



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 12, 2018

STAFF CONTACTS

APY - Arts & Humanities Coordinator P 954.7602

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	TH	10:20 AM	10:50 AM	\$37	\$63
Youth Ballet	APY	3-5 years	TH	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

FOX WEST YMCA DANCE 7-WEEK PRESCHOOL, YOUTH & ADULT DANCE CLASSES

FALL SESSION 1: SEPTEMBER 10-OCTOBER 28, 2018

FALL SESSION 2: OCTOBER 29-DECEMBER 23, 2018 (NO CLASSES NOV. 19-24)

Our Preschool & Youth dance classes run for a session of 7 weeks. This is a great way for child or parent to explore the arts and learn a new style of dance. Registration will begin August 20th.

Tiny Tots (2-3 years)

An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

Pre-Ballet (3-4 years)

The perfect class for new little dancers! This class includes ballet basics, introduction to counting music, rhythm and coordination skills. Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

Ballet (4-5 years)

The basics of ballet! Dancers will learn the basic positions, tendus, plies, and begin center and floor combinations. No previous experience required. Dancers will need to wear a leotard and ballet shoes, with hair in a bun.

Jazz/Tap Combo (4-5 years)

A fun combo of energetic movements and fun sounds! This class will introduce basics of both genres to your little dancer. Tap shoes and either ballet or jazz shoes are required, leotard preferred, hair must be pulled back neatly.

Adult Ballet (18 years and older)

Whether you have never danced, or just haven't done it in years, this class is for you! This class will begin with basic technique and then take you through seven weeks of barre, center floor and across the floor combinations. Fitted athletic clothing is acceptable and hair must be pulled back. Ballet shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	T	9:00 AM	9:30 AM	\$38	\$65
PreBallet	FWY	3-4 years	T	9:30 AM	10:00 AM	\$38	\$65
Ballet	FWY	4-5 years	T	10:00 AM	10:30 AM	\$38	\$65
Jazz/Tap Combo	FWY	4-5 years	T	10:30 AM	11:00 AM	\$38	\$65
Adult Ballet	FWY	18 years and older	M	6:15 PM	6:45 PM	\$38	\$65

FOX WEST YMCA DANCE INSPIRE DANCE STUDIO CLASSES

Inspire Dance Studio is a 28 week long recital program which begins each September and runs until April, ending the season with a professional recital for all dancers. Enrollment for the 2018-2019 season will begin July 16th for Y members and July 19th for the general public. Each IDS instructor has extensive dance training and multiple years of teaching experience as well as maintaining a continuing dance education. Megan Stine, Dance Program Supervisor leads the IDS staff with over 15 years of experience instructing classes of all levels and genres of dance.

All of our ballet classes are leveled and each student must complete the prior level and have instructor recommendation to move to the next level. Each level is designed for the student to remain in for 2-3 years. If for any reason a student is registered for the wrong level, IDS has the right to move the student to the appropriate level at any time. If you have any questions regarding level placement, including new student registrations, please contact Megan Stine at the email listed below.

Each class will require a \$70 costume fee due at the time of registration. Tuition fees can be paid in full at the time of registration or bank drafted into 8 monthly payments. All costume fees are non-refundable. Classes will begin the week of September 10th, 2018. All students should register for the class reflecting their age as of Sept. 1st, 2018. More information regarding dress code, student calendar and shoe requirements will be available in August in our IDS Dance Student Handbook. For more information please contact Megan Stine at Mstine@ymcafoxcities.org.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	W	5:15 PM	5:45 PM	\$186	\$262
Tiny Tots	FWY	2-3 years	W	5:20 PM	5:50 PM	\$186	\$262
Tiny Tappers	FWY	3-4 years	W	4:15 PM	4:45 PM	\$186	\$262
Tap/Ballet Combo	FWY	4-5 years	W	5:45 PM	6:15 PM	\$186	\$262
Tap/Ballet Combo	FWY	4-5 years	W	5:50 PM	6:20 PM	\$186	\$262
PreJazz	FWY	4-5 years	W	4:45 PM	5:15 PM	\$186	\$262
Ballet I	FWY	6-7 years	M	4:15 PM	4:45 PM	\$186	\$262
Tap I	FWY	6-8 years	T	4:00 PM	4:30 PM	\$186	\$262
Poms	FWY	6-8 years	W	6:20 PM	6:50 PM	\$186	\$262
Jazz I	FWY	6-8 years	TH	5:30 PM	6:00 PM	\$186	\$262
Ballet II	FWY	7-9 years	M	4:45 PM	5:15 PM	\$186	\$262
Ballet II	FWY	8-12 years	T	4:15 PM	5:00 PM	\$270	\$348
Jazz II	FWY	8-11 years	M	5:15 PM	5:45 PM	\$186	\$262

