



MAKE A MOVE

At the Y, we provide a nurturing environment where children can learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity and balance.



DANCE

UPDATED ON: SEPTEMBER 21, 2017

STAFF CONTACTS

APY - Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E kkositzke@ymcafoxcities.org
APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
FWY - Megan Stine Dance Program Supervisor P 560.3410 E mstine@ymcafoxcities.org
NMY/HVY - Tab Bullard, Dance Coordinator P 830.5712 E tbullard@ymcafoxcities.org
NMY/HVY - Maeghan Johnson, Arts & Humanities/Dance Director P 886.2138 E mjohnson@ymcafoxcities.org

APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

PRE-SCHOOL BALLET (AGES 2-4 YEARS) (APY)

Students will learn age-appropriate basic dance movements, positions and terminology in an active playful manner. Ballet slippers and apparel are recommended but not required.

YOUTH BALLET (AGES 3-5 YEARS) (APY)

Students will be introduced to the skills of an age-appropriate beginning ballet class, in an active, playful manner. Ballet slippers and dance apparel are recommended but not required.

BALLET (AGES 6-8 YEARS) (APY)

Students will be introduced to the skills of an age-appropriate ballet class, in an active, playful manner. Ballet slippers and dance apparel are recommended but not required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-School Ballet	APY	2-4 years	R	10:20 AM	10:50 AM	\$37	\$63
Youth Ballet	APY	3-5 years	R	11:00 AM	11:30 AM	\$37	\$63
Youth Ballet	APY	3-5 years	T	4:15 PM	4:45 PM	\$37	\$63
Ballet	APY	6-8 years	T	4:50 PM	5:20 PM	\$37	\$63

APPLETON YMCA TEEN & ADULT DANCE CLASSES

FRIDAY NIGHT DANCES (AGES 16 YEARS AND OLDER) (APY)

Join us on the dance floor for an opportunity to socialize and dance with others who enjoy ballroom dance as much as you do! Each dance will have a variety of musical choices played throughout the evening. This will be a great time to practice your technique in a social dance setting. Light refreshments will be served!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Friday Night Dances Oct 13; Nov 10; Dec 8	APY	16 years and older	F	6:30 PM	9:15 PM	\$5	\$5

FOX WEST YMCA DANCE PRESCHOOL AND YOUTH CLASSES

INSPIRE DANCE STUDIO RUNS SEPTEMBER – APRIL OF EACH YEAR, ENDING WITH A RECITAL. EACH CLASS WILL HAVE A \$65 COSTUME FEE DUE AT REGISTRATION. CLASSES CAN BE PAID IN FULL OR BANK DRAFTED OVER 8 MONTHS. REGISTER IN PERSON. FOR MORE INFORMATION CONTACT MEGAN STINE AT mstine@ymcafoxcities.org.

TINY TOTS (AGES 2-3) (FWY)

A begin class for students who love to move! Dancers will learn to count, use rhythm and move to the beat of the music! Instructor will choose dance style for recital piece. Dancers will need pink leather ballet shoes.

BALLET/TAP COMBO (AGES 2-3 AND 4-5) (FWY)

An introduction to dance! A great class exposing dancers to both Ballet and Tap! This class will familiarize dancers with terminology and skills used in both classical ballet and tap. Age appropriate advancement in ballet skills such as arabesques, chaine turns, degages, and glissades. Age appropriate advancement in tap skills and combinations including shuffles, flaps, paradiddles and cramp rolls. Ballet and tap shoes are required. Tap and ballet shoes are required.

TAP (AGES 5-6) (FWY)

A Tap class for those beginning or dancers with some experience. Learn the basic tap steps along with some new combinations. Tap shoes are required.

BALLET (AGES 5-6) (FWY)

A ballet class for those beginning or dancers with some experience. Learn the basic ballet positions along with new turns, leaps and combinations. Ballet shoes are required.

