



## DANCE

### SPRING PROGRAM SESSION:

#### STAFF CONTACTS

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#### STUDIO Y DANCE

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

May 4-May 31

**No Class Monday, May 25, 2026 – 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

##### 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) (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 & JAZZ (AGES 5-8 YEARS, AGES 10 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, AGES 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.

**HIP HOP BREAKDANCE (AGES 10 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.

**MUSICAL THEATER JAZZ - NEW (AGES 10 YEARS +) (HVY)**

For students interested in musicals and jazz technique turns, leaps, choreography, this class is for you!

**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 |
|--------------------------|------|------------|-----|----------|----------|----------|----------------|
| Pre-Dance I              | HVY  | 3-4 years  | M   | 4:15 PM  | 4:45 PM  | \$23     | \$34           |
| Pre-Dance I              | HVY  | 3-4 years  | TH  | 4:15 PM  | 4:45 PM  | \$30     | \$46           |
| Pre-Dance I              | HVY  | 3-4 years  | S   | 9:00 AM  | 9:30 AM  | \$30     | \$46           |
| Hip Hop for Preschoolers | HVY  | 4-5 years  | M   | 4:50 PM  | 5:20 PM  | \$23     | \$34           |
| Pre-Dance II             | HVY  | 4-5 years  | T   | 4:05 PM  | 4:35 PM  | \$30     | \$46           |
| Pre-Dance II             | HVY  | 4-5 years  | S   | 9:35 AM  | 10:05 AM | \$30     | \$46           |
| Ballet                   | HVY  | 5-8 years  | T   | 4:40 PM  | 5:10 PM  | \$30     | \$46           |
| Ballet & Tap             | HVY  | 5-8 years  | M   | 6:00 PM  | 6:45 PM  | \$23     | \$34           |
| Ballet & Tap             | HVY  | 5-8 years  | TH  | 5:00 PM  | 5:45 PM  | \$30     | \$46           |
| Ballet & Tap             | HVY  | 5-8 years  | S   | 10:10 AM | 10:55 AM | \$30     | \$46           |
| Hip Hop & Jazz           | HVY  | 5-8 years  | M   | 5:25 PM  | 5:55 PM  | \$23     | \$34           |
| Hip Hop & Jazz           | HVY  | 5-8 years  | S   | 11:00 AM | 11:30 AM | \$30     | \$46           |
| Lyrical & Contemporary   | HVY  | 5-8 years  | W   | 4:15 PM  | 4:45 PM  | \$30     | \$46           |
| Poms                     | HVY  | 5-8 years  | W   | 4:50 PM  | 5:20 PM  | \$30     | \$46           |
| Tap                      | HVY  | 5-8 years  | T   | 5:15 PM  | 5:45 PM  | \$30     | \$46           |
| Ballet                   | HVY  | 8-12 years | W   | 6:30 PM  | 7:30 PM  | \$60     | \$86           |
| Lyrical & Contemporary   | HVY  | 8-12 years | T   | 5:50 PM  | 6:35 PM  | \$45     | \$65           |
| Poms                     | HVY  | 8-12 years | M   | 6:50 PM  | 7:35 PM  | \$34     | \$48           |
| Poms                     | HVY  | 8-12 years | W   | 5:25 PM  | 6:10 PM  | \$45     | \$65           |

| Class name                    | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|-------------------------------|------|------------|-----|---------|---------|----------|----------------|
| Hip Hop & Jazz                | HVY  | 10 years + | T   | 6:40 PM | 7:25 PM | \$45     | \$65           |
| Hip Hop & Breakdance          | HVY  | 10 years + | TH  | 6:10 PM | 6:55 PM | \$45     | \$65           |
| Musical Theater Jazz - NEW    | HVY  | 10 years + | TH  | 7:00 PM | 7:45 PM | \$45     | \$65           |
| Turns, Leaps and Progressions | HVY  | 10 years + | M   | 7:40 PM | 8:40 PM | \$60     | \$86           |
| Lyrical & Contemporary        | HVY  | 12 years + | W   | 7:35 PM | 8:35 PM | \$45     | \$65           |

## NEENAH-MENASHA YMCA

### 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) (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'll give little break-dancers a great introduction to movement and musicality.