*Hip Hop	FWY	8-11 years	M	5:45 PM	6:15 PM	\$186	\$262
Tap II	FWY	9-11 years	T	5:45 PM	6:15 PM	\$186	\$262
**Lyrical	FWY	8-12 years	M	6:15 PM	7:00 PM	\$270	\$348
Ballet III	FWY	10-13 years	T	5:00 PM	5:45 PM	\$270	\$348
Modern	FWY	11-15 years	TH	6:00 PM	6:30 PM	\$186	\$262
Jazz III	FWY	11-15 years	TH	6:30 PM	7:15 PM	\$186	\$262
Ballet IV	FWY	11-17 years	T	5:45 PM	6:30 PM	\$270	\$348
***PrePointe/Pointe	FWY	13-18 years	T	6:30 PM	7:30 PM	\$370	\$524

*Previous dance experience recommended

**Must currently be enrolled in Ballet class

***Students must have completed Ballet IV and be placed in class by instructor.

FOX WEST YMCA COMPETITION TEAMS

Inspire Dance Studio (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 ballet and additional technique classes over summer. Dancers attend three regional competitions in spring and a national competition in June. Auditions have already been held for the 2018-2019 season.

Each class will require a \$75 costume fee due at the time of registration. Tuition fees can be paid in full at the time of registration or bank drafted into 8 monthly payments. All costume fees are non-refundable. Classes will begin the week of September 10th, 2018. For more information, please contact Megan Stine, Dance Program Supervisor at Mstine@ymcafoxcities.org.

Class name	YMCA	Day	Start	End
Mini Jazz	FWY	T	4:30 PM	5:00 PM
Petite Tap	FWY	T	5:00 PM	5:45 PM
Teen Jazz	FWY	T	6:30 PM	7:15 PM
Junior Jazz	FWY	TH	4:15 PM	5:00 PM
Teen Lyrical	FWY	TH	5:00 PM	5:45 PM
Petite Lyrical	FWY	TH	4:15 PM	4:45 PM
Petite Jazz	FWY	TH	4:45 PM	5:30 PM
PreTeen Lyrical	FWY	TH	5:30 PM	6:15 PM
Teen Tap	FWY	TH	6:15 PM	7:00 PM
PreTeen Jazz	FWY	TH	7:00 PM	7:45 PM
PreSenior Jazz	FWY	TH	7:45 PM	8:30 PM
PreSenior Lyrical	FWY	TH	8:30 PM	9:15 PM
Large Group Lyrical	FWY	SUN	1:00 PM	4:00 PM

FOX WEST YMCA INDIVIDUAL PERFORMANCES

Individual performances are solos, duets or trios earned by dancers who auditioned for our competition teams in May. All dancers awarded with an Individual Performance must be part of a competitive team of the same genre. Costume fees are \$75 and are non-refundable.

Solo	FWY		Varied	Varied
Duet	FWY		Varied	Varied
Trio	FWY		Varied	Varied

STUDIO Y DANCE

HEART OF THE VALLEY AND NEENAH-MENASHA YMCA

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.

Registration: Registration begins Monday, August 20 for Y Members and Thursday, August 23 for the General Public. Please register at a Fox Cities Y service desk or online at www.ymcafoxcities.org

Recital Costume: \$60 non-refundable costume fee must be paid at the time of registration. Costume measurements will be taken 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.