PREJAZZ / JAZZ (AGES 4-5, 6-7, 8-10, 9-12) (FWY)

Jazz class for dancers who want to stretch, turn and leap! Fun, energetic music while learning proper control and technique. Students will begin with warmup and move on to technique both center and across the floor! Jazz shoes are required.

MUSICAL THEATRE (AGES 11-16) (FWY)

This class is for students with at least 3 years of jazz and ballet experience. Dancers will work on advanced jazz technique and style. Dancers will incorporate many styles from famous choreographers. Jazz shoes are required.

BALLET I (AGES 3-6) (FWY)

The basics 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 PINK leotard, tights, pink leather ballet shoes and a ballet bun

BALLET II (AGES 7-10) (FWY)

Progressing in ballet: dancers should be able to execute a single or double pirouette, clean chaine turn, the basic positions of ballet and a basic grande jete. Dancers will progress into longer times at the barre and more progressive across the floor combinations. Dancers will need to wear a LIGHT PURPLE leotard, tights, pink leather split sole ballet shoes and a ballet bun.

BALLET III (AGES 9-12) (FWY)

Dancers should be able to consistently execute a clean double pirouette, both saut de chas and grande jete with proper technique, and a controlled developpe to 45 degrees. Dancers will progress into longer times at the barre and more progressive across the floor combinations. Dancers will need to wear a NAVY leotard, tights, pink leather split sole ballet shoes and a ballet bun.

BALLET IV (AGES 12-17) (FWY)

This ballet class offers properly instructed and demonstrated technique at the barre, center floor and across the floor combinations. This class is a necessity for dancers to stretch, strengthen, and lengthen the body and improve posture and balance. This class is designed for dancers with 6 years of experience or more and a recommendation from their current instructor. Enrollment in this class does not necessarily designate that students will begin pointe work in the current year. . New students please contact Megan Stine, Dance Program Supervisor for more information and classroom consent at mstine@ymcafoxcities.org. Dancers will need to wear a BLACK leotard, tights, pink leather split sole ballet shoes and a ballet bun. For new students: please contact Megan Stine at mstine@ymcafoxcities.org.

LYRICAL (AGES 11-14) (FWY)

A dance medium for those who are very expressive! Lyrical tells a story through ballet based movement. Dancers will need to have at least 2 years of prior (recent) ballet training and technique. Dancers will need a pirouette (sling back style) half-sole shoe for class.

MINI POMS/POM & DANCE (AGES 6-8, 9-11 AND 12-14 YEARS) (FWY)

Let's move! Learn jazz and funk moves to the beat of current pop music. This class will also incorporate pom dance choreography to experience what it is like to be on a dance team! Dancers in this class will work on jazz techniques including isolations, chasses, pas de bourees, chaine turns, hitch kicks, fan kicks and axels. Clean sneakers or jazz shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	M	4:15 PM	4:45 PM	\$185	\$262
Mini Poms	FWY	5-6 years	M	4:50 PM	5:20 PM	\$185	\$262
Tap/Ballet Combo	FWY	3-4 years	M	5:25 PM	5:55 PM	\$185	\$262
PreJazz	FWY	4-5 years	M	6:00 PM	6:30 PM	\$185	\$262
Pom & Dance	FWY	9-11 years	M	6:30 PM	7:00 PM	\$185	\$262
Jazz	FWY	9-12 years	M	7:05 PM	7:35 PM	\$185	\$262
Ballet III	FWY	9-12 years	T	4:15 PM	5:00 PM	\$270	\$347
Ballet II	FWY	7-10 years	T	4:45 PM	5:15 PM	\$185	\$262
Ballet I	FWY	5-7 years	T	5:15 PM	5:45 PM	\$185	\$262
Ballet IV	FWY	12-15 years	T	5:45 PM	6:30 PM	\$270	\$347
Jazz	FWY	8-10 years	T	6:00 PM	6:30 PM	\$185	\$262
Ballet III	FWY	11-14 years	T	6:30 PM	7:00 PM	\$185	\$262
PrePointe	FWY	12-18 years	T	6:30 PM	7:30 PM	\$370	\$524
Modern	FWY	11-14 years	T	7:00 PM	7:30 PM	\$185	\$262
Tap	FWY	6-8 years	W	4:15 PM	4:45 PM	\$185	\$262
Tap	FWY	9-11 years	W	4:50 PM	5:20 PM	\$185	\$262
Tap	FWY	12-16 years	W	5:25 PM	5:55 PM	\$185	\$262
Tap	FWY	45 years	R	4:15 PM	4:45 PM	\$185	\$262
Tap III	FWY	9-12 years	R	4:45 PM	5:15 PM	\$185	\$262
Lyrical	FWY	10-12 years	R	5:15 PM	6:00 PM	\$270	\$347

