet	HVY	4-5 years	TH	5:05 PM	5:35 PM	\$243	\$324
Ballet	HVY	5-8 years	M	4:35 PM	5:05 PM	\$243	\$324
Ballet	HVY	5-8 years	T	5:40 PM	6:10 PM	\$243	\$324
Lyrical & Contemporary	HVY	5-8 years	TH	5:40 PM	6:25 PM	\$351	\$450
Hip Hop & Jazz	HVY	5-8 years	M	5:10 PM	5:40 PM	\$243	\$324
Hip Hop & Jazz	HVY	5-8 years	T	6:15 PM	6:45 PM	\$243	\$324
Ballet	HVY	8-12 years	M	5:45 PM	6:30 PM	\$351	\$450
Ballet	HVY	8-12 years	T	6:50 PM	7:35 PM	\$351	\$450
Hip Hop & Jazz	HVY	8-12 years	M	6:35 PM	7:20 PM	\$351	\$450
Ballet/Beginning Pointe	HVY	12 years +	TH	6:30 PM	7:30 PM	\$477	\$648

### **NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES**

#### **PRESCHOOL CLASSES**

**7-WEEK FALL SESSIONS**

**SESSION 1: SEPTEMBER 11-OCTOBER 29, 2023**

**SESSION 2: OCTOBER 30-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)**

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

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!

### **NEENAH-MENASHA YMVA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	18 months-3 years w/ guardian	TH	10:45 AM	11:15 AM	\$51	\$72
Creative Movement	NMY	2-3 years	TH	10:10 AM	10:40 AM	\$51	\$72

## **NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES**

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

**SESSION 1: SEPTEMBER 11-DECEMBER 24, 2023**

**(NO CLASSES NOVEMBER 20-26, CLASSES SATURDAY, DECEMBER 23 HAVE BEEN PRORATED TO 13-WEEKS)**

**FEEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ABOVE)**

### **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 will 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, AGES 8-12 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, 8-12 YEARS) (NMY)**

One of our most popular! Explore lyrical and contemporary ballet technique that teach 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.

### **BATON (AGES 5-12 YEARS) (NMY)**

For the aspiring twirler, this class will introduce baton basics and technique, including marching, twirling, and simple 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.

### **BEGINNING IRISH (Soft Shoe) (AGES 8-12 YEARS) (NMY)**

This class will begin with the basics of Irish dance! This exciting genre incorporates cultural music with focus on proper footwork, reel compilations, and more. Jazz shoes or ballet shoes recommended, ghillie shoes can be ordered through the instructor.

**POMS (AGES 8-12 YEARS) (HVY)**

Similar to jazz in technique, this class adds an extra spin by utilizing a fun prop! Poms are provided, the only attire needed are jazz shoes or dance sneakers and athletic clothing.

**CONTINUING IRISH (Hard Shoe) (AGES 8 YEARS +) (NMY)**

For the Irish dancer ready for more, this class is a continuation of the beginning soft shoe class. Students will use clogging shoes for the percussive element of this genre. Students must have prior Irish dance experience or have already taken Beginning Irish Soft Shoe as a prerequisite. Irish clogging shoes required- please see the instructor for information on shoes.

**HIP HOP & BREAKDANCE (AGES 8 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	T	4:00 PM	4:30 PM	\$112	\$149
Pre-Dance I	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$112	\$149
Pre-Dance I	NMY	3-4 years	TH	4:00 PM	4:30 PM	\$112	\$149
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$104	\$138
Hip Hop for Preschoolers	NMY	4-5 years	T	5:10 PM	5:40 PM	\$112	\$149
Pre-Dance II	NMY	4-5 years	T	4:35 PM	5:05 PM	\$112	\$149
Pre-Dance II	NMY	4-5 years	TH	9:00 AM	9:30 AM	\$112	\$149
Pre-Dance II	NMY	4-5 years	TH	4:35 PM	5:05 PM	\$112	\$149
Pre-Dance II	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$104	\$138
Ballet	NMY	5-8 years	TH	5:10 PM	5:40 PM	\$112	\$149
Ballet & Tap	NMY	5-8 years	SAT	10:45 AM	11:30 AM	\$149	\$192
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$104	\$138
Lyrical and Contemporary	NMY	5-8 years	T	5:45 PM	6:15 PM	\$112	\$149
Lyrical and Contemporary	NMY	5-8 years	TH	5:45 PM	6:15 PM	\$112	\$149
Poms	NMY	5-8 years	T	6:20 PM	6:50 PM	\$112	\$149
Baton	NMY	5-12 years	TH	6:20 PM	6:50 PM	\$112	\$149
Ballet	NMY	8-12 years	TH	6:55 PM	7:40 PM	\$161	\$208
Hip Hop & Breakdance	NMY	8-12 years	M	6:30 PM	7:15 PM	\$161	\$208
Hip Hop & Jazz	NMY	8-12 years	TH	7:45 PM	8:30 PM	\$161	\$208
Hip Hop & Jazz	NMY	8-12 years	SAT	11:35 AM	12:20 PM	\$150	\$193
Lyrical and Contemporary	NMY	8-12 years	T	6:55 PM	7:40 PM	\$161	\$208
Poms	NMY	8-12 years	T	7:45 PM	8:30 PM	\$161	\$208
Hip Hop & Breakdance	NMY	12-18 years	W	7:50 PM	8:35 PM	\$161	\$208
Lyrical & Contemporary	NMY	12-18 years	M	7:20 PM	8:05 PM	\$161	\$208

