



DANCE SUMMER PROGRAM SESSION:

STAFF CONTACTS

FWY/ACY - Megan Stine, Dance Program 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 – APPLE CREEK YMCA PRESCHOOL & YOUTH CLASSES

June 8 – August 23, 2026

No Classes June 29 – July 5, 2026

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

We will explore dancing while enjoying the sun and sounds of summer! We will have fun dancing, interpreting music and exploring different destinations including the beach, pool, zoo and more! An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will wear a leotard or dance attire and ballet or jazz shoes.

JAZZ & LYRICAL COMBO (AGES 4-6 YEARS; AGES 7-10) (ACY)

Our two most popular classes in one! Based on ballet technique, and integrating interpretive and expressive movement, this class will work on fundamentals of lyrical dance. Building on those basics, dancers will then add jazz technique and across the floor combinations. Dancers will learn leaps, turn and jumps, and learn introductory choreography. Dancers will wear a leotard and jazz or lyrical shoes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	ACY	2-3 years	M	4:15 PM	4:45 PM	\$75	\$107
Jazz & Lyrical Combo	ACY	4-6 years	M	4:45 PM	5:15 PM	\$75	\$107
Jazz & Lyrical Combo	ACY	7-10 years	M	5:15 PM	6:00 PM	\$75	\$107

INSPIRE DANCE STUDIO – FOX WEST YMCA PRESCHOOL, YOUTH & TEEN CLASSES

June 8 – August 23, 2026

No Classes *June 21 – July 5, 2026* *Please note the two-week break*

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

We will explore dancing while enjoying the sun and sounds of summer! We will have fun dancing, interpreting music and exploring different destinations including the beach, pool, zoo and more! An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will need a leotard or dance attire and ballet or jazz shoes.

TAP/BALLET COMBO (AGES 3-4 YEARS, AGES 4-5 YEARS) (FWY)

What is that sound? Join us as we take a trip and explore the sounds of summer! We will have fun dancing, interpreting music and exploring movement! A great introduction to dance exposing dancers to both Tap and ballet. Age-appropriate advancement in both genres learning skills including basic technique and terminology. Tap will include heel steps, toe steps, shuffles and flaps. Ballet will include basic positions, tendus, plies and more. Ballet and tap shoes are required. Leotard or proper dance attire required with hair pulled back.

TAP & JAZZ COMBO (AGES 3-4 YEARS) (FWY)

A great introduction to dance exposing dancers to both tap and jazz. Age-appropriate advancement in both genres learning skills including basic technique and terminology. Tap will include heel steps, toe steps, shuffles and flaps. Jazz will include skips, jumps, kicks and turns. Jazz and tap shoes are required. Leotard or proper dance attire required with hair pulled back.

JAZZ (AGES 4-6 YEARS) (FWY)

Join us to travel to places near and far on our summer jazz trip! Introduction to Jazz technique and basics while exploring music and rhythms from cities and countries near and far. Dancers will move to fun, upbeat music while learning beginning skills such as kicks, turns and jumps. Leotard or equivalent and jazz shoes required, hair in a bun.

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

Our two most popular classes in one! Based on ballet technique, and integrating interpretive and expressive movement, this class will work on fundamentals of lyrical dance. Building on those basics, dancers will then add jazz technique and across the floor combinations. Dancers will learn leaps, turn and jumps, and learn introductory choreography. Dancers must wear a leotard, tights and jazz or lyrical shoes.

BALLET 1 (AGES 6-9 YEARS) (FWY)

Where ballerinas are born! 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 and ballet shoes with hair in a bun.

HIP HOP (AGES 7-9 YEARS, 10-14 YEARS) (FWY)

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

POMS 1 (AGES 7-10 YEARS) (FWY)

For dancers of all experiences! Building technique in stretching, flexibility, turns, leaps and jumps as well as drills for arms, and athletic movements. Fun, energetic music while incorporating proper control and technique. Leotard or equivalent and jazz shoes required, hair in a bun.

BALLET LEVELS 2 & 3 AGES 7-12 YEARS, AGES 9-16 YEARS) (FWY)

For dancers who have ballet experience and have completed multiple years of Ballet 1 or Ballet 2. Dancers will learn barre work including plies, tendus, degages and begin center and across the floor combinations. Dancers will build on technique work including barre, center and across the floor combinations. Dancers in ballet 2 will need to wear a Lavender (light purple) leotard, dancers in ballet 3 will need a dark purple leotard, and all will need pink ballet shoes with hair in a bun.

