



DANCE

SPRING PROGRAM SESSION:

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 - Abbie Dench, Arts and Humanities Specialist P 560.3737 E adench@ymcafoxcities.org

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

STUDIO Y DANCE

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

April 14 - June 1, 2025

No Class Monday, May 26, 2025 – Monday classes are prorated

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. Studio Y 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.

HEART OF THE VALLEY

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

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, AGES 8-12 YEARS, AGES 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.

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, leaps, 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 (AGES 8-12 YEARS) (HVY)

From Tornado rolls to back spins, to stalls, you'll learn new combinations and tricks to take out on the dance floor! Clean sneakers 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 & CONTEMPORARY (AGES 5-8 YEARS, AGES 8-12 YEARS) (HVY)

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) (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.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------|------|----------------------------------|-----|----------|----------|----------|----------------|
| Hip Hop Skip Jump | HVY | 18 months-3 years, with guardian | W | 10:45 AM | 11:15 AM | \$54 | \$78 |
| Pre-Dance I | HVY | 3-4 years | M | 4:00 PM | 4:30PM | \$46 | \$67 |
| Pre-Dance I | HVY | 3-4 years | W | 10:10 AM | 10:40 AM | \$54 | \$78 |
| Pre-Dance I | HVY | 3-4 years | TH | 4:00 PM | 4:30 PM | \$54 | \$78 |
| Hip Hop for Preschoolers | HVY | 4-5 years | W | 9:35 AM | 10:05 AM | \$54 | \$78 |
| Hip Hop for Preschoolers | HVY | 4-5 years | W | 6:05 PM | 6:35 PM | \$54 | \$78 |
| Pre-Dance II | HVY | 4-5 years | W | 9:00 AM | 9:30 AM | \$54 | \$78 |
| Pre-Dance II | HVY | 4-5 years | W | 4:00 PM | 4:30 PM | \$54 | \$78 |
| Pre-Dance II | HVY | 4-5 years | TH | 4:35 PM | 5:05 PM | \$54 | \$78 |
| Ballet | HVY | 5-8 years | M | 4:35 PM | 5:05 PM | \$46 | \$67 |
| Ballet & Tap | HVY | 5-8 years | T | 4:00 PM | 4:45 PM | \$79 | \$113 |
| Ballet & Tap | HVY | 5-8 years | W | 4:35 PM | 5:20 PM | \$79 | \$113 |
| Hip Hop & Jazz | HVY | 5-8 years | TH | 5:10 PM | 5:40 PM | \$54 | \$78 |
| Lyrical & Contemporary | HVY | 5-8 years | TH | 6:20 PM | 6:50 PM | \$54 | \$78 |
| Poms | HVY | 5-8 years | W | 5:30 PM | 6:00 PM | \$54 | \$78 |
| Poms | HVY | 5-8 years | TH | 5:45 PM | 6:15 PM | \$54 | \$78 |
| Ballet | HVY | 8-12 years | W | 6:40 PM | 7:25 PM | \$79 | \$113 |
| Hip Hop | HVY | 8-12 years | T | 6:30 PM | 7:15 PM | \$79 | \$113 |
| Hip Hop & Jazz | HVY | 8-12 years | TH | 6:55 PM | 7:40 PM | \$79 | \$113 |
| Lyrical & Contemporary | HVY | 8-12 years | M | 5:10 PM | 5:55 PM | \$68 | \$97 |

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|------------------------|------|------------|-----|---------|---------|----------|----------------|
| Lyrical & Contemporary | HVY | 8-12 years | M | 5:10 PM | 5:55 PM | \$68 | \$97 |
| Lyrical & Contemporary | HVY | 8-12 years | T | 7:20 PM | 8:05 PM | \$79 | \$113 |
| Poms | HVY | 8-12 years | M | 6:00 PM | 6:45 PM | \$68 | \$97 |
| Poms | HVY | 8-12 years | TH | 7:45 PM | 8:30 PM | \$79 | \$113 |
| Ballet-Beginning | HVY | 12 years + | W | 7:30 PM | 8:30 PM | \$105 | \$151 |
| Ballet-Continuing | HVY | 12 years + | T | 5:00 PM | 6:15 PM | \$132 | \$189 |
| Pointe | HVY | 12 years + | T | 6:20 PM | 6:50 PM | \$54 | \$78 |
| Tap | HVY | 10 years + | T | 6:55 PM | 7:55 PM | \$105 | \$151 |

NEENAH-MENASHA YMCA

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS, WITH 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!

