



## DANCE

### Fall Registration Dates!

Y Members – July 7, 2025

General Public – July 10, 2025

#### STAFF CONTACTS

FWY/ACY - 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 - Angela Larsen, Arts and Humanities Coordinator P 886.2106 E [alarsen@ymcafoxcities.org](mailto:alarsen@ymcafoxcities.org)

NMY/HVY/APY/OGY - Abbie Dench, Arts and Humanities Specialist P 560.3737 E [alarsen@ymcafoxcities.org](mailto:alarsen@ymcafoxcities.org)

## INSPIRE DANCE STUDIO CLASSES

### Fall Registration Dates!

Y Members – July 7, 2025

General Public – July 10, 2025

#### FOX WEST YMCA & APPLE CREEK YMCA

FWY/ACY - 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 7 at the Fox West Y front desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org). Classes begin the week of **Sept. 8, 2025**. More information regarding dress code, student calendar, shoe requirements and more will be emailed in August. Please include your current email address at registration.

**Class Tuition:** Tuition fees can be paid in full at the time of registration or bank drafted into 8 monthly payments.

**Recital Costume:** \$75 non-refundable costume fee must be paid at the time of registration for each class. Combo classes will have a separate costume fee listed in the class description below. This costume will be worn for our spring recital performance (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. Levels will wear a specific leotard color to help the instructor see and correct alignment. See class description for leotard color requirements outlined in the class description. 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.

## **DANCE SESSION: PRESCHOOL AND YOUTH DANCE CLASSES (FULL SESSION + RECITAL)** **SEPTEMBER 8, 2025 - APRIL 2026**

### **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. \*Please note our 45- minute T/B class will have an \$85 costume fee for the season and will perform in two dances in the recital.

### **TAP/JAZZ COMBO (AGES 4-5 YEARS, AGES 6-7 YEARS) (FWY)**

A combo of both tap and jazz dance! 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, flaps and more. Dancers will also learn jazz technique and work flexibility and strength. Black tap shoes and tan jazz shoes are required. Leotard preferred (any color) and hair pulled back neatly.

### **JAZZ (AGES 5-7 YEARS) (FWY)**

A beginning introduction to jazz dance! Dancers will dive into an upbeat class that also introduces rhythm, coordination, and basic technique. Turn, leap and jump your way into jazz! Leotard (any color) or equivalent and tan jazz shoes required.

### **JAZZ & LYRICAL COMBO (AGES 5-7 YEARS) (FWY)**

Feel the rhythm! Specifically designed for dancers to explore both the upbeat, high-energy genre of jazz, and the smooth, graceful style of lyrical. Dancers will need to wear a leotard and tan jazz shoes with hair pulled back neatly. \*This class will have a costume fee of \$85 and will perform two dances in recital\*

### **BALLET 1 (AGES 6-8 YEARS) (FWY)**

The essentials 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.

### **TAP 1 (AGES 6-8 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.

### **JAZZ 1 (AGES 7-9 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.

**LYRICAL 1 & 2 (AGES 7-9 YEARS, AGES 9-13 YEARS) (FWY)**

One of our most popular classes! Dancers will learn lyrical technique including leaps, turns and more. A full body warmup, followed by center and across the floor combinations will follow. It is recommended that this class be an addition to a current ballet class. Dancers will wear leotards of any color and turners (pirouettes) for shoes.

**POMS 1 & 2 (AGES 7-9 YEARS, AGES 9-13 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.

**BALLET 2 (AGES 7-12 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.

**JAZZ 2 (AGES 8-11 YEARS) (FWY)**

For dancers looking for an upbeat energetic class! Building techniques 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.

**TAP 2 (AGES 8-11 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.

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

This high-energy class is perfect for dancers to build confidence, musicality, and style! Students learn the fundamentals of hip hop, including footwork and grooves while improving coordination and performing skills. Fun for all- boys and girls welcome! Clean sneakers or jazz shoes and athletic clothing are required.