STUDIO Y DANCE

HEART OF THE VALLEY AND NEENAH-MENASHA 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 performance dancer prior to joining the YMCA management staff. Tab Bullard, Dance Program Coordinator joined the Arts and Humanities team in 2013. Tab has eight years of experience working in the dance profession. 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 or mjohnson@ymcafoxcities.org for more information.

2018 DANCE RECITAL

Saturday, April 14, 2018

Fox Cities Performing Arts Center

400 W College Ave, Appleton, WI 54911

Registration: Registration begins Monday, August 21 for Y Members and Thursday, August 24 for the General Public. Please register at a Fox Cities Y service desk or online at www.ymcafoxcities.org

Recital Costume: \$55 non-refundable costume fee must be paid at the time of registration.

Costume measurements will be taken in class in class in September.

Students will be sent home with recital packets in March with more details.

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 or mjohnson@ymcafoxcities.org.

STUDIO Y DANCE COMPETITION TEAMS 2017-2018

AUDITION SUNDAY AUGUST 6, 2017 - NOON-2:00 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 6 from NOON-2:00 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, musical theatre, song and dance and baton!

Costume Fee: \$75 due upon registration

August registration will bank draft September-April. Registration taken in October will require the \$75 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 - \$568/8 = \$71/month

General Public - \$686/8 = \$86/month

Duet/Trio Competition Team

Y Member - \$653/8 = \$82/month

General Public - \$772/8 = \$96/month

Solo Competition Team

Y Member-\$823/8 = \$103/month

General Public-\$933 / 8 = \$117/month

7-WEEK PRESCHOOL CLASSES

FALL SESSION 1: SEPTEMBER 5-OCTOBER 22, 2017

FALL SESSION 2: OCTOBER 23-DECEMBER 17, 2017 (NO CLASSES NOV. 20-26)

HIP HOP SKIP JUMP (AGES 2-3 YEARS WITH GUARDIAN PARTICIPATION)

A great class for you and your child to dance and enjoy each other. Hip Hop Skip Jump is an introduction to dance that includes coordination and movement skills, musicality, and fun dance games!

CREATIVE MOVEMENT

This fun class focuses on coordination and rhythm in creative and imaginative ways. This class will engage your dancer in movement!

This is a working document and is subject to change.

PRE-DANCE I

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

HEART OF THE VALLEY YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	2-3 years with guardian	M	10:00 AM	10:30 AM	\$38	\$65
Creative Movement	HVY	2-3 years	M	10:35 AM	11:05 AM	\$38	\$65
Creative Movement	HVY	2-3 years	R	4:00 PM	4:30 PM	\$38	\$65
Pre-Dance I	HVY	3-4 years	M	11:10 AM	11:40 AM	\$38	\$65

NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	2-3 years with guardian	M	9:30 AM	10:00 AM	\$38	\$65
Creative Movement	NMY	2-3 years	R	5:30 PM	6:00 PM	\$38	\$65

PRESCHOOL AND YOUTH CLASSES

14-WEEK AND 28-WEEK CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)

28-WEEK DANCE CLASSES

SEPTEMBER 5-APRIL 14, 2017 (NO CLASSES NOV. 20-26, DEC. 18-JAN. 7, MAR. 26-APR. 1)

PRE-DANCE I

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

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

HIP HOP FOR PRESCHOOLERS

Does your little dancer love to groove? This beginning hip hop class will introduce young boys and girls to basic hip hop steps. Set with fun and age appropriate pop music, we'll give little break-dancers a great introduction to movement and musicality.

