



# 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: APRIL 17, 2018

### STAFF CONTACTS

APY - Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E [kkositzke@ymcafoxcities.org](mailto:kkositzke@ymcafoxcities.org)  
FWY - Megan Stine Dance Program Supervisor P 560.3410 E [mstine@ymcafoxcities.org](mailto:mstine@ymcafoxcities.org)  
NMY/HVY - Tab Bullard, Dance Coordinator P 830.5712 E [tbullard@ymcafoxcities.org](mailto:tbullard@ymcafoxcities.org)  
NMY/HVY - Maeghan Johnson, Arts & Humanities/Dance Director P 886.2138 E [mjohnson@ymcafoxcities.org](mailto:mjohnson@ymcafoxcities.org)

### APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES SPRING SESSION: APRIL 16 – JUNE 3, 2018

#### 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-School Ballet	APY	2-4 years	T	4:15 PM	4:45 PM	\$38	\$65
Youth Ballet	APY	3-5 years	T	4:50 PM	5:20 PM	\$38	\$65
Pre-School Ballet	APY	2-4 years	TH	10:20 AM	10:50 AM	\$38	\$65
Youth Ballet	APY	3-5 years	TH	11:00 AM	11:30 AM	\$38	\$65

### INSPIRE DANCE – FOX WEST YMCA PRESCHOOL AND YOUTH CLASSES SPRING SESSION: APRIL 16 – JUNE 3, 2018

#### CREATIVE MOVEMENT

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

#### BALLET I

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 leotard, tights and ballet shoes. Hair should be pulled neatly back for class.

#### LYRICAL/CONTEMPORARY

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

#### TAP/BALLET COMBO

An introduction to dance! A great class exposing dancers to both Ballet and Tap! Age appropriate advancement in ballet skills including basic technique and terminology. Age appropriate advancement in tap skills and combinations including heel steps, toe steps, shuffles and flaps. Ballet and tap shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	FWY	2-3 years	M	9:00 AM	9:30 AM	\$38	\$65

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet I	FWY	3-4 years	M	9:30 AM	10:00 AM	\$38	\$65
Tap/Ballet Combo	FWY	3-4 years	TH	5:20 PM	5:50 PM	\$38	\$65
Tap/Ballet Combo	FWY	5-6 years	TH	5:55 PM	6:25 PM	\$38	\$65
Lyrical/Contemporary	FWY	8-11 Years	TH	6:30 PM	7:00 PM	\$38	\$65

## **INSPIRE DANCE STUDIO – FOX WEST YMCA YOUTH, TEEN & ADULT**

Inspire Dance Studio runs September – April of each year, ending with a professional recital. A 10-week summer session is also offered, beginning in June, with registration beginning on May 7<sup>th</sup>. IDS offers excellent technical training in a fun, inspiring program. All IDS staff has extensive dance training and engages in continuing education and performance experience. IDS will hold its 2018 Annual Recital on Saturday, April 21<sup>st</sup> at 1:00pm at Hortonville High School Auditorium. Tickets are \$10 at the door. In addition, the IDS Competitive Team Program begins in June and runs 12 months through May of each year. Workshop and Auditions for 2018-2019 teams will be held at the Fox West Y on Saturday & Sunday, May 19<sup>th</sup> & 20<sup>th</sup>. In May IDS will offer individual mini camps which will vary in time and allow those who would like to sample a class or continue their dance education the opportunity to do so. For more information, please contact Megan Stine, Dance Program Supervisor at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

### **DANCE HISTORY CAMP – MAY 1-3**

Join your instructor on a fun filled class back to learn about the history of dance and where it began! Dancers will learn in a hands on atmosphere about the beginnings of tap, lyrical/contemporary, modern, jazz, ballet and more! Comfortable athletic wear required.

### **TAP PREPARATORY WORKSHOP –MAY 7**

Divided into two age groups this workshop is aimed at students preparing to audition for competition teams, or who want to simply learn more dance skills! Prior dance experience is recommended. All criteria for auditions will be covered in this workshop. Dance attire and tap shoes required.