**BALLET 3 (AGES 8-14 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 & LYRICAL 3 (AGES 10-15 YEARS) (FWY)**

For dancers who have at least three progressive years of jazz and/or lyrical 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. \*This class will require a \$110 costume fee and will perform 2 dances in the recital\*

**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 a bun.

**BALLET 5 & POINTE (AGES 14-18 YEARS) (FWY)**

For dancers who have completed levels 4 and/or 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	M	4:15 PM	4:45 PM	\$250	\$336
Tiny Tots	FWY	2-3 years	W	5:45 PM	6:15 PM	\$250	\$336
Tap/Ballet Combo	FWY	4-5 years	M	4:50 PM	5:35 PM	\$360	\$464
Tap/Ballet Combo	FWY	4-5 years	TH	4:15 PM	4:45 PM	\$250	\$336
Tap/Jazz Combo	FWY	4-5 years	W	4:15 PM	4:45 PM	\$250	\$336
Jazz	FWY	5-7 years	T	4:15 PM	5:00 PM	\$250	\$336
Jazz & Lyrical Combo	FWY	5-7 years	W	4:50 PM	5:35 PM	\$360	\$464
Tap/Jazz Combo	FWY	6-7 years	M	5:45 PM	6:30 PM	\$360	\$464
Ballet 1	FWY	6-8 years	M	4:45 PM	5:15 PM	\$250	\$336
Tap 1	FWY	6-8 years	M	4:15 PM	4:45 PM	\$250	\$336
Jazz 1	FWY	7-9 years	TH	5:15 PM	5:45 PM	\$250	\$336
Jazz & Lyrical 1 Combo	FWY	7-9 years	T	5:45 PM	6:30 PM	\$360	\$464
Poms 1	FWY	7-9 years	TH	4:45 PM	5:15 PM	\$250	\$336
Ballet 2	FWY	7-12 years	M	6:00 PM	6:45 PM	\$360	\$464
Ballet 2	FWY	7-12 years	T	5:00 PM	5:45 PM	\$360	\$464
Jazz 2	FWY	8-11 years	W	5:45 PM	6:30 PM	\$360	\$464
Tap 2	FWY	8-11 years	W	5:15 PM	5:45 PM	\$360	\$464
Hip Hop	FWY	8-12 years	M	5:15 PM	6:00 PM	\$360	\$464
Ballet 3	FWY	8-14 years	T	4:15 PM	5:00 PM	\$360	\$464
Ballet 3	FWY	8-14 years	TH	5:00 PM	5:45 PM	\$360	\$464
Poms 2	FWY	9-13 years	W	6:30 PM	7:15 PM	\$360	\$464
Lyrical 2	FWY	9-13 years	W	7:15 PM	8:00 PM	\$360	\$464
Jazz & Lyrical 3 Combo	FWY	10-15 years	M	6:30 PM	7:45 PM	\$504	\$616
Ballet 4	FWY	12-18 years	T	5:00 PM	5:45 PM	\$360	\$464
Ballet 5 & Pointe	FWY	14-18 years	T	8:00 PM	9:00 PM	\$488	\$678

## APPLE CREEK YMCA PRESCHOOL AND YOUTH CLASSES

**DANCE SESSION: PRESCHOOL AND YOUTH DANCE CLASSES (FULL SESSION + RECITAL)**  
**SEPTEMBER 9, 2024-APRIL, 2025**

### 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).

### JAZZ & LYRICAL COMBO (AGES 4-5 YEARS) (ACY)

Feel the rhythm! Specifically designed for dancers to explore both the upbeat, high-energy genre of jazz, and the smooth, graceful style of lyrical. Dancers will need to wear a leotard and tan jazz shoes with hair pulled back neatly. \*This class will have a costume fee of \$85 and will perform two dances in recital\*

### JAZZ (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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	ACY	2-3 years	M	4:15 PM	4:45 PM	\$250	\$336
Jazz & Lyrical Combo	ACY	4-5 years	M	4:45 PM	5:30 PM	\$360	\$464
Jazz	ACY	5-6 years	M	5:30 PM	6:15 PM	\$250	\$336

## INSPIRE DANCE STUDIO COMPETITIVE TEAMS FOX WEST YMCA DANCE

IDS held their auditions for the 2025-2026 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 PROGRAM Fall Registration Dates! Y Members – July 7, 2025 General Public – July 10, 2025

## 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 – Angela Larsen, Arts and Humanities Coordinator P 886.2106 E [alarsen@ymcafoxcities.org](mailto:alarsen@ymcafoxcities.org)  
 NMY/HVY/APY/OGY – Abbie Dench, Arts and Humanities Specialist P 560.3737 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 at the Neenah-Menasha and Heart of the Valley Y's, spring, and summer programs. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class.

