



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

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STAFF CONTACTS

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APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

FALL SESSION 1: SEPTEMBER 6-OCTOBER 23, 2016
FALL SESSION 2: OCTOBER 24-DECEMBER 18, 2016 (NO CLASSES NOV. 21-27)

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 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	\$38	\$65
Youth Ballet	APY	3-5 years	R	11:00 AM	11:30 AM	\$38	\$65
Youth Ballet	APY	3-5 years	T	4:15 PM	4:45 PM	\$38	\$65
Ballet	APY	6-8 years	T	4:50 PM	5:20 PM	\$38	\$65

APPLETON YMCA TEEN & ADULT DANCE CLASSES

SOCIAL BALLROOM DANCE CLASSES (AGES 16 AND OLDER) (APY)

BALLROOM DANCE – SMOOTH STYLES - ALL LEVELS (AGES 16 YEARS AND OLDER) (APY)

Get ready to go out dancing, prepare for a wedding or an anniversary event. Enjoy an evening out or a date night. Dancing is healthy for the mind body and spirit. Work with your partner to learn basic to advanced ballroom dance steps and combinations in a relaxed and fun atmosphere. Singles may register, but there is no guarantee of a partner. Wear clean non-sticking, non-scuffing street shoes. Six weeks.

BALLROOM DANCE – LATIN - ALL LEVELS (AGES 16 YEARS AND OLDER) (APY)

Get ready to go out dancing, prepare for a wedding or an anniversary event. Enjoy an evening out or a date night. Dancing is healthy for the mind body and spirit. Work with your partner to learn basic to advanced ballroom dance steps and combinations in a relaxed and fun atmosphere. Singles may register, but there is no guarantee of a partner. Wear clean non-sticking, non-scuffing street shoes. Six weeks.

INTRODUCTION TO BALLROOM DANCE WORKSHOP

If you are interested in getting an overview of basic social ballroom dance, but you are unable to commit to a full session of classes, come to this 2-hour workshop. Learn as much as you can, enjoy some practice time, (and then take your date to dinner?). Wear clean non-sticking, non-scuffing street shoes.

HOLIDAY BALLROOM DANCE WORKSHOP

Holiday party time! This 2-hour workshop will get you ready to dance the night away. Learn a good mix of dance styles that you'll find useful for many holiday occasions. Wear clean non-sticking, non-scuffing street shoes.

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 begin with a group lesson and a variety of musical choices will be 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
Ballroom Dance- Smooth Styles-All Levels	APY	16 years and older	R	6:00 PM	7:00 PM	S \$33 C \$66	S \$43 C \$85
Ballroom Dance-Latin All Levels	APY	16 years and older	R	7:00 PM	8:00 PM	S \$33 C \$66	S \$43 C \$85
Introduction to Ballroom Dance Workshop-Oct 15	APY	16 years and older	S	3:30 PM	5:30 PM	S \$10 C \$20	S \$15 C \$30
Holiday Ballroom Dance Workshop-Nov 19	APY	16 years and older	S	3:30 PM	5:30 PM	S \$10 C \$20	S \$15 C \$30
Friday Night Dances September 16, October 21 November 18 December 16	APY	16 years and older	F	6:30 PM	9:15 PM	\$5	\$5

FOX WEST YMCA DANCE INSPIRE DANCE

SEPTEMBER 1, 2016 – APRIL 23, 2017

Join us for our 28-week dance session beginning September 1, 2016! These dance classes meet weekly and perform in our annual dance recital in April, 2017. We offer a variety of classes including Ballet, Jazz, Tap, Lyrical, Hip Hop and more. A \$65 costume fee for all classes is due at the time of registration. Registration is open now. For additional information, email Megan Stine, mstine@ymcafoxcities.org

BALLET/TAP COMBO (AGES 2-3; 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.

RHYTHM AND MOVEMENT (AGES 3-4) (FWY)

A fun class for younger dancers. This upbeat class will learn a combination of dance skills beginning with stretching moving to classic movements such as battements, three step turns, skips and more! This class will incorporate fun upbeat music along with beginning leaps and turns. Ballet or jazz 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.

JAZZ (AGES 6-7) (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 flaps, shuffles, riffs and more! Tap shoes are required.