### PRE-DANCE II (AGES 4-5 YEARS) (NMY)

A great class for dancers ready for more! The class begins with ballet stretches, positions, and beginning ballet steps. Then, it swings into fun tap steps and across the floor work to keep them moving! Ballet and Tap shoes are required.

### BALLET (AGES 5-8 YEARS, AGES 8-12 YEARS) (NMY)

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

### BALLET & TAP (AGES 5-8 YEARS, 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.

### JAZZ (AGES 8-12 YEARS) (NMY)

Strengthen your technique as you work on skills that will tighten your turns, increase your flexibility and work on new combinations! Jazz shoes 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 8-12 YEARS, 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.

**URNS, LEAPS, AND PROGRESSIOINS (AGES 8-12 YEARS, 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.

**HOMESCHOOL DANCE EXPLORATION (AGES 8+) (NMY)**

This class will introduce students to ballet and jazz techniques, terms and choreography! A class for all levels to explore the benefits and joy of dance movement!

**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.

**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.

**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.

| Class name                   | YMCA | Age        | Day | Start    | End      | Y Member | General Public |
|------------------------------|------|------------|-----|----------|----------|----------|----------------|
| Creative Movement            | NMY  | 2-3 years  | T   | 10:10 AM | 10:40 AM | \$30     | \$46           |
| Pre-Dance I                  | NMY  | 3-4 years  | M   | 4:00 PM  | 4:30 PM  | \$23     | \$34           |
| Pre-Dance I                  | NMY  | 3-4 years  | T   | 9:35 AM  | 10:05 AM | \$30     | \$46           |
| Hip Hop for Preschoolers     | NMY  | 4-5 years  | W   | 4:15 PM  | 4:45 PM  | \$30     | \$46           |
| Pre-Dance II                 | NMY  | 4-5 years  | M   | 5:10 PM  | 5:40 PM  | \$23     | \$34           |
| Pre-Dance II                 | NMY  | 4-5 years  | T   | 9:00 AM  | 9:30 AM  | \$30     | \$46           |
| Ballet & Tap                 | NMY  | 5-8 years  | TH  | 5:00 PM  | 5:45 PM  | \$45     | \$60           |
| Hip Hop & Jazz               | NMY  | 5-8 years  | W   | 4:50 PM  | 5:20 PM  | \$30     | \$46           |
| Lyrical & Contemporary       | NMY  | 5-8 years  | M   | 4:35 PM  | 5:05 PM  | \$23     | \$34           |
| Poms                         | NMY  | 5-8 years  | W   | 5:25 PM  | 5:55 PM  | \$30     | \$46           |
| Ballet                       | NMY  | 8-12 years | T   | 6:00PM   | 7:00 PM  | \$45     | \$65           |
| Tap                          | NMY  | 8-12 years | T   | 5:00PM   | 5:45 PM  | \$45     | \$65           |
| Lyrical & Contemporary       | NMY  | 8-12 years | M   | 5:45 PM  | 6:30 PM  | \$34     | \$48           |
| Lyrical & Contemporary       | NMY  | 8-12 years | W   | 5:00 PM  | 5:45 PM  | \$45     | \$65           |
| Hip Hop and Jazz             | NMY  | 8-12 years | W   | 6:50 PM  | 7:35 PM  | \$45     | \$65           |
| Jazz                         | NMY  | 8-12 years | TH  | 6:45 PM  | 7:30 PM  | \$45     | \$65           |
| Poms                         | NMY  | 8-12 years | W   | 6:00 PM  | 6:45 PM  | \$45     | \$65           |
| Turns, Leaps & Progressions  | NMY  | 8-12 Years | TH  | 5:50 PM  | 6:35 PM  | \$45     | \$65           |
| Homeschool Dance Exploration | NMY  | 8 years +  | T   | 10:45 AM | 11:45 AM | \$60     | \$86           |