**Recital Costume (30-week Program):** \$75 non-refundable costume fee must be paid at the time of registration.

**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

**Payment Policy:** [7-week classes will be paid in full at the time of registration. All 14-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 or Angela if you are interested in a full-pay option.](#)

## STUDIO Y 2026 DANCE RECITAL

**Saturday, May 2, 2026**

**Fox Cities Performing Arts Center**

All Competition Teams, 30-week classes and 16-week classes (Jan-April session) will participate in the annual dance recital.

## STUDIO Y DANCE COMPETITION TEAMS 2025-2026 AUDITION SUNDAY AUGUST 3, 2025 - NOON-1:30 PM (Pre-registration is not required)

Studio Y competition teams provide students a chance to stretch their talents to the next level of dance performance. Studio Y competition teams encourage discipline, determination, self-esteem, confidence, responsibility and respect for themselves and others...all in a fun, Y mission-driven atmosphere. Competition team auditions will be held August 3 from NOON-1:30 PM. All dancers will be placed on a team. After dancers are placed on teams, their season runs September through April in a 28-week



session. Dancers rehearse weekly and are encouraged to participate in technique classes. Competition team dancers participate in two mandatory regional dance competitions, and will 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, tap, hip hop and jazz!

**Costume Fee: \$85 due upon registration.**

August registration will bank draft September-May. Registration taken after the session begins will require the \$85 costume fee and September fee due and will bank draft October-April. Fees include all classes, 2 Regional Competition Fees, 1 National Competition Fee.

**Group Competition Team**

Y Member - \$752 total (\$516 class fee for the year-8 monthly drafts \$64.50/month, \$236 3-competition entries draft to match event dates at \$75/\$75/\$86)

General Public - \$916 total (\$680 class fee for the year-8 monthly drafts \$85.00/month, \$236 3-competition entries draft to match event dates at \$75/\$75/\$86)

**Duet/Trio Competition Team**

Y Member - \$848 total (\$588 class fee for the year-8 monthly drafts \$73.50/month, \$260 3-competition entries draft to match event dates at \$97/\$97/\$108)

General Public - \$1,012 total (\$752 class fee for the year/8 monthly drafts \$94.00/month, \$260 3-competition entries draft to match event dates at \$97/\$97/\$108)

**Solo Competition Team**

Y Member - \$1,058 total (\$610 class fee for the year/8 monthly drafts \$76.25/month, \$448 3-competition entries draft to match event dates at \$166/\$166/\$177)

General Public - \$1,222 total (\$774 class fee for the year/8 monthly drafts \$96.75/month, \$448 3-competition entries draft to match event dates at \$166/\$166/\$177)

**APPLETON YMCA  
PRESCHOOL AND YOUTH CLASSES**

**New Fall Registration Dates!**

**Y Members – July 7, 2025**

**General Public – July 10, 2025**

**14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 22, 2025 (NO CLASSES NOVEMBER 25-DECEMBER 1)**

**14-WEEK DANCE CLASSES WILL REMAIN SAME DAY/TIME, JAN. 5-MAY 3 FOR 16WK RECITAL SESSION**

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

**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	\$125	\$168
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$125	\$168
Ballet & Tap	APY	5-8 years	SAT	11:45 AM	12:30 PM	\$125	\$168
Hip Hop & Jazz	APY	5-8 years	SAT	11:10 AM	11:40 PM	\$125	\$168
Hip Hop & Jazz	APY	8-12 years	SAT	12:35 PM	1:20 PM	\$180	\$232

**HEART OF THE VALLEY YMCA  
PRESCHOOL CLASSES  
New Fall Registration Dates!  
Y Members – July 7, 2025  
General Public – July 10, 2025**

**7-WEEK FALL SESSIONS**

**SESSION 1: SEPTEMBER 8-OCTOBER 26, 2025**

**SESSION 2: OCTOBER 27- DECEMBER 21 (NO CLASSES NOVEMBER 24-30)**

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

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	\$56	\$82
Hip Hop Skip Jump	HVY	18 months-3 years w/ guardian	F	10:45 AM	11:15 AM	\$56	\$82

**HEART OF THE VALLEY YMCA  
PRESCHOOL AND YOUTH CLASSES  
New Fall Registration Dates!  
Y Members – July 7, 2025  
General Public – July 10, 2025**