TAP TECHNIQUE (AGES 7-10; 11-15) (FWY)

This class is for beginners or dancers with some tap experience. Enjoy tapping to up-beat pop music. Dancers in this class will learn current tap skills and terminology. Age appropriate advancement of dancers into skills and tap-combinations including shuffles, flaps, paradiddles, cramp rolls, drawbacks, riffs, pullbacks, wings and more. Tap shoes 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.

INTRO TO LYRICAL (AGES 7-9) (FWY)

For the dancer who wants to express themselves! Intro to lyrical is built on ballet techniques with focus on telling a story through dancing.

INTERMEDIATE LYRICAL (AGES 10-13) (FWY)

For the dancer with ballet or lyrical experience who wants to build on expressing themselves! Intermediate Lyrical is built on ballet techniques with focus on telling a story through dancing, while improving on proper technique.

BALLET TECHNIQUE A/B/C/D (AGES 7-9; 10-12; 13-15; 15-19) (FWY)

Improve on your technique! Dancers will be immersed in classic ballet terminology and skills. Core and foot strengthening and age appropriate advancement into skills including plies, arabesques, glissades, pas de bourees, pique turns and moving on to grande battements, pirouettes, waltz turns and more. Ballet shoes are required.

STRENGTH & FLEXIBILITY A (AGES 7-11) (FWY)

This class will start with basic stretches and progress to more advanced moves that will help lengthen the dancer's muscles while improving core and overall strength. Jazz shoes or clean sneakers are required.

STRENGTH & FLEXIBILITY B (AGES 12-18) (FWY)

This class will start with intermediate stretches and progress to advanced exercises that will help lengthen the dancer's muscles while improving overall strength. Students will focus on working and improving core strength and balance as well as stretching and building stamina and strength. Jazz shoes or clean sneakers are required.

INTRO TO POM/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.

INTRO TO IRISH (AGES 6-7) (FWY)

A class for beginners or first year Irish dancers. Students will start with proper technique while being introduced to jigs and reels. Students will focus on footwork while improving stamina.

IRISH A (AGES 8-10) (FWY)

A class for Irish dancers with one or more years of experience. Students will continue to explore proper technique while introducing more advanced jigs and reels and exploring new combinations. Students will focus on footwork while improving stamina.

IRISH B/C (AGES 11-16) (FWY)

A class for older Irish dancers with one or more years of experience. Students will continue to explore proper technique while introducing more advanced jigs and reels and exploring new combinations. Students will focus on footwork while improving stamina.

***BALLET TECHNIQUE/PREPOINTE (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, improve posture and balance, and gain confidence in movement for other dance genres. 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 fall. Regular ballet shoes are required. New students please contact Megan Stine, Dance Program Supervisor for more information and classroom consent at 920.560.3410.

ADULT BALLET (FWY)

A class for both former dancers and those new to the dance world! This class will focus on strengthening those "dancer muscles" in addition to toning and strengthening the core. Students will also engage in basic to intermediate ballet skills including barre work and center and across the floor combinations.

Class name	Age	Day	Start	End	Y Member	General Public
Irish A	7-9 yrs	M	4:15 PM	4:45 PM	\$178	\$252
Irish B/C	9-12 yrs	M	4:50 PM	5:20 PM	\$178	\$252
Tap	8-10 yrs	M	5:25 PM	5:55 PM	\$178	\$252
*Musical Theatre	12-15 yrs	M	6:00 PM	6:30 PM	\$178	\$252
Modern	12-15 yrs	M	6:30 PM	7:15 PM	\$260	\$334
Ballet	7-8 yrs	T	4:15 PM	4:45 PM	\$178	\$252
Jazz	7-8 yrs	T	4:50 PM	5:20 PM	\$178	\$252
Tap	7-8 yrs	T	5:25 PM	5:55 PM	\$178	\$252
Ballet	9-11 yrs	T	6:00 PM	6:30 PM	\$178	\$252
Modern	9-12 yrs	T	6:30 PM	7:15 PM	\$260	\$334
Ballet for Boys	8-11 yrs	T	6:00 PM	6:30 PM	\$178	\$252
Ballet Barre A	Adult	T	6:30 AM	7:15 PM	\$260	\$334
Ballet Technique C	15-18 yrs	T	7:15 PM	8:00 PM	\$260	\$334
Jazz	9-11 yrs	W	4:15 PM	4:45 PM	\$178	\$252
Ballet	5-6 yrs	W	4:50 PM	5:20 PM	\$178	\$252
Rhythm & Movement	4-5 yrs	W	5:25 PM	5:55 PM	\$178	\$252
Tap/Ballet Combo	3-4 yrs	W	6:00 PM	6:30 PM	\$178	\$252
Pom & Dance	8-10 yrs	W	6:30 PM	7:00 PM	\$178	\$252
Jazz Pom	11-13 yrs	W	7:05 PM	7:50 PM	\$260	\$334
Tap	5-6 yrs	R	4:10 PM	4:40 PM	\$178	\$252
Jazz	5-6 yrs	R	4:45 PM	5:15 PM	\$178	\$252
Lyrical	12-15 yrs	R	5:15 PM	6:00 PM	\$260	\$334
Ballet Technique A	9-11 yrs	R	6:00 PM	6:30 PM	\$178	\$252
Ballet Tech B	10-14 yrs	R	6:30 PM	7:00 PM	\$178	\$252
**Ballet PrePointe	12-16 yrs	R	7:00 PM	7:30 PM	\$178	\$252

