



DANCE

STAFF CONTACTS

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

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

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

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

INSPIRE DANCE STUDIO FOX WEST & APPLE CREEK

Inspire Dance Studio (IDS) 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 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 begins Monday, December 11 for Y Members and Thursday, December 14 for the General Public. Classes begin **January 8, 2024**. Please register at a Fox Cities Y service desk or online at www.ymcafoxcities.org

Recital Costume: \$70 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.

Payment Policy: Class session will run for 14 weeks. The total tuition fee can be paid in full at registration or in 4 equal payments which will draft automatically on the 15th of the month.

NEW! Classes at Apple Creek Y: Inspire Dance Studio will be offering dance classes at ACY. We are so excited to serve another location!

FOX WEST YMCA 14-WEEK DANCE CLASSES SESSION 1: JANUARY 8-APRIL 21

HIP HOP & JAZZ (AGES 7-9 YEARS) (FWY)

This class offers fun street hip hop steps, basic break dance tricks and includes turns and leaps. Fun for all! Boys and girls welcome! Clean sneakers or jazz shoes are required.

POMS (AGES 7-9 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 techniques will also be explored. Leotard or equivalent and clean tan jazz shoes required; hair pulled neatly back.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop	FWY	7-9 years	M	6:05 PM	6:35 PM	\$112	\$150
Poms	FWY	7-9 years	M	5:30 PM	6:00 PM	\$112	\$150

NEW!!!! APPLE CREEK YMCA
14-WEEK DANCE CLASSES
SESSION 1: JANUARY 8-APRIL 21

TINY TOTS (AGES 2-3 YEARS) (ACY)

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).

PREJAZZ (AGES 4-5 YEARS) (ACY)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
NEW! Tiny Tots	ACY	2-3 years	TH	4:30 PM	5:00 PM	\$112	\$150
NEW! Pre-Jazz	ACY	4-5 years	TH	5:05 PM	5:35 PM	\$112	\$150

INSPIRE DANCE STUDIO COMPETITIVE TEAM
FOX WEST YMCA DANCE

Inspire Dance Studio (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.

STUDIO Y DANCE STUDIO

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

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.

Registration: Registration begins Monday, December 11 for Y Members and Thursday, December 14 for the General Public. Classes begin **January 8, 2024**. Please register at a Fox Cities Y service desk or online at 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 or Hollie O'Toole, Arts and Humanities Coordinator P 886.2108 E 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 15th 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 16-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.

APPLETON YMCA

PRESCHOOL AND YOUTH CLASSES

15-WEEK DANCE CLASSES

SESSION 1: JANUARY 8-MAY 11

**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	\$120	\$160
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$120	\$160
Ballet/Tap	APY	5-8 years	SAT	11:45 AM	12:30 PM	\$173	\$223
Hip Hop & Jazz	APY	5-8 years	SAT	11:10 AM	11:40 PM	\$120	\$160
Hip Hop & Jazz	APY	8-12 years	SAT	12:35 PM	1:20 PM	\$173	\$223

HEART OF THE VALLEY YMCA

PRESCHOOL AND YOUTH CLASSES

7-WEEK WINTER SESSION

SESSION 1: JANUARY 8-FEBRUARY 25

SESSION 2: FEBRUARY 26-APRIL 28 (NO CLASSES MARCH 24-APRIL 7)

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

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/parent/guardian	W	10:45 AM	11:15 AM	\$51	\$72

HEART OF THE VALLEY YMCA PRESCHOOL AND YOUTH CLASSES

**16-WEEK DANCE CLASSES (SATURDAYS PRO-RATED 15-WEEK)
SESSION 1: JANUARY 8-MAY 11 (NO CLASSES MARCH 24-APRIL 7)**

PHOTOS SUNDAY APRIL 14

**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. 

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.

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.

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.

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	\$128	\$170
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$120	\$160
Hip Hop for Preschoolers	HVY	4-5 years	W	9:35 AM	10:05 AM	\$128	\$170

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop for Preschoolers	HVY	4-5 years	W	5:00 PM	5:30 PM	\$128	\$170
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$120	\$160
Pre-Dance II	HVY	4-5 years	W	9:00 AM	9:30 AM	\$128	\$170
Ballet	HVY	5-8 years	SAT	10:10 AM	10:40 AM	\$120	\$160
Hip Hop & Jazz	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$120	\$160
Lyrical & Contemporary	HVY	5-8 years	W	6:10 PM	6:40 PM	\$128	\$170
Poms	HVY	5-8 years	W	5:35 PM	6:05 PM	\$128	\$170
Homeschool Ballet	HVY	6-12 years	W	11:20 AM	12:05 PM	\$184	\$238
Hip Hop & Jazz	HVY	8-12 years	SAT	11:20 AM	12:05 PM	\$173	\$223
Lyrical & Contemporary	HVY	8-12 years	W	7:35 PM	8:20 PM	\$184	\$238
Lyrical & Contemporary	HVY	8-12 years	SAT	12:10 PM	12:55 PM	\$173	\$223
Poms	HVY	8-12 years	W	6:45 PM	7:30 PM	\$184	\$238

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

7-WEEK WINTER SESSION

SESSION 1: JANUARY 8-FEBRUARY 25

SESSION 2: FEBRUARY 26-APRIL 28 (NO CLASSES MARCH 24-APRIL 7)

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS WITH PARENT/GUARDIAN) (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!

NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	18 months-3 years w/parent/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

16-WEEK DANCE CLASSES (SATURDAYS PRO-RATED 15-WEEK)

JANUARY 8-MAY 11 (NO CLASSES MARCH 24-APRIL 7)

PHOTOS SUNDAY, APRIL 14

**FEES 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, 12-18 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.

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

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.

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.

HIP HOP & BREAKDANCE (AGES 8-12 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.

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	\$128	\$170
Pre-Dance I	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$128	\$170
Pre-Dance I	NMY	3-4 years	TH	4:00 PM	4:30 PM	\$128	\$170
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$120	\$160
Hip Hop for Preschoolers	NMY	4-5 years	T	5:10 PM	5:40 PM	\$128	\$170

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance II	NMY	4-5 years	T	4:35 PM	5:05 PM	\$128	\$170
Pre-Dance II	NMY	4-5 years	TH	4:35 PM	5:05 PM	\$128	\$170
Pre-Dance II	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$120	\$160
Ballet	NMY	5-8 years	TH	5:10 PM	5:40 PM	\$128	\$170
Ballet & Tap	NMY	5-8 years	SAT	10:45 AM	11:30 AM	\$173	\$223
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$120	\$160
Hip Hop & Jazz	NMY	5-8 years	TH	5:45 PM	6:15 PM	\$128	\$170
Lyrical and Contemporary	NMY	5-8 years	T	5:45 PM	6:15 PM	\$128	\$170
Poms	NMY	5-8 years	T	6:20 PM	6:50 PM	\$128	\$170
Baton	NMY	5-12 years	TH	6:20 PM	6:50 PM	\$128	\$170
Ballet	NMY	8-12 years	TH	6:55 PM	7:40 PM	\$128	\$170
Hip Hop & Breakdance	NMY	8-12 years	M	6:30 PM	7:15 PM	\$184	\$238
Hip Hop & Jazz	NMY	8-12 years	TH	7:45 PM	8:30 PM	\$184	\$238
Hip Hop & Jazz	NMY	8-12 years	SAT	11:35 AM	12:20 PM	\$173	\$223
Lyrical and Contemporary	NMY	8-12 years	T	6:55 PM	7:40 PM	\$184	\$238
Poms	NMY	8-12 years	T	7:45 PM	8:30 PM	\$184	\$238
Lyrical & Contemporary	NMY	12-18 years	M	7:20 PM	8:05 PM	\$184	\$238

NEW! OGDEN YMCA PRESCHOOL AND YOUTH CLASSES

16-WEEK DANCE CLASSES

JANUARY 8-MAY 11 (NO CLASSES MARCH 24-APRIL 7)

PHOTOS SUNDAY APRIL 14

**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, AGES 8-12 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	M	4:30 PM	5:00 PM	\$120	\$170
Pre-Dance II	OGY	4-5 years	M	5:05 PM	5:35 PM	\$120	\$170
Ballet	OGY	5-8 years	T	7:00 PM	7:30 PM	\$120	\$170
Ballet & Tap	OGY	5-8 years	M	5:40 PM	6:25 PM	\$184	\$238
Hip Hop & Jazz	OGY	5-8 years	M	6:30 PM	7:00 PM	\$120	\$170
Hip Hop & Jazz	OGY	5-8 years	TH	7:00 PM	7:30 PM	\$120	\$170
Hip Hop & Jazz	OGY	8-12 years	T	7:35 PM	8:20 PM	\$184	\$238
Lyrical & Contemporary	OGY	8-12 years	TH	7:35 PM	8:20 PM	\$184	\$238

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

16-WEEK DANCE CLASSES

JANUARY 8-MAY 11 (NO CLASSES MARCH 24-APRIL 7)

PHOTOS SUNDAY APRIL 14

**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.

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.

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	\$251	\$345
Ballet	NMY	12 years +	M	10:00 AM	11:30 AM	\$283	\$393
Ballet	NMY	12 years +	W	10:00 AM	11:30 AM	\$283	\$393
Pointe	NMY	12 years +	M	12:30 PM	1:00 PM	\$128	\$170
Pointe	NMY	12 years +	W	5:00 PM	5:30 PM	\$128	\$170
Adult Tap	NMY	18 years +	T	11:00 AM	11:45 AM	\$184	\$238

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

7-WEEK WINTER SESSION

SESSION 1: JANUARY 8-FEBRUARY 25

SESSION 2: FEBRUARY 26-APRIL 28 (NO CLASSES MARCH 24-APRIL 7)

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	\$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. Semi-private/duet classes are also available at the same cost. Please contact Hollie O'Toole, Dance Program Coordinator, 920.886.2108 for availability.

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