| Class name                    | YMCA | Age        | Day | Start    | End      | Y Member | General Public |
|-------------------------------|------|------------|-----|----------|----------|----------|----------------|
| Ballet                        | NMY  | 12 years + | M   | 6:00 PM  | 7:15 PM  | \$34     | \$48           |
| Ballet                        | NMY  | 12 years + | W   | 10:00 AM | 11:30 AM | \$90     | \$130          |
| Hip Hop                       | NMY  | 12 years + | W   | 7:45 PM  | 8:30 PM  | \$45     | \$65           |
| Jazz                          | NMY  | 12 years + | TH  | 7:35 PM  | 8:35 PM  | \$60     | \$86           |
| Lyrical & Contemporary        | NMY  | 12 years + | W   | 5:50 PM  | 6:50 PM  | \$60     | \$86           |
| Pointe                        | NMY  | 12 years + | M   | 7:20 PM  | 7:50 PM  | \$34     | \$48           |
| Pointe                        | NMY  | 12 years + | W   | 12:50 PM | 1:20 PM  | \$45     | \$65           |
| Tap                           | NMY  | 12 years + | M   | 5:00 PM  | 5:45 PM  | \$34     | \$48           |
| Turns, Leaps and Progressions | NMY  | 12 years + | W   | 6:55 PM  | 7:40 PM  | \$45     | \$65           |
| Dance Stretch and Strengthen  | NMY  | 14 years + | M   | 11:45 AM | 12:45 PM | \$60     | \$86           |
| Dance Stretch and Strengthen  | NMY  | 14 years + | W   | 11:45 AM | 12:45 PM | \$60     | \$86           |

## OGDEN YMCA

### 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 & 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 9 YEARS +) (OGY)

One of our most popular! Explore lyrical and contemporary ballet technique that teach dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and dancewear/yoga/athletic attire are required.

| Class name             | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Pre-Dance I            | OGY  | 3-4 years | T   | 6:00 PM | 6:30 PM | \$30     | \$46           |
| Ballet & Tap           | OGY  | 5-8 years | T   | 6:35 PM | 7:20 PM | \$45     | \$65           |
| Lyrical & Contemporary | OGY  | 9 years + | T   | 7:25 PM | 8:10 PM | \$45     | \$65           |

## 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 Maeghan Johnson at 886.2138 for availability 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 4 - May 17, 2026**

All classes will run TWO days a week.

\*Dress Code: Girls should wear a leotard (tights and skirts optional) with hair pulled back. Boys should wear a fitted t-shirt and athletic shorts.\*

#### **TEDDY BEAR BALLET (AGES 2-3 YEARS) (FWY)**

Bring your favorite teddy bear or stuffed animal and join us for the sweetest ballet adventure! This playful camp will guide our youngest dancers to twirl, tiptoe, and explore the joy of dance alongside their cuddly friend. Ballet shoes required.

#### **ADVENTURE AT SEA (AGES 3-4 YEARS) (FWY)**

Set sail for a magical ocean adventure! During this fun-filled camp, dancers will explore the sea through movement, music, and imagination. Little sailors will dance like mermaids, splash like dolphins, explore the waves and maybe even search for buried treasures! Each dancer will learn dance skills and vocabulary through imaginary, age-appropriate play. Ballet or jazz shoes are required.

#### **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.

#### **HIP HOP TECHNIQUE (AGES 7-11 YEARS, AGES 12-18 YEARS) (FWY)**

This high-energy and engaging class focuses on building foundational skills that help dancers strong, confident, and versatile. Work on rhythm, musicality, coordination and body control. Enhance your precision, power and performance quality and prepare for auditions. Dancers should wear sweatpants or leggings over their leotard and clean tennis shoes.

#### **POMS TECHNIQUE (AGES 7-13 YEARS) (FWY)**

This upbeat class focuses on the technique and precision needed for strong poms performance. Dancers will work on arm movements, clean lines, synchronization, and high energy performances. This class will focus on improving both technical skills and quality of movement skills. Dancers will work on audition criteria for competitive dancers. Jazz shoes required.

#### **EMOJI JAZZ CAMP (AGES 8-11 YEARS) (FWY)**

Get ready to bring your favorite emojis to life! Dancers will move through this high-energy class learning expression, choreography, emotions and personality for the stage! Technique and vocabulary come to life through those famous faces. Jazz shoes required.