**FOX WEST YMCA DANCE
PRESCHOOL AND YOUTH DANCE CLASSES**

FALL SESSION 1: SEPTEMBER 6-OCTOBER 23, 2016
FALL SESSION 2: OCTOBER 24-DECEMBER 18, 2016
(NO CLASSES NOVEMBER 21-27, 2016)

All 7-week dance classes will have a parent viewing time the last 10-minutes of the last class of the session. You are welcome to bring your camera, camcorders, and watch the children perform. Please contact Megan Stine, Dance Program Supervisor at mstine@ymcafoxcities.org or 920.560.3410, for more information on our dance programs.

TUMBLE STARS (AGES 3-4 YEARS) (FWY)

Class is for the growing toddler who is ready to participate in class without parents. Focus on learning beginning gymnastics skills and improving coordination, strength and flexibility. Children will learn how to follow circuits and simple directions.

TUMBLE SUPERSTARS (AGES 3-5 YEARS) (FWY)

This tumbling class is for the child who is ready to learn beginning tumbling skills, while improving coordination and flexibility.

TUMBLING I (AGES 6-12 YEARS) (FWY)

This class is for the child who wants to concentrate on just tumbling and floor exercise skills while improving coordination and flexibility

TUMBLING II (AGES 6-12 YEARS) (FWY)

Must have completed Tumbling 1 and/or have mastered a cartwheel, handstand, round-off and handstand forward roll.

PRE-DANCE I (AGES 2-3 YEARS)

An introduction to dance and movement. Students will need both tap and ballet shoes. Class will cover basic dance movements of each medium including ballet position and basic tap skills.

PRE-DANCE II (AGES 4-5 YEARS)

An introduction to basic dance movements. Students will need both tap and ballet shoes. Students will learn beginner dance movements beginning with basic ballet positions, turns and movements and tap skills including heel steps, toe steps, alligators and shuffle steps.

INTRO TO JAZZ (AGES 6-7 YEARS)

A class for dancers wanting a fun, fast paced class that also focuses on technique. Dancers will work on strength and flexibility as well as basic leaps, turns and jumps while dancing to up-beat music.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	F	9:45 AM	10:30AM	\$31	\$62
Tumble Super Stars	FWY	3-5 years	T	4:30 PM	5:15 PM	\$31	\$62
Tumble Super Stars	FWY	3-5 years	W	4:15 PM	5:00 PM	\$31	\$62
Tumbling I	FWY	6-12 years	W	5:00 PM	5:45 PM	\$31	\$62
Tumbling II	FWY	6-12 years	W	5:45 PM	6:30 PM	\$31	\$62
PreDance I	FWY	2-3 yrs	M	4:15	4:45	\$32	\$57
PreDance II	FWY	4-5 yrs	M	4:45	5:15	\$32	\$57
Intro to Jazz	FWY	6-7 years	M	5:15	5:45	\$32	\$57

**HEART OF THE VALLEY YMCA
PRESCHOOL AND YOUTH DANCE CLASSES: 7-WEEK SESSION**

FALL SESSION 1: SEPTEMBER 6-OCTOBER 23, 2016

FALL SESSION 2: OCTOBER 24-DECEMBER 18, 2016 (NO CLASSES NOV. 21-27)