2019 DANCE RECITAL

Saturday, April 27, 2019

Fox Cities Performing Arts Center

400 W College Ave, Appleton, WI 54911

All Competition Teams, 28-week classes and 14-week classes (Jan-April session) will participate in the annual dance recital.

Recital Ticket are being sold through the PAC beginning Monday, April 1. Ticket fees are \$6 for 17yrs & under/\$12 for Adults.

We encourage patrons to purchase recital tickets at the PAC Box Office in person to avoid additional fees. Phone orders to the PAC will be subject to an additional \$5 processing fee. Online orders will be charged Ticketmaster fees, per ticket.

STUDIO Y DANCE COMPETITION TEAMS 2018-2019 AUDITION SUNDAY AUGUST 19, 2018 - 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. All dancers who audition will be placed on a team. 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

This is a working document and is subject to change.

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 10-OCTOBER 28, 2018

FALL SESSION 2: OCTOBER 29-DECEMBER 23, 2018 (NO CLASSES NOV. 19-24)

CREATIVE MOVEMENT (AGES 2-3)

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

HIP HOP FOR PRESCHOOLERS (AGES 4-5)

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 I (AGES 3-4)

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
Creative Movement	HVY	2-3 years	M	10:30 AM	11:00 AM	\$38	\$65
Creative Movement	HVY	2-3 years	T	5:15 PM	5:45 PM	\$38	\$65
Creative Movement	HVY	2-3 years	TH	10:05 PM	10:35 AM	\$38	\$65
Creative Movement	HVY	2-3 years	TH	5:10 PM	5:40 PM	\$38	\$65
Pre-Dance I – Session 2 only	HVY	3-4 years	M	10:00 AM	10:30 AM	\$38	\$65
Pre-Dance I – Session 1 only	HVY	3-4 years	M	11:00 AM	11:30 AM	\$38	\$65
Pre-Dance I	HVY	3-4 years	TH	9:30 AM	10:00 AM	\$38	\$65
Pre-Dance II	HVY	4-5 years	TH	10:45 AM	11:15 AM	\$38	\$65
Hip Hop for Preschoolers – Session 1 only	HVY	4-5 years	M	10:00 AM	10:30 AM	\$38	\$65

NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	TH	5:30 PM	6:00 PM	\$38	\$65
Creative Movement	NMY	2-3 years	F	9:35 AM	10:05 AM	\$38	\$65

PRESCHOOL AND YOUTH CLASSES

14-WEEK AND 28-WEEK CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 10-DECEMBER 23, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (REGISTRATION IN DECEMBER)

28-WEEK DANCE CLASSES

SEPTEMBER 10-APRIL 26, 2018 (NO CLASSES NOV. 19-24, DEC. 23-JAN. 6, MARCH 25-30)

This is a working document and is subject to change.

PRE-DANCE I (AGES 3-4)

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)

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 (AGES 4-5)

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 (AGES 5-8)

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)

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)

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 (AGES 8 and older)

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! Jazz shoes and athletic wear required.

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.

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.

POMS

Similar to jazz in technique, this class adds an extra spin by utilizing a fun prop! Poms are provided, only attire needed are jazz shoes or sneakers and athletic clothing.