TAP 2 & 3 (AGES 8-12 YEARS) (FWY)

A fun rhythm class for experienced tappers, and those who have completed tap 1 or 2. This Class will incorporate shuffles, flaps, cramp rolls, and more! Tap shoes are required. Dancers should wear a leotard with hair pulled back neatly.

JAZZ 2 & 3 (AGES 8-14 YEARS) (FWY)

For dancers who have at least three progressive years of jazz 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 jazz shoes required, hair in a bun.

LYRICAL 2 & 3 (AGES 9-14 YEARS) (FWY)

One of our most popular classes! Dancers will create movement based on the music. Explore many genres of music and work with tempo, feel, cadence, emotion and space in this fun class! Leotard or equivalent and lyrical shoes required, hair in a bun.

POMS 2 (AGES 10-14 YEARS) (FWY)

For dancers who have at least 1 year of poms experience. Building technique in stretching, flexibility, turns, leaps and jumps. Fun, energetic music while incorporating proper control and technique. Leotard or equivalent and jazz shoes required, hair in a bun.

COMPANY TEAM IMPROV & TECHNIQUE (AGES 10-15 YEARS) (FWY)

For dancers currently on any of our comp teams. Work on your improv skills to help enhance your performance quality, texture, depth and skill level. Refine your technique working on perfecting turns, leaps and more. Leotard or equivalent and lyrical or jazz shoes required, hair in a bun.

BALLET 4, 5 & POINTE (AGES 11-18 YEARS, AGES 14-18 YEARS) (FWY)

For dancers who have ballet experience, have completed multiple years of Ballet 3 or 4, and have instructor recommendation for Ballet 4, 5 OR POINTE. Dancers will continue to refine technique with new barre work, center and across the floor combinations with emphasis on balance and placement. Dancers in ballet 4 will need a NAVY leotard, and dancers in ballet 5 and pointe will need to wear a BLACK leotard, and ballet shoes with hair in a bun. Pointe shoes for dancers are only by instructor invitations, with a professional fitting before class time.

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

This class is an innovative program designed to help serious dancers enhance the muscle memory in their body. It is an in-depth class helping students understand the activation of certain muscles to help control and align turnout, assist in controlled landings as well as understanding how to activate and engage the muscles to advance technique throughout their dancing of all genres. Previous dance experience required. Dancers should wear leotard and bare feet or footless tights.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	M	4:00 PM	4:30 PM	\$70	\$100
Tiny Tots	FWY	2-3 years	W	4:00 PM	4:30 PM	\$70	\$100
Tap & Ballet Combo	FWY	3-4 years	W	5:00 PM	5:30 PM	\$70	\$100
Tap & Jazz Combo	FWY	3-4 years	T	4:15 PM	4:45 PM	\$70	\$100
Tap & Ballet Combo	FWY	4-5 years	W	4:15 PM	4:45 PM	\$70	\$100
Jazz	FWY	4-6 years	W	4:30 PM	5:00 PM	\$70	\$100
Jazz & Lyrical Combo	FWY	5-7 years	W	4:45 PM	5:30 PM	\$103	\$134
Ballet 1	FWY	6-9 years	M	4:30 PM	5:00 PM	\$70	\$100
Hip Hop	FWY	7-9 years	M	4:45 PM	5:15 PM	\$103	\$134
Poms 1	FWY	7-10 years	W	5:30 PM	6:00 PM	\$103	\$134
Ballet 2	FWY	7-12 years	M	5:45 PM	6:30 PM	\$103	\$134
Tap 2 & 3	FWY	8-12 years	W	5:30 PM	6:15 PM	\$103	\$134
Jazz 2 & 3	FWY	8-14 years	W	6:00 PM	6:45 PM	\$103	\$134
Lyrical 2 & 3	FWY	9-14 years	W	7:30 PM	8:15 PM	\$103	\$134
Ballet 3	FWY	9-16 years	T	4:00 PM	4:45 PM	\$103	\$134
Hip Hop	FWY	10-14 years	M	5:15 PM	5:45 PM	\$70	\$110
Poms 2	FWY	10-14 years	W	6:45 PM	7:30 PM	\$103	\$134