### **MODERN WORKSHOP- MAY 8-10**

Explore the movement of a modern class. Students will learn and build upon movement, partner work, turns, leaps and more! Bare feet and dance attire is required.

### **JAZZ/LYRICAL WORKSHOP – MAY 15-17**

This class is geared for dancers interested in or auditioning for our competitive team program, or the dancer with some previous experience who wants to build on their technical skills. Dancers will break down proper technique for leaps, jumps, turns and more, as well as learn new skills. Dance attire and shoes required.

### **CHOREOGRAPHY CAMP– MAY 15-17**

Have you ever wondered how dance teachers come up with and create a dance? Dive into the mind of a choreographer and learn how dances are created. Dancers will learn to explore musicality, phrasing, creativity and more! Clean lyrical or jazz shoes and dance attire required.

### **BEGINNER BALLET PRETEEN/TEEN– MAY 22-24**

For the beginner who has always wanted to take a ballet class! Explore classical positions and move through barre work, center floor exercises and across the floor combinations. Ballet shoes are recommended.

### **ADULT BEGINNER BALLET– MAY 22-24**

For the beginner adult who has always wanted to take a ballet class! Explore classical positions and move through barre work, center floor exercises and across the floor combinations. Every level is welcome! Ballet shoes are recommended. Comfortable athletic wear is required.

May Mini Camps	YMCA	Age	Day	Start	End	Y Member	General Public
Dance History Camp	FWY	10-18 years	T,W,TH	4:30 PM	6:00 PM	\$30	\$40
Tap Prep Workshop	FWY	6-9 years	M	4:15 PM	5:30 PM	\$10	\$15
Tap Prep Workshop	FWY	10-17 years	M	5:30 PM	7:00 PM	\$25	\$35

<b>May Mini Camps</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Modern Workshop	FWY	10-15 years	T,W,TH	4:30 PM	6:00 PM	\$25	\$35
Jazz/Lyrical Workshop	FWY	7-9 years	T,W,TH	4:15 PM	5:00 PM	\$20	\$30
Jazz/Lyrical Workshop	FWY	10-17 years	T,W,TH	5:00 PM	6:00 PM	\$25	\$30
Choreography Camp	FWY	10-17 years	T,W,TH	6:00 PM	7:00 PM	\$25	\$30
Beginner Ballet PreTeen/Teen	FWY	11-17 years	T,W,TH	4:30 PM	5:30 PM	\$25	\$30
Adult Beginner Ballet	FWY	18+ years	T,W,TH	5:30 PM	7:00 PM	\$30	\$40

## **INSPIRE DANCE STUDIO COMPETITIVE TEAM – FOX WEST YMCA AUDITIONS FOR 2018-2019 TEAMS**

Inspire Dance Studio will hold workshop and auditions for the 2018-2019 dance season on May 19<sup>th</sup> & 20<sup>th</sup>, 2018. Our Competitive Teams attend 3 competitions per year and attend a National Competition each June. Students interested in auditions must attend the workshop on Saturday, May 19<sup>th</sup> and then audition on Sunday, May 20<sup>th</sup>. Students must register for the age they are as of May 1<sup>st</sup>, 2018. Dancers will audition at age level, but will be placed on teams according to ability. Dancers do not need to register for workshop (but must attend to audition), but must be registered for auditions. For more information on our Competitive Team Program please contact Megan Stine, Dance Program Supervisor at [Mstine@ymcafoxcities.org](mailto:Mstine@ymcafoxcities.org).

<b>Workshops</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>
Mini Jazz Workshop	FWY	4-6 years	SAT	9:00 AM	9:45 AM
Petite Tap Workshop	FWY	6 -9 years	SAT	9:45 AM	10:30 AM
Petite Jazz Workshop	FWY	6-9 years	SAT	10:30 AM	11:15 AM
Petite Lyrical Workshop	FWY	6-9 years	SAT	11:15 AM	12:00 PM
Junior Jazz Workshop	FWY	10-12 years	SAT	12:00 PM	1:00 PM
Junior Lyrical Workshop	FWY	10 -12 years	SAT	1:00 PM	2:00 PM
Junior/Teen Tap Workshop	FWY	10-16 years	SAT	2:00 PM	2:45 PM
Teen Jazz Workshop	FWY	13-18 years	SAT	2:45 PM	3:30 PM
Teen Lyrical Workshop	FWY	13-18 years	SAT	3:30 PM	4:15 PM

