



DANCE

NEW Winter Registration Dates!

Y Members – Monday, December 8

General Public – Thursday, December 11

No Programs Thursday, January 15th from 3:00 – 9:00 pm. Programs during this time will be prorated.

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

NMY/HVY/APY/OGY - Abbie Dench, Arts and Humanities Specialist P 560.3737 E adench@ymcafoxcities.org

INSPIRE DANCE STUDIO

FOX WEST YMCA & APPLE CREEK YMCAs

FWY/ACY - Megan Stine, Dance Coordinator P 560.3410 E 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.

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

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.

STUDIO Y DANCE PROGRAM

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

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

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

NMY/HVY/APY/OGY - Abbie Dench, Arts and Humanities Specialist P 560.3737 E 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 (16-week classes): \$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 or

Payment Policy: 7-week classes will be paid in full at the time of registration. All 16-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 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.

APPLETON YMCA

PRESCHOOL AND YOUTH CLASSES

New Winter Registration Dates!

Y Members – Monday, December 8

General Public – Thursday, December 11

16-WEEK DANCE CLASSES

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

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	\$143	\$191
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$143	\$191
Ballet & Tap	APY	5-8 years	SAT	11:45 AM	12:30 PM	\$143	\$191
Hip Hop & Jazz	APY	5-8 years	SAT	11:10 AM	11:40 PM	\$143	\$191
Hip Hop & Jazz	APY	8-12 years	SAT	12:35 PM	1:20 PM	\$206	\$265

**HEART OF THE VALLEY YMCA
PRESCHOOL CLASSES
7-WEEK WINTER SESSIONS**

SESSION 1: JANUARY 5-FEBRUARY 22

SESSION 2: FEBRUARY 23-APRIL 12

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 Winter Registration Dates!
Y Members – Monday, December 8
General Public – Thursday, December 11**

16-WEEK DANCE RECITAL CLASSES

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

**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.

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, AGES 12 YEARS +) (HVV)

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) (HVV)

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) (HVV)

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) (HVV)

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) (HVV)

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 +) (HVV)

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 +) (HVV)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVV	3-4 years	F	10:10 AM	10:40 AM	\$143	\$191
Pre-Dance I	HVV	3-4 years	M	4:05 PM	4:35 PM	\$143	\$191
Pre-Dance I	HVV	3-4 years	W	10:10 AM	10:40 AM	\$143	\$191
Pre-Dance I	HVV	3-4 years	TH	4:25 PM	4:55 PM	\$134	\$179
Pre-Dance I	HVV	3-4 years	SAT	9:00 AM	9:30 AM	\$143	\$191
Hip Hop for Preschoolers	HVV	4-5 years	F	9:35 AM	10:05 AM	\$143	\$191
Hip Hop for Preschoolers	HVV	4-5 years	M	4:40 PM	5:10 PM	\$143	\$191
Hip Hop for Preschoolers	HVV	4-5 years	W	9:35 AM	10:05 AM	\$143	\$191
Pre-Dance II	HVV	4-5 years	F	9:00 AM	9:30 AM	\$143	\$191
Pre-Dance II	HVV	4-5 years	T	5:35 PM	6:05 PM	\$143	\$191
Pre-Dance II	HVV	4-5 years	W	9:00 AM	9:30 AM	\$143	\$191
Pre-Dance II	HVV	4-5 years	W	5:40 PM	6:10 PM	\$143	\$191
Ballet	HVV	5-8 years	W	6:40 PM	7:10 PM	\$143	\$191
Ballet	HVV	5-8 years	SAT	9:35 AM	10:05 AM	\$143	\$191
Ballet/Tap	HVV	5-8 years	SAT	10:10 AM	10:55 AM	\$206	\$265
Hip Hop & Jazz	HVV	5-8 years	M	5:15 PM	5:45 PM	\$143	\$191