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 Tab Bullard, Dance Program Coordinator at 886.2108 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 10-DECEMBER 20, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	W	5:30 PM	6:00 PM	\$93	\$131
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$93	\$131
Pre-Dance II	HVY	4-5 years	T	4:00 PM	4:30 PM	\$93	\$131
Pre-Dance II	HVY	4-5 years	SAT	10:10 AM	10:40 AM	\$93	\$131
Hip Hop for Preschoolers	HVY	4-5 years	W	4:15 PM	4:45 PM	\$93	\$131
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$93	\$131
Ballet	HVY	5-8 years	W	6:45 PM	7:15 PM	\$93	\$131
Hip Hop & Jazz	HVY	5-8 years	T	4:35 PM	5:05 PM	\$93	\$131
Hip Hop & Jazz	HVY	5-8 years	W	4:35 PM	5:05 PM	\$93	\$131
Lyrical	HVY	5-8 years	W	4:50 PM	5:20 PM	\$93	\$131
Lyrical/Contemporary	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$93	\$131
Poms	HVY	5-8 years	W	6:10 PM	6:40 PM	\$93	\$131
Ballet/Lyrical	HVY	8-12 years	T	5:50 PM	6:35 PM	\$93	\$131
Lyrical/Contemporary	HVY	8-12 years	W	7:20 PM	8:05 PM	\$135	\$174
Jazz	HVY	8-12 years	TH	7:05 PM	7:50 PM	\$135	\$174
Hip Hop	HVY	8-12 years	TH	6:15 PM	7:00 PM	\$135	\$174
Turns, Leaps, and Progressions	HVY	8-12 years	T	6:35 PM	7:20 PM	\$135	\$174
Ballet	HVY	12-18 years	M	6:50 PM	7:35 PM	\$135	\$174
Lyrical/Contemporary	HVY	12-18 years	TH	7:05 PM	7:50 PM	\$135	\$174
Hip Hop	HVY	12-18 years	T	7:20 PM	8:05 PM	\$135	\$174
Turns, Leaps, and Progressions	HVY	12-18 years	TH	8:00 PM	8:45 PM	\$135	\$174

28-WEEK DANCE CLASSES

SEPTEMBER 10-APRIL 26, 2018 (NO CLASSES NOV. 19-24, DEC. 22-JAN. 6, MARCH 25-30)

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	\$186	\$262
Pre-Dance I	HVY	3-4 years	T	4:35 PM	5:05 PM	\$186	\$262
Pre-Dance II	HVY	4-5 years	M	5:30 PM	6:00 PM	\$186	\$262
Pre-Dance II	HVY	4-5 years	TH	4:35 PM	5:05 PM	\$186	\$262
Hip Hop for Preschoolers	HVY	4-5 years	T	4:00 PM	4:30 PM	\$186	\$262
Hip Hop for Preschoolers	HVY	4-5 years	TH	4:00 PM	4:30 PM	\$186	\$262
Ballet	HVY	5-8 years	M	5:25 PM	5:55 PM	\$186	\$262
Hip Hop & Jazz	HVY	5-8 years	M	4:00 PM	4:30 PM	\$186	\$262
Hip Hop & Jazz	HVY	5-8 years	TH	4:00 PM	4:30 PM	\$186	\$262
Hip Hop	HVY	5-8 years	T	5:45 PM	6:15 PM	\$186	\$262
Poms	HVY	5-8 years	M	4:35 PM	5:05 PM	\$186	\$262

Tap	HVY	5-8 years	M	6:10 PM	6:40 PM	\$186	\$262
Tap	HVY	5-8 years	W	5:25 PM	5:55 PM	\$186	\$262
Ballet/Lyrical	HVY	5-8 years	TH	5:45 PM	6:30 PM	\$270	\$348
Lyrical/Contemporary	HVY	8-12 years	M	6:00 PM	6:45 PM	\$270	\$348
Jazz	HVY	8-12 years	M	6:45 PM	7:30 PM	\$270	\$348
Hip Hop	HVY	8-12 years	M	4:35 PM	5:20 PM	\$270	\$348
Poms	HVY	8-12 years	T	5:10 PM	5:40 PM	\$186	\$262
Tap	HVY	8-12 years	TH	6:35 PM	7:20 PM	\$270	\$348

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 10-DECEMBER 20, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$93	\$131
Pre-Dance I	NMY	3-4 years	F	9:00 AM	9:30 AM	\$93	\$131
Pre-Dance I	NMY	3-5 years	SAT	9:00 AM	9:30 AM	\$93	\$131
Hip Hop for Preschoolers	NMY	3-5 years	F	10:10 AM	10:40 AM	\$93	\$131
Ballet	NMY	5-8 years	SAT	9:35 AM	10:05 AM	\$93	\$131
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$93	\$131
Hip Hop	NMY	8-12 years	T	6:00 PM	6:45 PM	\$135	\$174
Lyrical/Contemporary	NMY	12-18 years	TH	7:00 PM	7:45 PM	\$135	\$174
Tap	NMY	12-18 years	T	8:00 PM	8:45 PM	\$135	\$174
Turns, Leaps, and Progressions	NMY	12-18 years	TH	6:05 PM	6:50 PM	\$135	\$174