**FRIENDSHIP JAZZ & LYRICAL (AGES 8-11 YEARS) (FWY)**

Bring your bestie! This class will allow dancers to explore jazz and lyrical and focus on partner work, weight sharing exercises, balance, and overall team performance. Dancers will also explore team building activities and leadership skills. Jazz or lyrical shoes required.

**DANCER STRETCH & STRENGTH (AGES 8-12 YEARS) (FWY)**

This class is designed to help dancers improve flexibility, build strength, and support safe, healthy technique. Through targeted stretching, conditioning, and core focus – dancers will develop the strength and control needed to enhance their overall performance. Dancers will start barefoot and transition to jazz shoes. Leotard and jazz shoes required.

**BROADWAY BOUND - MUSICAL THEATER (AGES 8-13 YEARS) (FWY)**

Step into the spotlight to experience the magic of Broadway! This jazz-based class will explore exciting storytelling through dance. Expressive movement will have the dancers moving, stretching and dancing like they're on the big stage. Learn short choreography segments to some of Broadway's top shows!

**DANCE SAMPLER (AGES 10-13 YEARS) (FWY)**

Can't decide? This is the class for you! This class will experience different genres of dance including tap, jazz, lyrical and more! Each week students will learn technique and choreography from a new genre. Dancers will also explore basic dance history during their class time. Leotard and tap shoes, along with jazz or lyrical 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 |
|----------------------------------|------|-------------|-------|---------|---------|----------|----------------|
| Teddy Bear Ballet Camp           | FWY  | 2-3 years   | M, W  | 5:00 PM | 5:45 PM | \$49     | \$64           |
| Adventure at Sea                 | FWY  | 3-4 years   | M, W  | 4:30 PM | 5:00 PM | \$24     | \$34           |
| Friendship Jazz & Lyrical        | FWY  | 5-7 years   | M, W  | 4:15 PM | 5:00 PM | \$49     | \$64           |
| Mini Jazz & Lyrical Technique    | FWY  | 5-7 years   | M, W  | 5:00 PM | 6:00 PM | \$67     | \$93           |
| Mini Tap Technique               | FWY  | 5-7 years   | M, W  | 6:10 PM | 6:40 PM | \$24     | \$34           |
| Hip Hop Technique                | FWY  | 7-11 years  | M, W  | 6:00 PM | 7:00 PM | \$67     | \$93           |
| Poms Technique                   | FWY  | 7-13 years  | M, W  | 5:00 PM | 6:00 PM | \$67     | \$93           |
| Junior Tap Technique             | FWY  | 8-10 years  | T, TH | 5:00 PM | 5:45 PM | \$49     | \$64           |
| Junior Jazz & Lyrical Technique  | FWY  | 8-10 years  | T, TH | 5:55 PM | 6:55 PM | \$67     | \$93           |
| Emoji Jazz Camp                  | FWY  | 8-11 years  | M, W  | 5:45 PM | 6:45 PM | \$67     | \$93           |
| Stretch & Strength               | FWY  | 8-12 years  | T, TH | 4:15 PM | 5:00 PM | \$49     | \$64           |
| Broadway Bound – Musical Theater | FWY  | 8-13 years  | M, W  | 6:50 PM | 7:35 PM | \$49     | \$64           |
| Dance Sampler                    | FWY  | 10-13 years | M, W  | 6:45 PM | 7:30 PM | \$49     | \$64           |
| Teen Tap Technique               | FWY  | 11-13 years | T, TH | 4:15 PM | 5:00 PM | \$49     | \$64           |
| Teen Jazz & Lyrical Technique    | FWY  | 11-13 years | T, TH | 5:45 PM | 6:45 PM | \$67     | \$93           |
| PBT                              | FWY  | 12-18 years | T, TH | 5:00 PM | 5:45 PM | \$49     | \$64           |
| Hip Hop Technique                | FWY  | 12-18 years | M, W  | 7:00 PM | 8:00 PM | \$67     | \$93           |
| Senior Jazz & Lyrical Technique  | FWY  | 14-18 years | T,TH  | 6:45 PM | 7:45 PM | \$67     | \$93           |
| Senior Tap Technique             | FWY  | 14-18 years | T,TH  | 8:00 PM | 8:45 PM | \$49     | \$64           |

## **FOX WEST YMCA**

### **MAY MINI CAMP-CAMP 2**

#### **May 18 - May 31, 2026**

Classes will run TWO days a week. No classes Monday, May 25. Prices for M/W classes are prorated to reflect this.