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Company Team Improv & Technique	FWY	10-15 years	T	5:35 PM	6:20 PM	\$103	\$134
Ballet 4	FWY	11-18 years	T	5:35 PM	6:20 PM	\$103	\$134
PBT	FWY	12-18 years	T	4:45 PM	5:30 PM	\$103	\$134
Ballet 5 & Pointe	FWY	14-18 years	T	6:30 PM	7:30 PM	\$135	\$167

INSPIRE DANCE STUDIO DANCE COMPETITION & COMPANY TEAMS FOX WEST YMCA REGISTRATION REQUIRED

Competitive Team Workshop & Auditions

IDS Competition Teams are classes designed to give dancers an opportunity to develop technique and dance skills with other students at their level who demonstrate a high level of commitment. These classes are designed to be appropriately fast paced to maximize your dancer's potential for learning. Strong class attendance is required. All dancers on competitive teams are required to take the assigned ballet and their required team's classes over summer. Dancers attend two to three required regional competitions in spring and a national competition in June. Dancers ages 5 and up are eligible to audition.

COMPANY TEAM: Company Team members will take part in up to 2 extra hours of technique training per week. Members will compete at a higher level of competition and participate in an additional competition out of state. Dancers interested in Company Team will mark their interest in this team at their auditions. There will be an informational meeting on **Tuesday, May 5 from 7:00 PM – 7:45 PM** at the Fox West Y for the upcoming season. Attendance is highly recommended. Please register in advance, there is no cost to attend. Please contact Megan Stine at Mstine@ymcafoxcities.org for more information.

Comp Team Parent Meeting	FWY	T	7:00 PM
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Workshop and Auditions will be held on Saturday and Sunday, May 16 & 17 for dancers wanting to be a part of our 2026-2027 Competitive Teams. Our competitive teams begin at age 5. Dancers will register for Workshop (only) but **must attend both the Workshop on Saturday and Auditions on Sunday**. Please note that Workshop times differ from Audition times for some groups. **Dancers will register for- and audition as - the age they are as of May 1, 2026.** All dancers will audition in the correct age group but will be placed on teams according to ability and skill level. A summer schedule for competitive classes will be available after auditions. For more information on our competitive team, please email Megan Stine at mstine@ymcafoxcities.org.

Workshops

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Mini Jazz & Lyrical Workshop	FWY	5-7 years	SAT	9:30 AM	10:45 AM	\$8	\$8
Mini Tap Workshop	FWY	5-7 years	SAT	9:00 AM	9:30 AM	\$8	\$8
Poms	FWY	7-14 years	SAT	1:30 PM	2:15 PM	\$8	\$8
Hip Hop	FWY	7-14 years	SAT	2:15 PM	3:00 PM	\$8	\$8
Junior Jazz	FWY	8-10 years	SAT	9:00 AM	9:45 AM	\$8	\$8
Junior Lyrical	FWY	8-10 years	SAT	9:45 AM	10:30 AM	\$8	\$8
Junior Tap	FWY	8-10 years	SAT	10:30 AM	11:15 AM	\$8	\$8
Teen Jazz	FWY	11-13 years	SAT	11:15 AM	12:00 PM	\$8	\$8
Teen Lyrical	FWY	11-13 years	SAT	12:00 PM	12:45 PM	\$8	\$8

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Teen Tap	FWY	11-13 years	SAT	12:45 PM	1:30 PM	\$8	\$8
Senior Jazz	FWY	14-18 years	SAT	2:15 PM	3:00 PM	\$8	\$8
Senior Lyrical	FWY	14-18 years	SAT	3:00 PM	3:45 PM	\$8	\$8
Senior Tap	FWY	14-18 years	SAT	1:30 PM	2:15 PM	\$8	\$8

Auditions

Class name	YMCA	Age	Day	Start	End
Mini Tap	FWY	5-7 years	SU	9:00 AM	9:15 AM
Mini Jazz & Lyrical	FWY	5-7 years	SU	9:15 AM	9:45 AM
Poms	FWY	8-14 years	SU	9:45 AM	10:30 AM
Hip Hop	FWY	8-14 years	SU	10:30 AM	11:15 AM
Junior Jazz	FWY	8-10 years	SU	11:15 AM	12:00 PM
Junior Lyrical	FWY	8-10 years	SU	12:00 PM	12:45 PM
Junior Tap	FWY	8-10 years	SU	12:45 PM	1:30 PM
Teen Jazz	FWY	11-13 years	SU	1:30 PM	2:15 PM
Teen Lyrical	FWY	11-13 years	SU	2:15 PM	3:00 PM
Teen Tap	FWY	11-13 years	SU	3:00 PM	3:45 PM
Senior Tap	FWY	14-18 years	SU	3:45 PM	4:15 PM
Senior Jazz	FWY	14-18 years	SU	4:15 PM	5:00 PM
Senior Lyrical	FWY	14-18 years	SU	5:00 PM	5:45 PM