PRE-DANCE I (AGES 3-4 YEARS, AGES 4-5 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.

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.

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.

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, AGES 8-12 YEARS) (NMY)

This great class offers the best of both worlds! The class begins with ballet barre work, center combinations, leaps, 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 & 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, only attire needed are jazz shoes or dance sneakers and athletic clothing.

TAP (AGES 6-12 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.

BATON (AGES 6-12 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.

POMS (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, only attire needed are jazz shoes or dance sneakers and athletic clothing.

ADULT 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.

BALLET (AGES 12 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.

DANCE STRETCH AND STRENGTHEN-FORMERLY "DANCE PILATES" (AGES 14 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.

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.

TURNS, LEAPS, AND PROGRESSIONS (AGES 12 YEARS +) (NMY)

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 | 18 months-3 years, with guardian | TH | 10:00 AM | 10:30 AM | \$54 | \$78 |
| Creative Movement | NMY | 2-3 years | W | 4:00 PM | 4:30 PM | \$54 | \$78 |
| Pre-Dance I | NMY | 3-4 years | TH | 10:35 AM | 11:05 AM | \$54 | \$78 |
| Pre-Dance I | NMY | 3-4 years | M | 3:50 PM | 4:20 PM | \$46 | \$67 |
| Pre-Dance II | NMY | 4-5 years | M | 4:30 PM | 5:00 PM | \$46 | \$67 |
| Pre-Dance II | NMY | 4-5 years | W | 4:35 PM | 5:05 PM | \$54 | \$78 |

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-------------------------------|-------------|------------|------------|--------------|------------|-----------------|-----------------------|
| Pre-Dance II | NMY | 4-5 years | TH | 4:00 PM | 4:30 PM | \$54 | \$78 |
| Hip Hop for Preschoolers | NMY | 4-5 years | W | 6:00 PM | 6:30 PM | \$54 | \$78 |
| Ballet | NMY | 5-8 years | TH | 4:35 PM | 5:05 PM | \$54 | \$78 |
| Ballet & Tap | NMY | 5-8 years | W | 5:10 PM | 5:55 PM | \$79 | \$113 |
| Hip Hop & Jazz | NMY | 5-8 years | T | 4:00 PM | 4:30 PM | \$54 | \$78 |
| Hip Hop & Jazz | NMY | 5-8 years | TH | 5:10 PM | 5:40 PM | \$54 | \$78 |
| Lyrical & Contemporary | NMY | 5-8 years | W | 6:35 PM | 7:05 PM | \$54 | \$78 |
| Poms | NMY | 5-8 years | T | 4:35 PM | 5:05 PM | \$54 | \$78 |
| Poms | NMY | 5-8 years | TH | 5:45 PM | 6:15 PM | \$54 | \$78 |
| Baton | NMY | 6-12 years | W | 6:10 PM | 6:55 PM | \$79 | \$113 |
| Ballet | NMY | 8-12 years | TH | 6:20 PM | 7:05 PM | \$79 | \$113 |
| Lyrical & Contemporary | NMY | 8-12 years | W | 7:10 PM | 7:55 PM | \$79 | \$113 |
| Poms | NMY | 8-12 years | M | 6:50 PM | 7:35 PM | \$68 | \$97 |
| Turns, Leaps & Progressions | NMY | 8-12 Years | Th | 7:10 PM | 7:55 PM | \$79 | \$113 |
| Ballet | NMY | 12 years + | M | 6:00 PM | 7:00 PM | \$90 | \$129 |
| Ballet | NMY | 12 years + | W | 10:00 AM | 11:30 AM | \$158 | \$227 |
| Pointe | NMY | 12 years + | M | 7:10 PM | 7:40 PM | \$46 | \$67 |
| Pointe | NMY | 12 years + | W | 12:50 PM | 1:20 PM | \$54 | \$78 |
| Tap | NMY | 12 years + | M | 5:05 PM | 5:50 PM | \$68 | \$97 |
| Lyrical & Contemporary | NMY | 12 years + | T | 5:10 PM | 5:55 PM | \$79 | \$113 |
| Turns, Leaps and Progressions | NMY | 12 years + | T | 6:00 PM | 7:00 PM | \$105 | \$151 |
| Turns, Leaps and Progressions | NMY | 12 years + | TH | 8:00 PM | 8:45 PM | \$79 | \$113 |
| Poms | NMY | 12 years + | M | 6:50 PM | 7:35 PM | \$68 | \$97 |
| Hip Hop | NMY | 12 years + | M | 7:40 PM | 8:40 PM | \$90 | \$129 |
| Dance Stretch and Strengthen | NMY | 14 years + | M | 12:00 PM | 1:00 PM | \$90 | \$129 |
| Dance Stretch and Strengthen | NMY | 14 years + | W | 11:45 AM | 12:45 PM | \$105 | \$151 |
| Hip Hop | NMY | 18 years + | T | 7:05 PM | 7:50 PM | \$79 | \$113 |