BALLET & TAP (AGES 3-5 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 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet/Tap	HVY	3-5 years	T	9:35 AM	10:05 AM	\$38	\$65
Hip Hop for Preschoolers	HVY	4-5 years	T	10:15 AM	10:45 AM	\$38	\$65

**HEART OF THE VALLEY YMCA
DANCE FACTORY RECITAL DANCE CLASSES: 28-WEEK SESSION**

SEPTEMBER 6, 2016-APRIL 15, 2017

DANCE FACTORY 28 WEEK DANCE RECITAL CLASSES (AGES 3-18 YEARS) (HVY)

Enjoy weekly 30-minute dance classes in your choice of Ballet, Lyrical, Jazz, Tap, HipHop or Poms. All classes participate in our annual dance recital. Registration for classes begins on May 2 for Members, and May 19 for General Public. A \$68 costume fee for all classes is due at the time of registration.

BALLET (AGES 3-4 YEARS; 3-5 YEARS; AND 4-5 YEARS) (HVY)

Experience the world of ballet. Dancers will be immersed in classic ballet terminology and skills. Core and foot strengthening and age appropriate advancement into skills including plies, arabesques, glissades, pas de bourees, pique turns and more. Ballet shoes are required.

NEW 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.

BALLET/LYRICAL (AGES 6-8 YEARS; 9-11 YEARS; AND 12-18 YEARS) (HVY)

This class teaches the terminology and skill development of ballet along with lyrical, an interpretive/expressive ballet dance style. The combination makes for a beautiful style of expressive dance to music! Dancers will experience core and foot strengthening and age appropriate advancement into skills including arabesques, chaine turns, degages, glissades, pas de bourees, pique turns and more. Ballet shoes are required.

BALLET/TAP (AGES 3-4 YEARS; 3-5 YEARS; 4-5 YEARS; AND 6-8 YEARS) (HVY)

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, glissades, pas de bourees and pique turns. Age appropriate advancement in tap skills and combinations including shuffles, flaps, paradiddles, cramp rolls, drawbacks, riffs, pullbacks and wings. Ballet and tap shoes are required.

JAZZ, POMS AND HIPHOP (AGES 6-8 YEARS; 9-11 YEARS AND 12-18 YEARS) (HVY)

Let's move! Learn jazz and hiphop moves to the beat of current pop music. This class will also occasionally incorporate pompoms and 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.

NEW HIP HOP (AGES 6-8 YEARS AND 8-12 YEARS) (HVY)

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.

NEW BOYS HIP HOP (8 YEARS AND OLDER) (HVY)

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.

JAZZ AND TAP (AGES 6-8 YEARS AND 9-11 YEARS) (HVY)

Always moving! A great class incorporating both Jazz and Tap! Dancers will learn age appropriate jazz skills including isolations, chasses, pas de bourees, chaine turns, hitch kicks, fan kicks and axels. Dancers will also learn age appropriate skills and tap-combinations including shuffles, flaps, paradiddles, cramp rolls, drawbacks, riffs, pullbacks, wings and more. Jazz and tap shoes are required.

TAP (AGES 6-8 YEARS AND 9-12 YEARS) (HVY)