## **30-WEEK DANCE CLASSES**

**SEPTEMBER 11, 2023- MAY 11, 2024**

**(NO CLASSES NOVEMBER 20-26, DECEMBER 24-JANUARY 7, MARCH 24-APRIL 7)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE**

**(PLEASE SEE PAYMENT POLICY ABOVE)**

<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	NMY	3-4 years	M	4:00 PM	4:30 PM	\$243	\$324
Hip Hop for Preschoolers	NMY	4-5 years	W	4:00 PM	4:30 PM	\$243	\$324
Ballet	NMY	5-8 years	M	4:35 PM	5:05 PM	\$243	\$324
Hip Hop & Jazz	NMY	5-8 years	M	5:10 PM	5:40 PM	\$243	\$324
Hip Hop & Jazz	NMY	5-8 years	W	4:40 PM	5:10 PM	\$243	\$324
Ballet	NMY	8-12 years	M	5:45 PM	6:30 PM	\$351	\$450
Hip Hop & Jazz	NMY	8-12 years	M	6:35 PM	7:20 PM	\$351	\$450
Beginning Irish (Soft Shoe)	NMY	8-12 years	W	5:00 PM	5:45 PM	\$351	\$450
Continuing Irish (Hard Shoe)	NMY	8 years +	W	5:50 PM	6:35 PM	\$351	\$450

## **NEW! OGDEN YMCA PRESCHOOL AND YOUTH CLASSES**

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

**SESSION 1: SEPTEMBER 11-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE**

**(PLEASE SEE PAYMENT POLICY ABOVE)**

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

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 YEARS) (OGY)**

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) (OGY)**

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) (OGY)**

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) (OGY)**

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 8-12 YEARS) (OGY)**

One of our most popular! Explore lyrical and contemporary ballet technique that teach 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	OGY	3-4 years	W	6:00 PM	6:30 PM	\$112	\$149
Pre-Dance II	OGY	4-5 years	W	6:35 PM	7:05 PM	\$112	\$149
Ballet & Tap	OGY	5-8 years	T	7:00 PM	7:45 PM	\$161	\$208
Hip Hop & Jazz	OGY	5-8 years	TH	7:00 PM	7:30 PM	\$112	\$149
Hip Hop & Jazz	OGY	8-12 years	T	7:45 PM	8:30 PM	\$161	\$208
Lyrical & Contemporary	OGY	8-12 years	TH	7:35 PM	8:20 PM	\$161	\$208

## NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

### 14-WEEK DANCE CLASSES

**SESSION 1: SEPTEMBER 11-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE**

**(PLEASE SEE PAYMENT POLICY ABOVE)**

### BALLET (AGES 12 YEARS +) (NMY)

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.

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

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.

### 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](mailto:mjohnson@ymcafoxcities.org). Pointe shoes required.

### ADULT TAP (AGES 18 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	NMY	12 years +	W	4:00 PM	5:00 PM	\$220	\$302
Ballet	NMY	12 years +	M	10:00 AM	11:30 AM	\$279	\$396
Ballet	NMY	12 years +	W	10:00 AM	11:30 AM	\$279	\$396
Ballet Stretch and Alignment-NEW	NMY	12 years +	T	10:00 AM	11:45 AM	\$161	\$208
Pointe	NMY	12 years +	M	12:30 PM	1:00 PM	\$112	\$149
Pointe	NMY	12 years +	W	5:00 PM	5:30 PM	\$112	\$149
Adult Tap	NMY	18 years +	T	11:00 AM	11:45 AM	\$161	\$208

## NEW! OGDEN YMCA TEEN AND ADULT CLASSES

**14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 11-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)  
FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ABOVE)**

**BEGINNING ADULT BALLET (AGES 18 YEARS +) (OGY)**

Explore the benefits of stretching and strengthening through ballet and challenge yourself to learn a new range of movement! No experience necessary.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Beginning Adult Ballet	OGY	18 years +	TH	NOON	12:50 PM	\$190	\$255

**NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES**

**7-WEEK FALL SESSIONS**

**SESSION 1: SEPTEMBER 11-OCTOBER 29, 2023**

**SESSION 2: OCTOBER 30-DECEMBER 24, 2023 (NO CLASSES NOVEMBER 20-26)**

**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 +	M	11:30 AM	12:15 PM	\$51	\$72
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years +	W	11:30 AM	12:15 PM	\$51	\$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 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**