OGDEN YMCA

CREATIVE MOVEMENT (AGES 3-4 YEARS) (OGY)

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) (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.

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.

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS, 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.

POMS (AGES 8-12 YEARS) (OGY)

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.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|------------------------|-------------|------------|------------|--------------|------------|-----------------|-----------------------|
| Creative Movement | OGY | 3-4 years | W | 6:10 PM | 6:40 PM | \$54 | \$78 |
| Pre-Dance I | OGY | 3-4 years | T | 6:00 PM | 6:30 PM | \$54 | \$78 |
| Ballet | OGY | 5-8 years | W | 6:45 PM | 7:15 PM | \$54 | \$78 |
| Ballet & Tap | OGY | 5-8 years | T | 6:35 PM | 7:20 PM | \$79 | \$113 |
| Lyrical & Contemporary | OGY | 5-8 years | W | 7:10 PM | 7:40 PM | \$54 | \$78 |
| Lyrical & Contemporary | OGY | 8-12 years | W | 7:45 PM | 8:30 PM | \$79 | \$113 |
| Poms | OGY | 8-12 years | T | 7:20 PM | 8:05 PM | \$79 | \$113 |

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

INSPIRE DANCE STUDIO

FOX WEST & APPLE CREEK YMCA

Inspire Dance Studio offers dance classes for ages 3-18. Our program strives to develop strong technical dancers, in a positive atmosphere. IDS offers classes of all levels for both recital and competitive level teams, with class offerings running throughout the year. Our spring session is comprised of May Mini Camps. Each camp will run twice weekly, for two consecutive weeks.

FOX WEST YMCA

MAY MINI CAMP-CAMP 1

May 5 - May 17, 2025

All classes will run two days a week.

MERMAIDS & PIRATES DANCE CLASS (AGES 3-4 YEARS) (FWY)

This fun will have your little mermaids and pirates dancing away! Creative dance mixed with dance technique will be incorporated into this class. Dancers will visit the pirate ship, venture under the sea, and visit a deserted island looking for gold! Ballet or jazz shoes required.

DANCING WITH BINGO (AGES 4-6 YEARS) (FWY)

This energetic class will introduce some mighty pup adventures. Join Bluey, Bingo and more for a class that will introduce balance, rhythm, coordination and maybe even a game of Keepy Uppy. Girls are required to wear a leotard and ballet or jazz shoes. Boys should wear shorts and a fitted shirt with jazz shoes.

FROM THE INSIDE OUT- DANCING WITH EMOTION (AGES 5-7 YEARS, 8-11 YEARS) (FWY)

An explorative class allowing dancers to connect with expressing emotions through dance. This class will blend the emotions of Joy, Fear, Sadness and more by incorporating movement that represents each. Dancers will begin to explore both choreography and improvisation during this class. Girls are required to wear a leotard and ballet or jazz shoes. Boys should wear shorts and a fitted shirt with jazz shoes.

MINI/JUNIOR/TEEN/SENIOR JAZZ & LYRICAL TECHNIQUE-COMP (AGES 5-7 YEARS, AGES 8-10 YEARS, AGES 11-13 YEARS, AGES 14-18 YEARS) (FWY)

For dancers looking to audition for our competition team, or serious dancers interested in improving technique. This class will focus on improving both technical skills and quality of movement for both genres. Dancers will explore leaps, turns, and more. A great class to prepare for audition season. Leotard and jazz or lyrical shoes required. No street clothes allowed.