STUDIO Y DANCE

HEART OF THE VALLEY, NEENAH-MENASHA, APPLETON & OGDEN YMCA'S

The Studio Y Dance Program offers dance classes for ages 2-adult and competition teams for ages 6-adult. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. Both 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. Maeghan Johnson, Arts and Humanities Director holds a B.A. in Dance, 9-month Pilate's certification course and was a professional dancer prior to joining the YMCA management staff. The Studio Y program staff also includes a team of highly qualified dance instructors with prior teaching and performance experience in their specialty areas. Instructors continue their dance education through teacher workshops and classes to ensure high quality programming. The Studio Y Dance Program offers technique classes and competition teams in Ballet, Pointe, Lyrical/Contemporary, Tap, Jazz, Hip Hop, Ballroom, Baton and more. Please contact Maeghan Johnson at 886.2138/mjohnson@ymcafoxcities.org or Angela Larsen at alarsen@ymcafoxcities.org for more information.

Class placement: The Studio Y program offers ages next to classes only 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 at 886.2138/mjohnson@ymcafoxcities.org.

STUDIO Y DANCE COMPETITION TEAMS 2026-2027

AUDITION SUNDAY, AUGUST 2 - NOON-1:30 PM, NMY, Aerobics Studio

(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 qualifying dancers have the opportunity to attend nationals held in the Wisconsin Dells. Dancers also perform in the annual Studio Y Recital held in April.

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, modern, tap, hip hop, jazz and musical theatre!

OGDEN YMCA

3-WEEK CAMPS

June 8-June 28

WIGGLES AND GIGGLES (AGES 3-4 YEARS) (OGY)

The perfect class for new little dancers! This beginning class includes creative movement games and dances that will work on balance, coordination and special awareness with fun weekly class themes! Clean sneakers or ballet shoes are required.

TINY TAPS AND TIP TOES (AGES 4-5 YEARS) (OGY)

Does your little dancer love to move? This beginning class will introduce young boys and girls to ballet and tap technique. Set with fun and age-appropriate music, this fairy-tale themed class a great introduction to movement and musicality.

CHOREOGRAPHY AND MUSICALITY (AGES 10 YEARS +) (OGY)

This class Lyrical and Contemporary class will have the advancing dancer work on improvisation skills, segmenting and building choreography and expression through dance. Ballet, lyrical and/or jazz shoes are required.

TURNS AND TECHNIQUE (AGES 10 YEARS +) (OGY)

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 to improve technique in a supportive, upbeat environment. Ballet, lyrical and/or jazz shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Wiggles and Giggles	OGY	3-4 years	T	4:15 PM	4:45 PM	\$21	\$30
Tiny Taps and Tip Toes	OGY	4-5 years	T	4:50 PM	5:20 PM	\$21	\$30
Choreography and Musicality	OGY	10 years +	W	7:35 PM	8:35 PM	\$45	\$57
Turns and Technique	OGY	10 years +	W	6:45 PM	7:30 PM	\$33	\$45

APPLETON YMCA

NEW SUMMER CLASSES

10-Week Session

June 8 – August 23, 2026

No Class June 29 – July 5, 2026

PRE-DANCE II (AGES 3-4 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 (AGES 5-8 YEARS) (APY)

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

HIP HOP & JAZZ (AGES 5-8 YEARS) (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 II	APY	3-4 years	W	4:00 PM	4:30 PM	\$78	\$110
Ballet	APY	5-8 years	W	4:35 PM	5:05 PM	\$78	\$110
Hip Hop & Jazz	APY	5-8 years	W	5:10 PM	5:40 PM	\$78	\$110

HEART OF THE VALLEY YMCA

10-Week Session

June 8 – August 23, 2026

No Class June 29 – July 5, 2026

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS, WITH PARENT) (HVY)

Dance with your little one while they learn basic dance movements and gross motor skills! This is a parent/guardian and child class. Dance shoes or clean sneakers required.