\*Dress Code: Girls should wear a leotard (tights and skirts optional) with hair pulled back. Boys should wear a fitted t-shirt and athletic shorts.\*

#### **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. Ballet or jazz shoes required.

#### **PAJAMA PARTY JAZZ (AGES 4-5 YEARS) (FWY)**

Get ready to giggle, wiggle and jam in your jammies! This playful jazz class is perfect for young dancers to use their imaginative side. Jazz basics will be explored through sleepover-style fun. Jump and turn to upbeat music, in this pajama party atmosphere. Dancers may wear "danceable" pajamas they can easily move in over their leotard.

#### **TEDDY BEAR BALLET (AGES 4-5 YEARS) (FWY)**

Bring your favorite teddy bear or stuffed animal and join us for the sweetest ballet adventure! This playful camp will guide our youngest dancers to twirl, tiptoe, and explore the joy of dance alongside their cuddly friend. Ballet shoes required.

#### **FAIRY TALE REMIX (AGES 6-8 YEARS) (FWY)**

Step into a world where fairytales are remixed with a modern twist! Dancers will explore characters through dance with lively music and creative choreography giving old stories a new unique lens. Dancers will explore a variety of styles while building coordination, confidence and performance skills. Jazz or lyrical shoes required.

#### **TAP INTO RHYTHM (AGES 6-8 YEARS, 8-12 YEARS) (FWY)**

This engaging class is designed for students to strengthen their musicality, timing and technique. Dancers will learn how to create clear, precise sounds. Class will focus on foundational skills including speed, timing and rhythm patterns.

#### **HIP HOP PASSPORT (AGES 8-10 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.

#### **TOTAL TECHNIQUE (AGES 8-12 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. Jazz or lyrical shoes required.

#### **DANCE & DESIGN (AGES 9-12 YEARS) (FWY)**

Creativity meets movement! This is a unique class that blends dance, art and imagination. Dancers will explore choreography, as well as hands-on art projects to blend both sides of the arts together! Students will see what it takes to create phrases of choreography, implement and create props, design costumes and design an stage set. Bring your imagination! Jazz shoes required.

#### **PBT - PROGRESSING BALLET TECHNIQUE (AGES 10-13 YEARS, 14-18 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. Leotard and bare feet for class. Class space is limited!

### **TECHNIQUE & TURNS (AGES 10-14 YEARS) (FWY)**

For dancers on our competition team, or serious dancers looking to improve balance, strength and progress in their overall technique. Dancers will focus on proper alignment, core stability, overall strength and more. Previous lyrical or jazz experience required. Jazz or lyrical shoes required.

### **INTRO TO COMPANY (AGES 12-16 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. Required: black leotard, ballet bun and jazz shoes.