Make some noise! Enjoy tapping to up-beat pop music. Dancers in this class will learn current tap skills and terminology. Age appropriate advancement of dancers into skills and tap-combinations including shuffles, flaps, paradiddles, cramp rolls, drawbacks, riffs, pullbacks, wings and more. Tap shoes required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Beginning Ballet	HVY	3-4 years	M	4:00 PM	4:30 PM	\$178	\$252
Beginning Ballet/Tap	HVY	3-4 years	M	4:00 PM	4:30 PM	\$178	\$252
Ballet	HVY	4-5 years	M	4:35 PM	5:05 PM	\$178	\$252
Ballet	HVY	4-5 years	T	5:10 PM	5:40 PM	\$178	\$252
Ballet/Tap	HVY	4-5 years	M	4:35 PM	5:05 PM	\$178	\$252
Ballet/Tap	HVY	4-5 years	M	5:10 PM	5:40 PM	\$178	\$252
Ballet/Tap	HVY	4-5 years	T	4:35 PM	5:05 PM	\$178	\$252
Ballet/Tap	HVY	4-5 years	R	4:35 PM	5:05 PM	\$178	\$252
Hip Hop for Preschoolers	HVY	4-5 years	R	5:10 PM	5:40 PM	\$178	\$252
Hip Hop for Preschoolers	HVY	4-5 years	S	9:40 AM	10:10 AM	\$178	\$252
Ballet/Lyrical	HVY	6-8 years	M	6:20 PM	6:50 PM	\$178	\$252
Ballet/Lyrical	HVY	6-8 years	T	6:20 PM	6:50 PM	\$178	\$252
Ballet/Tap	HVY	6-8 years	M	5:10 PM	5:40 PM	\$178	\$252
Ballet/Tap	HVY	6-8 years	R	5:10 PM	5:40 PM	\$178	\$252
Ballet/Tap	HVY	6-8 years	S	10:15 AM	10:45 AM	\$178	\$252
Hip Hop	HVY	6-8 years	T	4:30 PM	5:00 PM	\$178	\$252
Hip Hop	HVY	6-8 years	S	10:50 AM	11:20 AM	\$178	\$252
Jazz, Poms and HipHop	HVY	6-8 years	M	5:45 PM	6:15 PM	\$178	\$252
Jazz, Poms and HipHop	HVY	6-8 years	T	6:55 PM	7:25 PM	\$178	\$252
Jazz, Poms and HipHop	HVY	6-8 years	R	5:45 PM	6:15 PM	\$178	\$252
Jazz, Poms and HipHop	HVY	6-8 years	R	6:55 PM	7:25 PM	\$178	\$252
Jazz and Tap	HVY	6-8 years	M	6:55 PM	7:25 PM	\$178	\$252
Jazz and Tap	HVY	6-8 years	T	5:45 PM	6:15 PM	\$178	\$252
Tap	HVY	6-8 years	R	5:45 PM	6:15 PM	\$178	\$252
Ballet/Lyrical	HVY	9-11 years	M	6:55 PM	7:25 PM	\$178	\$252
Lyrical/Contemporary	HVY	8-12 years	T	7:30 PM	8:00 PM	\$178	\$252
Hip Hop	HVY	8-12 years	T	8:00 PM	8:30 PM	\$178	\$252
Hip Hop	HVY	8-12 years	T	5:05 PM	5:35 PM	\$178	\$252

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop for Boys	HVY	8-12 years	T	5:40 PM	6:10 PM	\$178	\$252
Jazz	HVY	9-11 years	R	6:20 PM	6:50 PM	\$178	\$252
Jazz, Poms and HipHop	HVY	9-11 years	M	7:30 PM	8:00 PM	\$178	\$252
Jazz and Tap	HVY	9-11 years	M	6:20 PM	6:50 PM	\$178	\$252
Ballet/Lyrical	HVY	12 years and older	M	5:45 PM	6:15 PM	\$178	\$252
Jazz, Poms and HipHop	HVY	12 years and older	R	7:30 PM	8:00 PM	\$178	\$252
Tap	HVY	9 years and older	R	6:55 PM	7:25 PM	\$178	\$252

NEENAH-MENASHA YMCA STUDIO Y DANCE

The Studio Y Dance Program offers dance classes for student's 2-adult and competition teams for ages 7-adult. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. The Studio Y program ensures 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 Pilates certification course and was a professional performance dancer prior to joining the YMCA management staff. The Studio Y program staff also includes additional 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, Ballroom Baton and more. Please contact Maeghan Johnson at 886.2138 or mjohnson@ymcafoxcities.org for more information.

Studio Y Recital: The 2016 Dance Recital will be held in April. Date TBA.

Recital Costume: \$50 non-refundable costume fee must be paid at the time of registration. Costume measurements will be taken in class in class in September.

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 2016-2017 AUDITION SUNDAY AUGUST 7, NOON-1:30 PM (pre-registration is not required)

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 7-adult. Studio Y offers teams in ballet, pointe, lyrical, contemporary, modern, tap, hip hop, jazz, musical theatre and baton.

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, 16 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.

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 - \$536/8 = \$67/month

General Public - \$648/8 = \$81/month

Duet/Trio Competition Team

Y Member - \$616/8 = \$77/month

General Public - \$728/8 = \$91/month

Solo Competition Team

Y Member-\$776/8 = \$97/month

General Public-\$880 / 8 = \$110/month

NEENAH-MENASHA YMCA PRESCHOOL DANCE

FALL SESSION 1: SEPTEMBER 6-OCTOBER 23, 2016

FALL SESSION 2: OCTOBER 24-DECEMBER 18, 2016 (NO CLASSES NOV. 21-27)

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

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!