**14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 21, 2025 (NO CLASSES NOVEMBER 24-30)**

**MOST 14-WEEK DANCE CLASSES WILL REMAIN SAME DAY/TIME, JAN. 5-MAY 3 FOR 16WK RECITAL SESSION**

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

**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 5-8 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.

**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/TAP (AGES 5-8 YEARS) (HVY)**

This great class offers the best of both worlds! The class begins with ballet barre work, center combinations, leap and more. Then, it's time to shuffle, ball change, scuff, hop and step across the floor in an invigorating tap segment. Ballet slippers and Tap shoes are required.

**HIP HOP & JAZZ (AGES 5-8 YEARS, 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 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.

**HIP HOP & BREAKDANCE (AGES 8 YEARS +) (HVY)**

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.



**BALLET/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	F	10:10 AM	10:40 AM	\$125	\$168
Pre-Dance I	HVY	3-4 years	M	4:05 PM	4:35 PM	\$125	\$168
Pre-Dance I	HVY	3-4 years	W	10:10 AM	10:40 AM	\$125	\$168
Pre-Dance I	HVY	3-4 years	TH	4:25 PM	4:55 PM	\$125	\$168
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$125	\$168
Hip Hop for Preschoolers	HVY	4-5 years	F	9:35 AM	10:05 AM	\$125	\$168
Hip Hop for Preschoolers	HVY	4-5 years	M	4:40 PM	5:10 PM	\$125	\$168
Hip Hop for Preschoolers	HVY	4-5 years	W	9:35 AM	10:05 AM	\$125	\$168
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$125	\$168
Pre-Dance II	HVY	4-5 years	F	9:00 AM	9:30 AM	\$125	\$168
Pre-Dance II	HVY	4-5 years	T	5:35 PM	6:05 PM	\$125	\$168
Pre-Dance II	HVY	4-5 years	W	9:00 AM	9:30 AM	\$125	\$168
Ballet/Tap	HVY	5-8 years	SAT	10:10 AM	10:55 AM	\$180	\$232
Hip Hop & Jazz	HVY	5-8 years	M	5:15 PM	5:45 PM	\$125	\$168
Ballet	HVY	5-8 years	W	6:40 PM	7:10 PM	\$125	\$168
Hip Hop & Jazz	HVY	5-8 years	SAT	11:00 AM	11:30 AM	\$125	\$168
Lyrical & Contemporary	HVY	5-8 years	TH	5:35 PM	6:05 PM	\$125	\$168
Poms	HVY	5-8 years	W	6:05 PM	6:35 PM	\$125	\$168
Poms	HVY	5-8 years	TH	5:00 PM	5:30 PM	\$125	\$168
Hip Hop & Jazz	HVY	8-12 years	SAT	11:35 AM	12:20 PM	\$180	\$232
Hip Hop & Breakdance	HVY	8 years +	TH	8:00 PM	8:45 PM	\$180	\$232
Ballet	HVY	12 years +	T	7:00 PM	8:00 PM	\$304	\$360
Pointe	HVY	12 years +	T	8:10 PM	8:40 PM	\$125	\$168

**30-WEEK DANCE SESSION: PRESCHOOL AND YOUTH DANCE CLASSES (FULL SESSION + RECITAL)****SEPTEMBER 8, 2025-MAY 3, 2026****(NO CLASSES NOVEMBER 24-30, DECEMBER 22-JANUARY 4, MARCH 30-APRIL 4)****FEES SHOWN WILL BE DIVIDED AND DRAFT AT A MONTHLY RATE****(PLEASE SEE PAYMENT POLICY)****BALLET (AGES 5-8 YEARS) (HVY)**

The perfect class for ballerinas in training. Learn the correct ballet positions, center work, sauté jumps, beginning turns and more! Ballet shoes are required.

### **BALLET & TAP (AGES 5-8 YEARS) (HVY)**

This great class offers the best of both worlds! The class begins with ballet barre work, center combinations, leap and more. Then, it's time to shuffle, ball change, scuff, hop and step across the floor in an invigorating tap segment. Ballet slippers and Tap shoes are required.