MINI/JUNIOR/TEEN/SENIOR TAP TECHNIQUE-COMP (AGES 5-7 YEARS, AGES 8-10 YEARS, AGES 11-13 YEARS, AGES 14-18 YEARS) (FWY)

Brush up on your tap technique or continue learning! This class will bring to life fun, upbeat music and focus on tap technique and skills. Dancers will continue work on tap warmups, combinations and more. A great class to prepare for audition season, or for serious dancers looking for technique in a serious class setting. Leotard and tap shoes required. No street clothes allowed.

YOU'RE GONNA BE POPULAR (AGES 6-8 YEARS) (FWY)

Join this Wickedly Fun class while we explore lyrical and jazz genres to this favorite musical! This class will be full of energy, theatrics and enchantment. Set to the music of the wonderful world of Oz, put on your jazz shoes and join us on the yellow brick road. Girls are required to wear a leotard and jazz or ballet shoes and boys may wear athletic shorts and a fitted shirt.

HIP HOP TECHNIQUE (AGES 8-12 YEARS) (FWY)

This high-energy and engaging class will be full of hard work and fun. Perfect for dancers wanting to audition for competitive teams. A mix of basic hip hop techniques in addition to current trends will get the body moving and grooving. Girls are required to wear a leotard (shorts or pants over are allowed). Boys may wear appropriate athletic clothing.

MUSICAL THEATER (AGES 8-12 YEARS) (FWY)

A musical-y good time! This jazz-based class will incorporate exciting storytelling through dance. Expressive movement will have the dancers moving stretching and having fun. Learn short choreography segments to some of Broadway's top shows!

POMS TECHNIQUE (AGES 8-12 YEARS) (FWY)

For dancers looking to audition for competitive teams or improve their technique in poms. This class will focus on improving both technical skills and quality of movement skills. Dancers will explore leaps, turns, simple combinations and more. Leotard and jazz shoes required.

TEEN POMS (AGES 11-13 YEARS) (FWY)

For dancers looking to sharpen their poms skills in a fun atmosphere. This class will focus on improving both technical skills and quality of movement skills. Dancers will explore leaps, turns, simple combinations and more. Leotard and jazz shoes required.

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

PBT is a class designed to help intermediate to advanced dancers refine their placement, enhance their technique, and build strength and stamina for class. Dancers should wear a leotard and bare feet for class. Class space is limited!

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|-------------|-------|---------|---------|----------|----------------|
| Mermaids & Pirates Jazz | FWY | 3-4 years | M, W | 4:30 PM | 5:00 PM | \$24 | \$34 |
| Dancing with Bingo | FWY | 4-6 years | M, W | 5:00 PM | 5:45 PM | \$49 | \$64 |
| From the Inside Out-Dancing with Emotion | FWY | 5-7 years | T, TH | 5:45 PM | 6:45 PM | \$49 | \$64 |
| Mini Jazz & Lyrical Technique-Comp | FWY | 5-7 years | M, W | 5:00 PM | 6:00 PM | \$67 | \$93 |
| Mini Tap Technique-Comp | FWY | 5-7 years | M, W | 6:10 PM | 6:40 PM | \$24 | \$34 |
| You're Gonna Be Popular | FWY | 6-8 years | M, W | 4:15 PM | 5:00 PM | \$49 | \$64 |
| Junior Jazz Lyrical Technique-Comp | FWY | 8-10 years | T, TH | 5:55 PM | 6:55 PM | \$67 | \$93 |
| Junior Tap Technique-Comp | FWY | 8-10 years | T, TH | 5:00 PM | 5:45 PM | \$49 | \$64 |
| From the Inside Out-Dancing with Emotion | FWY | 8-11 years | M, W | 5:45 PM | 6:45 PM | \$67 | \$93 |
| Hip Hop Technique | FWY | 8-12 years | M, W | 6:40 PM | 7:40 PM | \$67 | \$93 |
| Musical Theater | FWY | 8-12 years | M, W | 6:45 PM | 7:30 PM | \$49 | \$64 |
| Poms Technique | FWY | 8-12 years | M, W | 5:30 PM | 6:30 PM | \$67 | \$93 |
| Teen Poms | FWY | 11-13 years | T, TH | 7:00 PM | 7:45 PM | \$49 | \$64 |
| Teen Jazz & Lyrical Technique-Comp | FWY | 11-13 years | T, TH | 5:45 PM | 6:45 PM | \$67 | \$93 |
| Teen Tap Technique-Comp | FWY | 11-13 years | T, TH | 4:15 PM | 5:00 PM | \$49 | \$64 |
| PBT- Progressing Ballet Technique | FWY | 12-18 years | T, TH | 5:00 PM | 5:45 PM | \$49 | \$64 |
| Senior Jazz & Lyrical Technique-Comp | FWY | 14-18 years | T, TH | 6:45 PM | 7:45 PM | \$67 | \$93 |
| Senior Tap Technique-Comp | FWY | 14-18 years | T, TH | 8:00 PM | 8:45 PM | \$49 | \$64 |