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop & Jazz	HVY	5-8 years	SAT	11:00 AM	11:30 AM	\$143	\$191
Lyrical & Contemporary	HVY	5-8 years	TH	5:35 PM	6:05 PM	\$134	\$179
Poms	HVY	5-8 years	W	6:05 PM	6:35 PM	\$143	\$191
Poms	HVY	5-8 years	TH	5:00 PM	5:30 PM	\$134	\$179
Poms	HVY	5-8 years	W	4:15 PM	4:45 PM	\$143	\$191
Poms	HVY	8-12 years	SAT	11:35 AM	12:20 PM	\$206	\$265
Poms	HVY	8-12 years	W	4:50 PM	5:35 PM	\$206	\$265
Hip Hop & Breakdance	HVY	8 years +	TH	8:00 PM	8:45 PM	\$193	\$248
Ballet	HVY	12 years +	T	7:00 PM	8:00 PM	\$311	\$380
Pointe	HVY	12 years +	T	8:10 PM	8:40 PM	\$143	\$191

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

PRESCHOOL CLASSES

7-WEEK WINTER SESSION

SESSION 1: JANUARY 5-FEBRUARY 22

SESSION 2: FEBRUARY 23-APRIL 12

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

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!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	TH	10:10 AM	10:40 AM	\$56	\$82

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

New Winter Registration Dates!

Y Members – Monday, December 8

General Public – Thursday, December 11

16-WEEK DANCE RECITAL CLASSES

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

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) (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) (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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$143	\$191
Pre-Dance I	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$134	\$179
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$143	\$191
Hip Hop for Preschoolers	NMY	4-5 years	W	4:15 PM	4:45 PM	\$143	\$191
Hip Hop for Preschoolers	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$143	\$191
Pre-Dance II	NMY	4-5 years	M	5:05 PM	5:35 PM	\$143	\$191
Pre-Dance II	NMY	4-5 years	T	4:00 PM	4:30 PM	\$143	\$191
Ballet	NMY	5-8 years	T	5:45 PM	6:15 PM	\$143	\$191
Ballet & Tap	NMY	5-8 years	M	5:40 PM	6:25 PM	\$206	\$265
Hip Hop & Jazz	NMY	5-8 years	W	4:50 PM	5:20 PM	\$143	\$191
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$143	\$191
Lyrical & Contemporary	NMY	5-8 years	T	4:35 PM	5:05 PM	\$143	\$191
Poms	NMY	5-8 years	T	5:10 PM	5:40 PM	\$143	\$191
Poms	NMY	5-8 years	W	5:25 PM	5:55 PM	\$143	\$191
Poms	NMY	8-12 years	SAT	10:45 AM	11:30 AM	\$206	\$265

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES**New Winter Registration Dates!**

Y Members – Monday, December 8

General Public – Thursday, December 11

16-WEEK DANCE RECITAL CLASSES

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE
(PLEASE SEE PAYMENT POLICY ON PAGE 2)**

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. This is a technique class and will not perform in the recital.

POINTE (AGES 12 YEARS +) (NMY)

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

TAP (AGES 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 +	M	7:15 PM	8:15 PM	\$311	\$380
Ballet-Teen/Adult	NMY	12 years +	W	10:00 AM	11:30 AM	\$348	\$411
Dance Stretch and Strengthen	NMY	12 years +	W	11:45 AM	12:45 PM	\$311	\$380
Pointe	NMY	12 years +	M	8:20 PM	8:50 PM	\$143	\$191
Pointe	NMY	12 years +	W	12:50 PM	1:20 PM	\$143	\$191
Tap	NMY	18 years +	M	2:30 PM	3:30 PM	\$311	\$380

OGDEN YMCA PRESCHOOL AND YOUTH CLASSES**16-WEEK DANCE RECITAL CLASSES**

JANUARY 5-MAY 3 (NO CLASSES MARCH 30-APRIL 5)

JANUARY 15TH NO PROGRAMS AFTER 3PM, AFFECTED CLASSES WILL BE ADJUSTED

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	OGY	2-3 years	M	6:00 PM	6:30 PM	\$143	\$191
Ballet	OGY	5-8 years	M	6:35 PM	7:05 PM	\$143	\$191