BALLET

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

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

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.

BALLET

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.

LYRICAL AND CONTEMPORARY

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.

URNS, LEAPS AND PROGRESSIONS

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.

JAZZ

This is the perfect class for students who are interested in jazz, musical theater and show choir! This class will explore different styles of jazz. Dancers will work on extensions, turns, jumps, and more!

HIP HOP

Our Hip Hop class offers fun street style choreography and funky break dance moves to keep dancers current with the media! Set with their favorite pop music this class is a must for dancers! Jazz shoes or clean sneakers are required.

BOYS HIP HOP

This class has been created by request! The boys hip hop class is also instructed by a male teacher! This class is athletic and energetic, come in and learn fun street style dance moves. Clean sneakers are required.

BEGINNING BREAK DANCE

Learn beginning break dance moves in this awesome new class! From Tornado rolls, to back spins, to basic stahls you'll learn new tricks to take out on the dance floor! Clean sneakers are required

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, Dance Program Coordinator at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

HEART OF THE VALLEY YMCA PRESCHOOL AND YOUTH CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	S	9:00 AM	9:30 AM	\$93	\$131
Hip Hop for Preschoolers	HVY	4-5 years	S	9:35 AM	10:05 AM	\$93	\$131
Jazz	HVY	5-8 years	S	10:15 AM	10:45 AM	\$93	\$131
Ballet/Lyrical	HVY	5-8 years	S	10:50 AM	11:20 AM	\$93	\$131
Ballet/Lyrical	HVY	8-12 years	S	11:30 AM	12:15 PM	\$135	\$174
Turns, Leaps and Progressions	HVY	8 and older	W	4:30 PM	5:15 PM	\$135	\$174
Hip Hop	HVY	8 and older	T	5:45 PM	6:30 PM	\$135	\$174
Ballet Technique	HVY	8 and older	T	6:35 PM	7:35 PM	\$177	\$215
Jazz	HVY	8 and older	R	6:35 PM	7:20 PM	\$135	\$174

28-WEEK DANCE CLASSES**SEPTEMBER 5-APRIL 14, 2017 (NO CLASSES NOV. 20-26, DEC. 18-JAN. 7, MAR. 26-APR. 1)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	M	4:00 PM	4:30 PM	\$185	\$262
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$185	\$262
Pre-Dance II	HVY	4-5 years	M	4:00 PM	4:30 PM	\$185	\$262
Pre-Dance II	HVY	4-5 years	M	4:35 PM	5:05 PM	\$185	\$262
Pre-Dance II	HVY	4-5 years	T	4:35 PM	5:05 PM	\$185	\$262
Pre-Dance II	HVY	4-5 years	R	4:35 PM	5:05 PM	\$185	\$262
Hip Hop for Preschoolers	HVY	4-5 years	T	4:00 PM	4:30 PM	\$185	\$262
Hip Hop for Preschoolers	HVY	4-5 years	R	4:00 PM	4:30 PM	\$185	\$262
Poms	HVY	5-8 years	M	5:20 PM	5:50 PM	\$185	\$262
Poms	HVY	5-8 years	M	5:25 PM	5:55 PM	\$185	\$262
Poms	HVY	5-8 years	T	5:10 PM	5:40 PM	\$185	\$262
Poms	HVY	5-8 years	R	5:10 PM	5:40 PM	\$185	\$262
Ballet/Lyrical	HVY	5-8 years	M	6:00 PM	6:30 PM	\$185	\$262
Ballet/Lyrical	HVY	5-8 years	R	5:45 PM	6:15 PM	\$185	\$262
Hip Hop and Jazz	HVY	5-8 years	T	4:35 PM	5:05 PM	\$185	\$262
Hip Hop and Jazz	HVY	5-8 years	R	4:35 PM	5:05 PM	\$185	\$262
Hip Hop and Breaking	HVY	5-8 years	T	5:10 PM	5:40 PM	\$185	\$262
Tap	HVY	5-8 years	M	4:45 PM	5:15 PM	\$185	\$262
Tap	HVY	5-8 years	R	5:10 PM	5:40 PM	\$185	\$262
Tap	HVY	8-12 years	R	4:45 PM	5:30 PM	\$270	\$347
Ballet/Lyrical	HVY	8-12 years	T	5:45 PM	6:30 PM	\$270	\$347
Lyrical/Contemporary	HVY	8-12 years	M	6:00 PM	6:45 PM	\$270	\$347
Beginning Tap	HVY	8-12 years	M	6:50 PM	7:25 PM	\$270	\$347
Poms	HVY	8-12 years	R	5:45 PM	6:30 PM	\$270	\$347