FOX WEST YMCA MAY MINI CAMP-CAMP 2 May 19 - May 30, 2025

Classes will run two days a week. No classes Monday, May 26. Prices for M/W classes are prorated to reflect this.

DANCING WITH BINGO (AGES 2-3 YEARS) (FWY)

This energetic class will introduce some mighty pup adventures. Join Bluey, Bingo and more for a class that will introduce balance, rhythm, coordination and maybe even a game of Keepy Uppy. Girls are required to wear a leotard and ballet or jazz shoes. Boys should wear shorts and a fitted shirt with jazz shoes with hair pulled back.

ROYAL RHYTHMS (AGES 4-5 YEARS) (FWY)

Join our magical dance class inspired by the enchanting world of Sophia the First! Step into a fairytale and learn princess worthy ballet, while exploring the values of kindness, friendship, and confidence. Come twirl like a royal! Dress code: leotard, tights and ballet shoes with hair pulled back.

DANCE LIKE A DESCENDANT (AGES 6-8 YEARS) (FWY)

Join an exciting high-energy jazz class inspired by the vibrant world of the Descendants! Combining jazz technique with funky choreography with a magical flair, dancers will groove like Mal, Evie, Carlos and Jay. Channel your favorite character and come dance with us! Dress code: Leotard and jazz shoes required with hair pulled back.

BALLET ICONS (AGES 7-10 YEARS) (FWY)

Swan dive into this beautiful ballet class that will explore famous ballets and their music. Dancers will expand their technique while immersing themselves in fun, modern choreography and more! For dancers of all levels. Dress code: leotard and ballet shoes required. Hair in ballet bun.

TAP TRENDS & TRADITIONS (AGES 7-10 YEARS) (FWY)

Step into the world of rhythm, history, and innovation in a class that blends both traditional tap steps and modern tap tricks. Whether you are new to tap or have experience, join us to focus on fundamentals while exploring the trends that are taking tap to new heights! Dress code: Leotard and tap shoes required. Hair must be pulled back.

JAZZ TECHNIQUE- (8-12 years) (FWY)

For dancers interested in improving their technique and skillset. This class will focus on refining solid foundations of jazz technique, quality of movement, and increasing precision. Dancers will explore leaps, turns, and more. Leotard and jazz or lyrical shoes required. No street clothes allowed.

LYRICAL TECHNIQUE- (8-12 years) (FWY)

For dancers interested in improving their technique and skillset. This class will focus on refining solid foundations of lyrical technique, defining quality of movement, and focusing on expressing emotions. Dancers will explore leaps, turns, and more. Leotard and jazz or lyrical shoes required. No street clothes allowed.

DANCE SAMPLER (AGES 9-12 YEARS) (FWY)

Can't decide? This is the class for you! This class will explore different genres of dance including tap, jazz, lyrical and more! Each week we will learn technique and a bit of choreography from a new genre. Dancers will also explore basic dance history during their class time. Dress code: leotard and tap shoes, along with jazz or lyrical shoes required.

FROM THE INSIDE OUT-DANCING WITH EMOTION (AGES 9-12 YEARS) (FWY)

An explorative class allowing dancers to connect with expressing emotions through dance. This class will blend the emotions of Joy, Fear, Sadness and more by incorporating movement that represents each. Dancers will begin to explore both choreography and improvisation during this class. Dress code: leotard and lyrical or jazz shoes.