NEW CREATIVE MOVEMENT (AGES 3-4 YEARS) (NMY)

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	2-3 years w/ guardian	M	10:30 AM	11:00 AM	\$38	\$65
Creative Movement NEW	NMY	3-4 years	T	4:30 PM	5:00 PM	\$38	\$65

YOUTH DANCE CLASSES

14-WEEK SESSION-SEPTEMBER 6-DECEMBER 18, 2016

(NO CLASSES NOVEMBER 21-27, 2016)

PRE-DANCE I (AGES 3-4 YEARS) (NMY) (MPR)

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

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.

BALLET (AGES 5-8 YEARS) (NMY)

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

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

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

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

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

BALLET (AGES 8-12 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.

LYRICAL/CONTEMPORARY (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.

TAP (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.

JAZZ (NMY)

Dancers will enjoy gaining knowledge of technical moves by working through energetic combinations and across the floor work in Jazz class! The class will focus on varied styles of jazz, floor work, turns, leaps and more!

BROADWAY- MUSICAL THEATRE (NMY)

Dancers will explore a variety of Broadway shows and styles of dance in this class! Great for dancers interested in show choir and musical productions! Ballet or jazz shoes are required.

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

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.

NEW BOYS HIP HOP (8 YEARS AND OLDER) (NMY)

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.

PRIVATE DANCE LESSONS (NMY)

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.

TEEN AND ADULT DANCE CLASSES

14-WEEK SESSION-SEPTEMBER 8-DECEMBER 20 (NO CLASSES NOV 21-27)

BALLET (NMY)

The Studio Y Cecchetti Ballet class offers properly instructed and demonstrated barre, center work, and combinations to strengthen your technique. This class is an absolute necessity for dancers to stretch, strengthen, and lengthen the body, improve posture and balance, and gain confidence in movement for other dance genres. Ballet shoes and dancewear/yoga/athletic attire are required.

LYRICAL/CONTEMPORARY (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.

TAP (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.

JAZZ (NMY)

Dancers will enjoy gaining knowledge of technical moves by working through energetic combinations and across the floor work in Jazz class! The class will focus on varied styles of jazz, floor work, turns, leaps and more!

HIP HOP (NMY)

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 (NMY)

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, Arts and Humanities Director at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

5-1/2 hour lessons

Fee: Y Member - \$97 General Public - \$124

5-3/4 hour lessons

Fee: Y Member - \$144 General Public - \$179

5-1 hour lessons

Fee: Y Member - \$189 General Public - \$214

Neenah-Menasha YMCA (NMY) Menasha Park & Rec-Memorial Building (MPR)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	M	1:00 PM	1:30 PM	\$89	\$126
Pre-Dance I	NMY	3-4 years	W	4:15 PM	4:45 PM	\$89	\$126
Pre-Dance I	NMY	3-4 years	S	9:00 AM	9:30 AM	\$89	\$126
Pre-Dance II	NMY	4-5 years	M	1:40 PM	2:10 PM	\$89	\$126
Pre-Dance II	NMY	4-5 years	W	4:50 PM	5:20 PM	\$89	\$126
Hip Hop for Preschoolers	NMY	4-5 years	M	2:15 PM	2:45 PM	\$89	\$126
Hip Hop for Preschoolers	NMY	4-5 years	S	9:40 AM	10:10 AM	\$89	\$126
Ballet	NMY	5-8 years	S	10:15 AM	10:45 AM	\$89	\$126
Ballet and Tap	NMY	5-8 years	R	4:00 PM	4:45 PM	\$130	\$167
Hip Hop & Jazz	NMY	5-8 years	W	5:30 PM	6:00 PM	\$89	\$126
Hip Hop & Jazz	NMY	5-8 years	S	10:50 AM	11:20 AM	\$89	\$126
Ballet	NMY	8-12 years	W	6:15 PM	7:00 PM	\$130	\$167
Lyrical and Contemporary	NMY	8-12 years	W	7:05 PM	7:50 PM	\$130	\$167
Lyrical and Contemporary	NMY	9 years and older	R	6:40 PM	7:25 PM	\$130	\$167
Hip Hop	NMY	8-12 years	S	11:30AM	12:15 PM	\$130	\$167
Hip Hop for Boys	NMY	8 years and older	W	6:10 PM	6:55 PM	\$130	\$167
Lyrical and Contemporary	NMY	9 years and older	R	6:40 PM	7:25 PM	\$130	\$167
Tap	NMY	9 years and older	T	7:30 PM	8:15 PM	\$130	\$167
Jazz	NMY	9 years and older	T	5:50 PM	6:35 PM	\$130	\$167
Broadway-Musical Theatre	NMY	9 years and older	R	5:45 PM	6:30 PM	\$130	\$167
Turns, Leaps & Progressions	NMY	9 years and older	T	6:40 PM	7:25 PM	\$130	\$167
Hip Hop	NMY	12 years and older	W	7:00 PM	7:45 PM	\$130	\$167