### **HIP HOP & JAZZ (AGES 5-8 YEARS, 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.

### **POMS (AGES 5-8 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.

### **LYRICAL AND CONTEMPORARY (AGES 8-12 YEARS, AGES 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.

<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>
Ballet	HVY	5-8 years	W	6:40 PM	7:10 PM	\$268	\$359
Ballet & Tap	HVY	5-8 years	M	5:50 PM	6:35 PM	\$386	\$497
Ballet & Tap	HVY	5-8 years	T	6:10 PM	6:55 PM	\$386	\$497
Hip Hop & Jazz	HVY	5-8 years	W	7:15 PM	7:45 PM	\$268	\$359
Poms	HVY	5-8 years	M	6:40 PM	7:25 PM	\$268	\$359
Hip Hop & Jazz	HVY	8-12 years	W	7:50 PM	8:35 PM	\$386	\$497
Lyrical & Contemporary	HVY	8-12 years	TH	6:10 PM	6:55 PM	\$386	\$497
Lyrical & Contemporary	HVY	12 years +	TH	7:00 PM	7:45 PM	\$386	\$497

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

### **PRESCHOOL CLASSES**

#### **New Fall Registration Dates!**

**Y Members – July 7<sup>th</sup> 6 am**

**General Public – July 10<sup>th</sup> 6 am**

#### **7-WEEK FALL SESSIONS**

**SESSION 1: SEPTEMBER 8-OCTOBER 26, 2024**

**SESSION 2: OCTOBER 27- DECEMBER 21 (NO CLASSES NOVEMBER 24-30)**

### **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**

<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>
Creative Movement	NMY	2-3 years	TH	10:10 AM	10:40 AM	\$56	\$82

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

**New Fall Registration Dates!**  
**Y Members – July 7<sup>th</sup> 6 am**  
**General Public – July 10<sup>th</sup> 6 am**

**14-WEEK DANCE CLASSES**

**SESSION 1: SEPTEMBER 8-DECEMBER 21, 2025 (NO CLASSES NOVEMBER 24-30)**

**MOST 14-WEEK DANCE CLASSES WILL REMAIN SAME DAY/TIME, JAN. 5-MAY 3 FOR 16WK RECITAL SESSION**

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

**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) (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, 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.

**POMS (AGES 5-8 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.

**LYRICAL AND CONTEMPORARY (AGES 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.

**URNS, LEAPS, & PROGRESSIONS (AGES 10 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
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Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$125	\$168
Pre-Dance I	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$125	\$168
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$125	\$168
Pre-Dance II	NMY	4-5 years	M	5:05 PM	5:35 PM	\$125	\$168
Pre-Dance II	NMY	4-5 years	T	4:00 PM	4:30 PM	\$125	\$168
Hip Hop for Preschoolers	NMY	4-5 years	W	4:15 PM	4:45 PM	\$125	\$168
Hip Hop for Preschoolers	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$125	\$168
Ballet	NMY	5-8 years	T	5:45 PM	6:15 PM	\$125	\$168
Ballet & Tap	NMY	5-8 years	M	5:40 PM	6:25 PM	\$180	\$232
Hip Hop & Jazz	NMY	5-8 years	T	4:35 PM	5:05 PM	\$125	\$168
Hip Hop & Jazz	NMY	5-8 years	W	4:50 PM	5:20 PM	\$125	\$168
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$125	\$168
Poms	NMY	5-8 years	T	5:10 PM	5:40 PM	\$125	\$168
Poms	NMY	5-8 years	W	5:25 PM	5:55 PM	\$125	\$168
Hip Hop & Jazz	NMY	8-12 years	SAT	10:45 AM	11:30 AM	\$180	\$232
Lyrical & Contemporary	NMY	8-12 years	M	7:20 PM	8:05 PM	\$180	\$232
Turns, Leaps, & Progressions	NMY	10 years +	M	6:30 PM	7:15 PM	\$180	\$232

### **30-WEEK DANCE SESSION: PRESCHOOL AND YOUTH DANCE CLASSES (FULL SESSION + RECITAL)**

**SEPTEMBER 9, 2025-MAY 3, 2025 (NO CLASSES NOVEMBER 24-NOVEMBER 30, DECEMBER 22-JANUARY 4, MARCH 30-APRIL 5)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE (PLEASE SEE PAYMENT POLICY ON PAGE 5-6)**