**NEENAH-MENASHA YMCA
PRESCHOOL AND YOUTH CLASSES****14-WEEK DANCE CLASSES****SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)****SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	W	4:00 PM	4:30 PM	\$93	\$131
Pre-Dance I	NMY	3-4 years	S	9:00 AM	9:30 AM	\$93	\$131
Pre-Dance I	NMY	3-5 years	F	9:00 AM	9:30 AM	\$93	\$131
Pre-Dance II	NMY	3-5 years	F	9:45 AM	10:15 AM	\$93	\$131
Hip Hop for Preschoolers	NMY	3-5 years	F	10:30 AM	11:00 AM	\$93	\$131
Pre-Dance II	NMY	4-5 years	W	4:35 PM	5:05 PM	\$93	\$131
Hip Hop for Preschoolers	NMY	4-5 years	S	9:40 AM	10:10 AM	\$93	\$131
Ballet	NMY	5-8 years	W	5:10 PM	5:40 PM	\$93	\$131
Ballet	NMY	5-8 years	S	10:15 AM	10:45 AM	\$93	\$131
Jazz and Hip Hop	NMY	5-8 years	S	10:50 PM	11:20 PM	\$93	\$131
Ballet	NMY	9 years and older	W	7:00 PM	8:00 PM	\$177	\$215
Ballet	NMY	9 years and older	S	12:15 PM	1:15 PM	\$177	\$215
Hip Hop	NMY	8-12 years	S	11:30 AM	12:15 PM	\$135	\$174
Boys Hip Hop	NMY	8 years and older	W	4:15 PM	5:00 PM	\$135	\$174
Tap	NMY	9 years and older	T	8:00 PM	8:45 PM	\$135	\$174
Turns, Leaps, and Progressions	NMY	9 years and older	T	7:00 PM	8:00 PM	\$177	\$215

28-WEEK DANCE CLASSES

SEPTEMBER 5-APRIL 14, 2017 (NO CLASSES NOV. 20-26, DEC. 18-JAN. 7, MAR. 26-APR. 1)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet and Tap	NMY	5-8 years	R	4:15 PM	5:00 PM	\$270	\$347
Jazz and Hip Hop	NMY	5-8 years	M	4:15 PM	4:45 PM	\$185	\$262
Lyrical and Contemporary	NMY	8 years and older	M	4:15 PM	5:00 PM	\$270	\$347
Hip Hop	NMY	8-12 years	M	5:00 PM	5:45 PM	\$270	\$347
Baton	NMY	9 years and older	R	5:45 PM	6:30 PM	\$270	\$347

TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)

BALLET

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.