HIP HOP PASSPORT (AGES 10-14 YEARS) (FWY)

Explore hip hop's influence throughout the globe. Each dynamic class will focus on a different culture of hip-hop forms. Dancers will explore diverse styles, shaped from dance fundamentals around the world. Dive in to how hip hop transcends borders to bring dancers together. Dress code: comfortable athletic attire & clean tennis shoes.

POMS MUSICAL MASHUP (AGES 10-14 YEARS) (FWY)

Strut your way into this vibrant, choreography mashup! Dancers will learn technique while exploring many musical genres, mixing transitions and movements with all. This fast-paced class is sure to be a favorite! Dress code: leotard and short with jazz shoes. Hair pulled back.

INTRO TO COMPANY (AGES 12-15 YEARS) (FWY)

Did you audition for or are you interested in our Company Team in the future? Join our staff for a dive into Company technique. Dancers will learn a full warmup routine, and build focus, strength and stamina in both center and across the floor combinations. Dress code: black leotard, ballet bun and jazz shoes.

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

PBT is a class designed to help intermediate to advanced dancers refine their placement, enhance their technique, and build strength and stamina for class. Dress code: leotard and bare feet for class. Class space is limited!

CHOREOGRAPHY CAMP (AGES 13-18 YEARS) (FWY)

Unlock your creative potential in this dynamic class designed for teens to explore the art of choreography. Dancers will learn the fundamentals of choreography, from understanding rhythm and music structure, to developing vision and movement sequences. Dress code: leotard and tights, jazz or lyrical shoes & hair pulled back.

TOTAL TECHNIQUE-STRENGTH & STABILITY (AGES 13-18 YEARS) (FWY)

For dancers on our competition team, or serious dancers looking to improve balance, strength and progress in their overall technique. Dancers will learn proper warmups, strength skills and work stability for turns and more. Previous lyrical or jazz experience required. Dress code: black leotard and jazz or lyrical shoes required. Hair in bun.

TECHNIQUE-IMPROVING EXECUTION (AGES 14-18 YEARS) (FWY)

For dancers on our competition team, or serious dancers interested in improving technique. This class will focus on improving both technical skills and quality of movement for both genres. Dancers will learn to increase precision, add texture, and find resistance in their movement. Previous lyrical and jazz experience required. Dancers will explore leaps, turns, and more. Leotard and jazz or lyrical shoes required, hair in bun.

INTRO TO COLLEGIATE POMS (AGES 15-18 YEARS) (FWY)

This class is designed for dancers who are interested in exploring the dynamic and high-energy world of collegiate poms. Perfect for dancers who have solid jazz experience. This class covers fundamentals of pom style, including precision and synchronization. Develop performance skills and gain insight into how to execute routines with energy, stamina and style while maintaining a strong stage presence.

INTRO TO TEACHING (AGES 15-18 YEARS) (FWY)