#### **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. □

#### **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.

#### **BALLET (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.

#### **HIP HOP & JAZZ (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.

#### **POMS (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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	TH	4:35 PM	5:05 PM	\$268	\$359
Ballet & Tap	NMY	5-8 years	TH	5:10 PM	5:55 PM	\$386	\$497
Ballet	NMY	8-12 years	TH	6:00 PM	6:45 PM	\$386	\$497
Hip Hop & Jazz	NMY	8-12 years	W	7:10 PM	7:55 PM	\$386	\$497
Poms	NMY	8-12 years	W	6:00 PM	6:45 PM	\$386	\$497

## NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

### New Fall Registration Dates!

**Y Members – July 7<sup>th</sup> 6 am**

**General Public – July 10<sup>th</sup> 6 am**

### 14-WEEK DANCE CLASSES

**SESSION 1: SEPTEMBER 9-DECEMBER 22, 2024 (NO CLASSES NOVEMBER 25-DECEMBER 1)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ON PAGE 5-6)**

### **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-TEEN/ADULT (AGES 12 YEARS +) (NMY)**

This class is an introduce ballet technique that will stretch, strengthen, and lengthen the body, improve posture and balance, and gain confidence in movement. Ballet shoes are required.

### **DANCE STRETCH AND STRENGTHEN (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 optimal fitness.

### **HIP HOP (AGES 12 YEARS +) (NMY)**

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

### **POINTE (AGES 12 YEARS +) (NMY)**

Dancers must also take the Ballet class preceding the pointe class as a requirement. Dancers should not take this class without prior ballet experience. If you have questions about this class, please contact Maeghan Johnson at 886.2138 or [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org). Pointe shoes required.

### **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-Teen/Adult	NMY	12 years +	W	10:00 AM	11:30 AM	\$304	\$360
Pointe	NMY	12 years +	W	12:50 PM	1:20 PM	\$125	\$168
Ballet	NMY	12 years +	M	7:15 PM	8:15 PM	\$244	\$339
Dance Stretch and Strengthen	NMY	12 years +	W	11:45 AM	12:45	\$244	\$339

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop	NMY	12 years +	W	8:00 PM	8:45 PM	\$180	\$232
Pointe	NMY	12 years +	M	8:20 PM	8:50 PM	\$125	\$168
Tap	NMY	18 years +	M	2:30 PM	3:30 PM	\$244	\$339

## OGDEN YMCA PRESCHOOL AND YOUTH CLASSES

### New Fall Registration Dates!

**Y Members – July 8<sup>th</sup> 6 am**

**General Public – July 11<sup>th</sup> 6 am**

### 14-WEEK DANCE CLASSES

**SESSION 1: SEPTEMBER 8-DECEMBER 21, 2025 (NO CLASSES NOVEMBER 24-30)**

**14-WEEK DANCE CLASSES WILL REMAIN SAME DAY/TIME, JAN. 5-MAY 3 FOR 16WK RECITAL SESSION**

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

### CREATIVE MOVEMENT (AGES 2-3 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	OGY	2-3 years	M	6:00 PM	6:30 PM	\$125	\$168
Pre-Dance I	OGY	3-4 years	T	6:00 PM	6:30 PM	\$125	\$168
Ballet	OGY	5-8 years	M	6:35 PM	7:05 PM	\$125	\$168
Ballet & Tap	OGY	5-8 years	T	6:35 PM	7:20 PM	\$180	\$232

**30-WEEK DANCE SESSION: PRESCHOOL AND YOUTH DANCE CLASSES (FULL SESSION + RECITAL)  
SEPTEMBER 9, 2025-MAY 3, 2025 (NO CLASSES NOVEMBER 24-NOVEMBER 30, DECEMBER 22-  
JANUARY 4, MARCH 30-APRIL 5)**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE  
(PLEASE SEE PAYMENT POLICY ON PAGE 5-6)**

### 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.



**BEGINNING AND CONTINUING IRISH (HARD SHOE) (AGES 10 YEARS +) (OGY)**

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.

<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>
Beginning Irish Soft Shoe	OGY	8-12 years	W	6:00 PM	6:30 PM	\$268	\$359
Beginning Irish Hard Shoe	OGY	8-12 years	W	6:35 PM	7:20 PM	\$386	\$497
Continuing Irish Hard Shoe	OGY	10+ years	W	7:25 PM	8:25 PM	\$524	\$727