TAP

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.

LYRICAL AND CONTEMPORARY

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.

URNS, LEAPS AND PROGRESSIONS

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.

HIP HOP

This energetic Hip Hop class exposes students to great contemporary hip hop technique, new street steps and basic break dance tricks that will give you confidence on the dance floor! Strengthen your technique, learn innovative choreography and new tricks that will keep you current with the latest dance trends! Jazz shoes, hip hop sneakers or clean sneakers are required.

BOYS HIP HOP

This class has been created by request! The boys hip hop class is also instructed by a male teacher! This class is athletic and energetic, come in and learn fun street style dance moves. Clean sneakers are required.

SR. BALLET (AGES 55 AND UP)

Taught at the beginner level, this class introduces ballet technique through barre work, center work and basic combinations. Lengthen, strengthen, and improve balance and posture. Ballet shoes are required.

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, Dance Program Coordinator at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

5-1/2 hour lessons - Fee: YMCA Member - \$101 General Public - \$129

5-3/4 hour lessons - Fee: YMCA Member - \$150 General Public - \$186

5-1 hour lessons - Fee: YMCA Member - \$197 General Public - \$223

HEART OF THE VALLEY YMCA TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop	HVY	8 and older	T	5:45 PM	6:30 PM	\$135	\$174
Ballet Technique	HVY	8 and older	R	7:30 PM	8:30 PM	\$177	\$215
Turns, Leaps and Progressions	HVY	8 and older	W	4:30 PM	5:15 PM	\$135	\$174
Jazz	HVY	8 and older	R	6:35 PM	7:20 PM	\$135	\$174
Sr. Ballet	HVY	55 years and older	T	6:35 PM	7:35 PM	\$177	\$215

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 5-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

SESSION 2: JANUARY 2-APRIL 14 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet Technique-All levels	NMY	9 years and older	W	7:00 PM	8:00 PM	\$177	\$215
Ballet-Continuing Students	NMY	9 years and older	W	10:00 AM	11:30 AM	\$220	\$266
Hip Hop	NMY	9 years and older	W	5:00 PM	5:45 PM	\$135	\$174
Boys Hip Hop	NMY	8 years and older	W	4:15 PM	5:00 PM	\$135	\$174
Tap	NMY	9 years and older	T	8:00 PM	8:45 PM	\$135	\$174
Turns, Leaps, and Progressions	NMY	9 years and older	T	7:00 PM	8:00 PM	\$177	\$215

HEART OF THE VALLEY AND NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

7-WEEK DANCE CLASSES

FALL SESSION 1: SEPTEMBER 5-OCTOBER 22, 2017

FALL SESSION 2: OCTOBER 23-DECEMBER 17, 2017 (NO CLASSES NOVEMBER 20-26)

DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 13-ADULT) (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 formerly "Dance Pilates"	NMY	12 years and older	T	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:30 AM	12:15 AM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	8:00 PM	8:45 PM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	R	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	HVY	12 years and older	R	11:05 AM	11:50 AM	\$22	\$34

NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES

6-WEEK SESSIONS AND 1-DAY WORKSHOPS

FALL SESSION 1: SEPTEMBER 11-OCTOBER 16, 2017

FALL SESSION 2: OCTOBER 23-NOVEMBER 27, 2017

Foxtrot, Waltz, Rumba, Swing, Cha Cha, Merengue

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 6 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$25 C-\$50	S-\$32 C-\$64
Ballroom 6 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$25 C-\$50	S-\$32 C-\$64
Lifts, Dips and Drops Workshop Saturday, September 9	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Night Club 2-Step Workshop Saturday, October 7	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Tango Workshop Saturday, November 4	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Bolero Workshop Saturday, December 2	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Salsa Workshop Monday, December 11	NMY	14 years and older	M	6:30 PM	8:00 PM	S-\$10 C-\$18	S-\$12 C-\$23