Are you interested in learning how to pass on your knowledge to other dancers? This camp is designed for older teens who want to be introduced to age-appropriate class skills, communication skills and the essential elements of guiding younger dancers through their journey. Over the course of the class, dancers will learn how to adapt their own dance knowledge and skills to create a fun, positive and educational experience to younger dancers. Dancers should wear a leotard, tights and jazz shoes. Please bring a notebook and pen.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---------------------------------------|-------------|-------------|------------|--------------|------------|-----------------|-----------------------|
| Dancing with Bingo | FWY | 2-3 years | M/W | 4:15 PM | 4:45 PM | \$24 | \$34 |
| Royal Rhythms | FWY | 4-5 years | M/W | 4:45 PM | 5:30 PM | \$37 | \$48 |
| Dance Like a Descendant | FWY | 6-8 years | M/W | 5:45 PM | 6:30 PM | \$37 | \$48 |
| Ballet Icons | FWY | 7-10 years | M/W | 5:00 PM | 5:45 PM | \$37 | \$48 |
| Tap: Trends & Traditions | FWY | 7-10 years | M/W | 4:15 PM | 5:00 PM | \$37 | \$48 |
| Jazz Technique | FWY | 8-12 years | T, TH | 5:10 PM | 5:55 PM | \$49 | \$64 |
| Lyrical Technique | FWY | 8-12 years | T, TH | 6:00 PM | 7:00 PM | \$67 | \$93 |
| Dance Sampler | FWY | 9-12 years | M/W | 6:35 PM | 7:35 PM | \$50 | \$69 |
| From the Inside Out | FWY | 9-12 years | T/TH | 4:15 PM | 5:00 PM | \$49 | \$64 |
| Hip Hop Passport | FWY | 10-14 years | M/W | 5:45 PM | 6:30 PM | \$37 | \$48 |
| Poms Musical Mashup | FWY | 10-14 years | M/W | 6:30 PM | 7:15 PM | \$37 | \$48 |
| Intro to Company | FWY | 12-15 years | T/TH | 4:15 PM | 5:15 PM | \$49 | \$64 |
| Progressing Ballet Technique- PBT | FWY | 12-18 years | T/TH | 4:15 PM | 5:00 PM | \$49 | \$64 |
| Choreography Camp | FWY | 13-18 years | T/TH | 5:15 PM | 6:00 PM | \$49 | \$64 |
| Total Technique- Strength & Stability | FWY | 13-18 years | T/TH | 7:15 PM | 8:15 PM | \$67 | \$93 |
| Technique- Improving Execution | FWY | 14-18 years | M/W | 7:15 PM | 8:15 PM | \$50 | \$69 |
| Intro to Collegiate Poms | FWY | 15-18 years | T/TH | 5:00 PM | 6:00 PM | \$67 | \$93 |
| Intro to Teaching | FWY | 15-18 years | T/TH | 6:15 PM | 7:15 PM | \$67 | \$93 |

APPLE CREEK YMCA

MAY MINI CAMP – 3 WEEKS

May 5 - May 19, 2025

DANCING WITH BINGO (AGES 3-4 YEARS) (FWY)

This energetic class will introduce some mighty pup adventures. Join Bluey, Bingo and more for a class that will introduce balance, rhythm, coordination and maybe even a game of Keepy Uppy. Dress code: leotard and tights, and ballet or jazz shoes for girls. Boys may wear shorts and a fitted shirt.

DANCE LIKE A DESCENDANT (AGES 5-6 YEARS) (FWY)

Join an exciting high-energy jazz class inspired by the vibrant world of the Descendants! Combining jazz technique with funky choreography with a magical flair, dancers will groove like Mal, Evie, Carlos and Jay. Channel your favorite character and come dance with us! Dress code: Leotard and jazz shoes required with hair pulled back. Boys may wear athletic shorts and a fitted shirt.

YOU'RE GONNA BE POPULAR (AGES 7-11 YEARS) (FWY)

Join this Wickedly Fun class while we explore lyrical and jazz genres to this favorite musical! This class will be full of energy, theatrics and enchantment. Set to the music of the wonderful world of Oz, put on your jazz shoes and join us on the yellow brick road. Dress code: leotard and jazz or ballet shoes for girls, and boys may wear athletic shorts and a fitted shirt.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--------------------------|------|------------|-----|---------|---------|----------|----------------|
| Dancing with Bingo | ACY | 3-4 years | M | 4:15 PM | 4:45 PM | \$24 | \$34 |
| Dance Like a Descendant | ACY | 5-6 years | M | 4:45 PM | 5:30 PM | \$37 | \$48 |
| You're Gonna Be Popular! | ACY | 7-11 years | M | 5:30 PM | 6:30 PM | \$50 | \$69 |

PRIVATE DANCE LESSONS

Private lessons are available for current dancers ages 7-18. Dancers enrolled in private lessons must be currently enrolled in a regular dance class through Inspire. Technique, one on one skills and more! Lessons are available at all levels of training. Please email Mstine@ymcafoxcities.org for availability before purchasing a package. Semi-private 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

INSPIRE DANCE STUDIO – COMPETITIVE TEAM WORKSHOP & AUDITIONS

SATURDAY & SUNDAY – MAY 17 & 18, 2025

Mark your calendars! More information to follow. All dancers wanting to join our competition teams for the 2025-2026 season will be required to audition on May 17 & 18, 2025. All dancers auditioning are HIGHLY recommended to take the technique classes in Camp 1. Please take the class that corresponds with your age on May 1, as that is the age you will audition for. Please contact Megan Stine at Mstine@ymcafoxcities.org with any questions.