PRE-DANCE I (AGES 3-4 YEARS) (HVY)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

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 AND 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 AND AGES 12 YEARS +) (HVY)

One of our most popular! Explore lyrical and contemporary ballet techniques 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 AND 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.

BATON (AGES 6-12 YEARS) (HVY)

For the aspiring twirler, this class will introduce baton basics and technique, including marching, twirling, and tosses and turns. Students will need clean sneakers or jazz shoes for class. Batons will be provided for use during class, and students can be measured for their own baton, which families can purchase for an additional fee.

HIP HOP (AGES 8-12 YEARS) (HVY)

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

JAZZ (AGES 8-12 YEARS) (HVY)

This class will focus on classical and Broadway jazz technique. Dancers will work on extensions, turns, leaps and segmenting choreography to fine tune their jazz skills. Jazz shoes are required.

TURNS, LEAPS AND PROGRESSIONS/DANCE TEAM PREP (AGES 10 YEARS + AND AGES 12 YEARS +) (HVY)

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 to improve technique in a supportive, upbeat environment. Ballet, lyrical and/or jazz shoes are required.

BALLROOM-NEW (AGES 12 YEARS +) (HVY)

This 7-week ballroom dance session will focus on waltz! Classes will begin with basic patterns and gently progress into dance floor segments. Each week will build curriculum, so by the end of the session, dancers will have confidence to hit the dance floor! This class is designed to be accessible to individuals of all skill levels, partnerships, genders, body types, and ages. More ballroom dance styles to come in future sessions!

HIP HOP AND BREAKDANCE (AGES 12 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	18 months-3 years	W	9:00 AM	9:30 AM	\$78	\$110
Pre-Dance I	HVY	3-4 years	T	4:30 PM	5:00 PM	\$78	\$110
Pre-Dance I	HVY	3-4 years	W	9:35 AM	10:05 AM	\$78	\$110
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$78	\$110
Pre-Dance II	HVY	4-5 years	M	4:30 PM	5:00 PM	\$78	\$110
Pre-Dance II	HVY	4-5 years	W	10:10 AM	10:40 AM	\$78	\$110
Pre-Dance II	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$78	\$110
Hip Hop & Jazz	HVY	5-8 years	T	5:05 PM	5:35 PM	\$78	\$110
Ballet & Tap	HVY	5-8 years	W	10:45 AM	11:30 AM	\$110	\$149
Hip Hop & Jazz	HVY	5-8 years	W	11:35 AM	12:05 PM	\$78	\$110
Poms	HVY	5-8 years	TH	5:00 PM	5:30 PM	\$78	\$110
Lyrical and Contemporary	HVY	5-8 years	TH	5:40 PM	6:15 PM	\$78	\$110
Ballet & Tap	HVY	5-8 years	SAT	10:10 AM	10:55 AM	\$110	\$149
Poms	HVY	5-8 years	SAT	11:00 AM	11:30 AM	\$78	\$110
Baton	HVY	6-12 years	M	5:15 PM	6:00 PM	\$110	\$149
Jazz	HVY	8-12 years	M	7:00 PM	7:45 PM	\$110	\$149
Lyrical and Contemporary	HVY	8-12 years	M	6:10 PM	6:55 PM	\$110	\$149
Hip Hop	HVY	8-12 years	T	5:45 PM	6:30 PM	\$110	\$149
Poms	HVY	8-12 years	T	6:35 PM	7:20 PM	\$110	\$149
Turns Leaps & Progressions	HVY	10 years +	M	7:50 PM	8:35 PM	\$78	\$110
Ballroom-NEW	HVY	12 years +	M	2:30 PM	3:30 PM	\$150	\$187
Ballroom-NEW	HVY	12 years +	M	5:30 PM	6:30 PM	\$150	\$187
Hip Hop & Break Dance	HVY	12 years +	TH	7:20 PM	8:20 PM	\$150	\$187

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lyrical and Contemporary	HVY	12 years +	TH	6:15 PM	7:15 PM	\$150	\$187
Turns Leaps & Progressions/Dance Team Prep	HVY	12 years +	T	7:25 PM	8:25 PM	\$150	\$187

NEENAH-MENASHA YMCA

10-Week Session

June 8 – August 23, 2026

No Class June 29 – July 5, 2026

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.