### **URNS & PROGRESSIONS (AGES 13-18 YEARS) (FWY)**

For dancers on our competition team, or serious dancers. This class will focus on proper turn technique, alignment, strength and body coordination. Students will work progressions to progress their pace, musicality and more. Lyrical or jazz experience required. Jazz or Lyrical shoes 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> |
|----------------------|-------------|-------------|------------|--------------|------------|-----------------|-----------------------|
| Dancing with Bingo   | FWY         | 2-3 years   | M/W        | 4:15 PM      | 4:45 PM    | \$18            | \$25                  |
| Pajama Party Jazz    | FWY         | 4-5 years   | M/W        | 4:45 PM      | 5:30 PM    | \$36            | \$48                  |
| Teddy Bear Ballet    | FWY         | 4-5 years   | M/W        | 4:15 PM      | 5:00 PM    | \$36            | \$48                  |
| Fairy Tale Remix     | FWY         | 6-8 years   | M/W        | 5:00 PM      | 5:45 PM    | \$36            | \$48                  |
| Tap into Rhythm      | FWY         | 6-8 years   | T, TH      | 5:15 PM      | 6:00 PM    | \$49            | \$64                  |
| Hip Hop Passport     | FWY         | 8-10 years  | T, TH      | 6:00 PM      | 6:45 PM    | \$49            | \$64                  |
| Tap into Rhythm      | FWY         | 8-12 years  | M, W       | 5:45 PM      | 6:30 PM    | \$36            | \$48                  |
| Total Technique      | FWY         | 8-12 years  | M, W       | 6:35 PM      | 7:35 PM    | \$50            | \$69                  |
| Dance & Design       | FWY         | 9-12 years  | M, W       | 5:45 PM      | 6:45 PM    | \$50            | \$69                  |
| PBT                  | FWY         | 10-13 years | T, TH      | 5:15 PM      | 6:00 PM    | \$49            | \$64                  |
| Technique & Turns    | FWY         | 10-14 years | M, W       | 6:45 PM      | 7:30 PM    | \$36            | \$48                  |
| Intro to Company     | FWY         | 12-16 years | T, TH      | 4:15 PM      | 5:15 PM    | \$67            | \$93                  |
| Turns & Progressions | FWY         | 13-18 years | T, TH      | 7:15 PM      | 8:15 PM    | \$67            | \$93                  |
| PBT                  | FWY         | 14-18 years | T, TH      | 6:15 PM      | 7:15 PM    | \$67            | \$93                  |

## **FOX WEST YMCA**

### **MAY MINI CAMP – 2 WEEKS**

**May 22 - May 29, 2026**

This two-class camp will run for two consecutive Fridays.

### **K-POP HIP HOP (AGES 8-11 YEARS) (FWY)**

Get ready to train like a K-Pop star! This high-energy class combines the precision of K-Pop choreography with the power and style of hip hop. Dancers will learn dynamic skills and choreography inspired by the K-Pop trends while building technique, musicality and performance skills. Clean tennis shoes required.

### **GLOW PARTY HIP HOP (AGES 10-14 YEARS) (FWY)**

Turn down the lights, and turn up the energy! This fast-paced hip hop class brings the party to the floor with bold choreography, bright technique skills all in a glow in the dark atmosphere. Dancers will work hip hop fundamentals while building coordination and performance skills. Clean tennis shoes 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> |
|--------------------|-------------|-------------|------------|--------------|------------|-----------------|-----------------------|
| K-Pop Hip Hop      | FWY         | 8-11 years  | F          | 4:30 PM      | 5:15 PM    | \$24            | \$32                  |
| Glow Party Hip Hop | FWY         | 10-14 years | F          | 5:15 PM      | 6:00 PM    | \$24            | \$32                  |

**APPLE CREEK YMCA**  
**MAY MINI CAMP – 3 WEEKS**  
**May 4 - May 18, 2026**

**TEDDY BEAR BALLET (AGES 2-3 YEARS) (ACY)**

Bring your favorite teddy bear or stuffed animal and join us for the sweetest ballet adventure! This playful camp will guide our youngest dancers to twirl, tiptoe, and explore the joy of dance alongside their cuddly friend. Ballet shoes required.

**FRIENDSHIP LYRICAL CAMP (AGES 4-6 YEARS) (ACY)**

Bring your bestie! This class will allow dancers to explore the beginning of partner work, emotion, expression balance, and overall storytelling. Enjoy sampling a new genre with your friend! Both dancers must be registered.

**BROADWAY BOUND - MUSICAL THEATER (AGES 7-11 YEARS) (ACY)**

Step into the spotlight to experience the magic of Broadway! This jazz-based class will explore exciting storytelling through dance. Expressive movement will have the dancers moving, stretching and dancing like they're on the big stage. Learn short choreography segments to some of Broadway's top shows!

| Class name                      | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|---------------------------------|------|------------|-----|---------|---------|----------|----------------|
| Teddy Bear Ballet               | ACY  | 2-3 years  | M   | 4:15 PM | 4:45 PM | \$18     | \$25           |
| Friendship Lyrical Camp         | ACY  | 4-6 years  | M   | 4:45 PM | 5:30 PM | \$36     | \$48           |
| Broadway Bound- Musical Theater | 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](mailto: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 16 & 17, 2026**

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 16 & 17, 2026. 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](mailto:Mstine@ymcafoxcities.org) with any questions.