28-WEEK DANCE CLASSES

SEPTEMBER 10-APRIL 26, 2018 (NO CLASSES NOV. 19-24, DEC. 22-JAN. 6, MARCH 25-30)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	W	4:35 PM	5:05 PM	\$186	\$262
Pre-Dance II	NMY	4-5 years	T	5:25 PM	5:55 PM	\$186	\$262
Hip Hop for Preschoolers	NMY	4-5 years	TH	4:00 PM	4:30 PM	\$186	\$262
Ballet	NMY	5-8 years	M	4:35 PM	5:05 PM	\$186	\$262
Ballet/Tap	NMY	5-8 years	T	4:00 PM	4:45 PM	\$186	\$262
Hip Hop & Jazz	NMY	5-8 years	M	5:10 PM	5:40 PM	\$186	\$262
Hip Hop & Jazz	NMY	5-8 years	W	4:00 PM	4:30 PM	\$186	\$262
Poms	NMY	5-8 years	T	4:50 PM	5:20 PM	\$186	\$262
Ballet/Lyrical	NMY	8-12 years	W	5:10 PM	5:55 PM	\$270	\$348
Beginning Baton	NMY	8-12 years	M	6:00 PM	6:45 PM	\$270	\$348
Lyrical/Contemporary	NMY	8-12 years	M	5:45 PM	6:30 PM	\$270	\$348
Jazz	NMY	8-12 years	W	6:00 PM	6:45 PM	\$270	\$348
Tap	NMY	8-12 years	TH	4:35 PM	5:20 PM	\$270	\$348

TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 10-DECEMBER 20, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (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.

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 Tab Bullard, Dance Program Coordinator at 886.2108 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 10-DECEMBER 20, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	HVY	12-18 years	M	6:50 PM	7:35 PM	\$135	\$174
Lyrical/Contemporary	HVY	12-18 years	TH	7:05 PM	7:50 PM	\$135	\$174
Hip Hop	HVY	12-18 years	T	7:20 PM	8:05 PM	\$135	\$174
Turns, Leaps, and Progressions	HVY	12-18 years	TH	8:00 PM	8:45 PM	\$135	\$174

**NEENAH-MENASHA
TEEN AND ADULT DANCE CLASSES**

14-WEEK DANCE CLASSES

SESSION 1: SEPTEMBER 10-DECEMBER 20, 2018 (NO CLASSES NOVEMBER 19-24)

SESSION 2: JANUARY 7-APRIL 26 (REGISTRATION IN DECEMBER)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet-Continuing Students	NMY	18 and older	W	10:00 AM	11:30 AM	\$220	\$266
Lyrical/Contemporary	NMY	12-18 years	TH	7:00 PM	7:45 PM	\$135	\$174
Tap	NMY	12-18 years	T	8:00 PM	8:45 PM	\$135	\$174
Turns, Leaps, and Progressions	NMY	12-18 years	TH	6:05 PM	6:50 PM	\$135	\$174

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

7-WEEK DANCE CLASSES

FALL SESSION 1: SEPTEMBER 10-OCTOBER 27, 2018

FALL SESSION 2: OCTOBER 29-DECEMBER 22, 2018 (NO CLASSES NOV. 19-24)

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	M	9:30 AM	10:15 AM	\$22	\$34
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	11:35 AM	12:20 AM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	TH	9:30 AM	10:15 AM	\$22	\$34

NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES

6-WEEK SESSIONS AND 1-DAY WORKSHOPS

FALL SESSION 1: SEPTEMBER 10-OCTOBER 15, 2018

FALL SESSION 2: OCTOBER 22-NOVEMBER 26, 2017

Foxtrot, Waltz, Rumba, Swing, Hustle, 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 8	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Polka Workshop Saturday, October 6	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Night Club 2-Step Workshop Saturday, November 3	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Line Dance Workshop Saturday, December 1	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Salsa Workshop Monday, December 3	NMY	14 years and older	M	7:00 PM	8:30 PM	S-\$10 C-\$18	S-\$12 C-\$23