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 & TAP (AGES 5-8 YEARS) (NMY)

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

HIP HOP & JAZZ (AGES 5-8 YEARS, AGES 8-12 YEARS) (NMY)

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

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS, AGES 8-12 YEARS AND AGES 12 YEARS +) (NMY)

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

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

Similar to jazz in technique, this class adds poms as a fun prop to prepare dancers for school dance teams! Poms are provided, the only attire needed are jazz shoes or dance sneakers and athletic clothing.

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.

BEGINNERS 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.

CONTINUING 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. Halfway through the class, dancers will change into pointe shoes and work on barre and center floor work. Ballet shoes and pointe shoes are required for this class.

JAZZ (AGES 12 YEARS +) (NMY)

This class will focus on classical and Broadway jazz technique. Dancers will work on extensions, turns, leaps and segmenting choreography to fine tune their jazz skills. Jazz shoes are required.

POINTE (AGES 12 YEARS +) (NMY)

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

TAP (AGES 12 YEARS +) (NMY)

This energetic class will focus on new tap steps, traveling combinations, terminology, and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required.

TEEN/ADULT BALLET (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.

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

This class will focus on turns and leaps that are required for advancing dancers. New across the floor combinations will improve strength and technique for dancers studying all genres of dance. Ballet, lyrical and/or jazz shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	TH	4:30 PM	5:00 PM	\$78	\$110
Pre-Dance II	NMY	4-5 years	W	4:00 PM	4:30 PM	\$78	\$110
Ballet & Tap	NMY	5-8 years	T	4:00 PM	4:45 PM	\$110	\$149
Hip Hop & Jazz	NMY	5-8 years	W	5:20 PM	5:50 PM	\$78	\$110
Lyrical & Contemporary	NMY	5-8 years	W	4:45 PM	5:15 PM	\$78	\$110
Poms	NMY	5-8 years	W	5:55 PM	6:25 PM	\$78	\$110
Ballet	NMY	8-12 years	T	5:00 PM	5:45 PM	\$110	\$149
Hip Hop & Jazz	NMY	8-12 years	TH	7:05 PM	7:50 PM	\$110	\$149
Lyrical and Contemporary	NMY	8-12 years	TH	6:15 PM	7:00 PM	\$110	\$149
Poms	NMY	8-12 years	TH	7:55 PM	8:40 PM	\$110	\$149
Ballet-Beginners	NMY	12 years +	T	6:00 PM	7:00 PM	\$135	\$167
Continuing Ballet	NMY	12 years +	M	5:00 PM	6:30 PM	\$135	\$167
Jazz	NMY	12 years +	TH	7:30 PM	8:30 PM	\$150	\$187
Lyrical and Contemporary	NMY	12 years +	TH	5:15 PM	6:15 AM	\$150	\$187
Pointe	NMY	12 years +	M	6:40 PM	7:25 PM	\$78	\$110
Pointe	NMY	12 years +	W	1:00 PM	1:30 PM	\$78	\$110
Tap	NMY	12 years +	M	4:00 PM	4:45 PM	\$110	\$149
Tap	NMY	12 years +	T	6:45 PM	7:30 PM	\$110	\$149

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Teen/Adult Ballet	NMY	12 years +	W	10:00 AM	11:30 AM	\$160	\$194
Turns, Leaps, and Progressions	NMY	12 years +	TH	6:20 PM	7:20 PM	\$150	\$187

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

10-Week Session

June 9 – August 23, 2026

No Class June 28 – July 5, 2026

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 your optimal fitness.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen	NMY	12 years +	M	11:45 AM	12:45 PM	\$150	\$187
Dance Stretch and Strengthen	NMY	12 years +	T	7:40 PM	8:25 PM	\$110	\$149
Dance Stretch and Strengthen	NMY	12 years +	W	11:45 AM	12:45 PM	\$150	\$187

PRIVATE DANCE LESSONS

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Maeghan Johnson at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

5-30 MIN. LESSONS - FEE: YMCA MEMBER - \$101 GENERAL PUBLIC - \$129

5-45 MIN. LESSONS - FEE: YMCA MEMBER - \$150 GENERAL PUBLIC - \$186

5-1 HOUR LESSONS - FEE: YMCA MEMBER - \$197 GENERAL PUBLIC - \$223