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet Technique	NMY	12 years and older	W	10:00 AM	11:15 AM	\$212	\$256
Ballet Technique	NMY	12 years and older	S	10:00 AM	11:15 AM	\$212	\$256
Ballet Technique	NMY	12 years and older	W	8:00 PM	9:00 PM	\$170	\$207
Ballet Technique	NMY	12 years and older	F	10:00 AM	11:15 AM	\$212	\$256

28-WEEK DANCE CLASSES

SESSION SEPTEMBER 6, 2015-APRIL 15 (NO CLASSES NOV 21-27, DEC 21, JAN 3, 2017 AND MAR 24-APRIL 3, 2017)

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

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

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

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

LYRICAL/CONTEMPORARY (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.

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

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.

BATON (AGES 8-12 YEARS) (NMY)

Beginning and Continuing

Learn to do this eye-catching and impressive skill that is also good exercise! Beginner basic twirls (figure eights, side arms and flat spins) and some advanced techniques (fingertwirls, tosses, and elbow rolls) are taught by an experienced coach who competed in both USTA and NBTA competitions.

SESSION SEPTEMBER 6, 2015-APRIL 15 (NO CLASSES NOV 21-27, DEC 21, JAN 3, 2017 AND MAR 24-APRIL 3, 2017)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet and Tap	NMY	5-8 years	W	5:30 PM	6:15 PM	\$260	\$334
Hip Hop & Jazz	NMY	5-8 years	M	4:15 PM	4:45 PM	\$260	\$334
Lyrical and Contemporary	NMY	8-12 years	T	5:00 PM	5:45 PM	\$260	\$334
Hip Hop-Beginners	NMY	8-12 years	W	6:30 PM	7:15 PM	\$260	\$334
Hip Hop-Continuing	NMY	8-12 years	M	4:45 PM	5:30 PM	\$260	\$334
Baton-Beginning	NMY	8-12 years	M	4:15 PM	5:00 PM	\$260	\$334
Baton-Continuing	NMY	8-12 years	M	5:00 PM	5:45 PM	\$260	\$334

SPECIALTY DANCE

FALL SESSION 1: SEPTEMBER 8-OCTOBER 25, 2015

FALL SESSION 2: OCTOBER 26-DECEMBER 20, 2015

(NO CLASSES NOVEMBER 23-29, 2015)

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. Maximum 10 students per class.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen	NMY	12 years and older	M	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen	NMY	12 years and older	T	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen"	NMY	12 years and older	W	11:15 AM	NOON	\$22	\$34
Dance Stretch and Strengthen"	NMY	12 years and older	R	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen"	NMY	12 years and older	F	11:15 AM	NOON	\$22	\$34
Dance Stretch and Strengthen"	NMY	12 years and older	S	11:15 AM	NOON	\$22	\$34

BALLROOM DANCE

6-WEEK SESSIONS AND 1-DAY WORKSHOPS

FALL SESSION 1: SEPTEMBER 12-OCTOBER 24, 2016

FALL SESSION 2: NOVEMBER 7-DECEMBER 11, 2016

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 6wk Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$25 C-\$50	S-\$32 C-\$64
Ballroom 6wk 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 10	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 1	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Bolero Workshop Saturday, November 5	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Salsa Workshop Saturday, December 3	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Bolero Workshop Monday, December 12	NMY	14 years and older	M	6:30 PM	8:00 PM	S-\$10 C-\$18	S-\$12 C-\$23