<b>Auditions</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>
Mini Jazz Audition	FWY	4-6 years	SUN	9:00 AM	9:45 AM
Petite Tap Audition	FWY	6 -9 years	SUN	9:45 AM	10:30 AM
Petite Jazz Audition	FWY	6-9 years	SUN	10:30 AM	11:15 AM
Petite Lyrical Audition	FWY	6-9 years	SUN	11:15 AM	12:00 PM
Junior Jazz Audition	FWY	10-12 years	SUN	12:00 PM	1:00 PM
Junior Lyrical Audition	FWY	10 -12 years	SUN	1:00 PM	2:00 PM
Junior/Teen Tap Audition	FWY	10-16 years	SUN	2:00 PM	2:45 PM
Teen Jazz Audition	FWY	13-18 years	SUN	2:45 PM	3:30 PM
Teen Lyrical Audition	FWY	13-18 years	SUN	3:30 PM	4:15 PM

## **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](mailto:mjohnson@ymcafoxcities.org) for more information.

**Registration:** Registration begins Monday, December 11 for Y Members and Thursday, December 14 for the General Public. Please register at a Fox Cities Y service desk or online at [www.ymcafoxcities.org](http://www.ymcafoxcities.org)

**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](mailto:mjohnson@ymcafoxcities.org).

## 2018 DANCE RECITAL

Saturday, April 14, 2018

Fox Cities Performing Arts Center

400 W College Ave, Appleton, WI 54911

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

Costume measurements will be taken in class in January.

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

**Recital Tickets:** \$5 ages 12 and under, \$10 ages 13-adult. Tickets may be purchased through the PAC ticket office or online through Ticketmaster starting Friday, March 16. A \$3.50 facility fee for the PAC is included in the price of each ticket.

## HEART OF THE VALLEY AND NEENAH MENASHA YMCA'S 4-WEEK PRESCHOOL CLASSES

APRIL 30-MAY 25

### CREATIVE MOVEMENT

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

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. Clean sneakers 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	10:35 AM	11:05 AM	\$22	\$37
Creative Movement	HVY	2-3 years	T	5:30 PM	6:00 PM	\$22	\$37
Hip Hop for Preschoolers	HVY	4-5 years	M	10:00 AM	10:30 AM	\$22	\$37

## NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	T	4:35 PM	5:05 PM	\$22	\$37
Creative Movement	NMY	2-3 years	F	9:00 AM	9:30 AM	\$22	\$37

## PRESCHOOL AND YOUTH CLASSES

### 4-WEEK CLASSES

APRIL 30-MAY 25

### 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. Clean sneakers are required.

## **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 AND LYRICAL**

One of our most popular! Explore ballet and lyrical 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.

## **TURNS, 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.

## **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 - 4-WEEK SPRING SESSION APRIL 30-MAY 25**

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Pre-Dance I	HVY	3-4 years	M	11:00 AM	11:30 AM	\$26	\$38
Pre-Dance I	HVY	3-4 years	M	4:00 PM	4:30 PM	\$26	\$38
Pre-Dance I	HVY	3-4 years	T	4:00 PM	4:30 PM	\$26	\$38
Pre-Dance II	HVY	4-5 years	TH	4:00 PM	4:30 PM	\$26	\$38

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop for Preschoolers	HVY	4-5 years	TH	4:35 PM	5:05 PM	\$26	\$38
Ballet/Tap	HVY	5-8 years	T	4:35 PM	5:20 PM	\$38	\$50
Ballet/Lyrical	HVY	5-8 years	M	5:30 PM	6:15 PM	\$38	\$50
Jazz	HVY	5-8 years	M	4:35 PM	5:20 PM	\$38	\$50
Hip Hop	HVY	5-8 years	W	4:00 PM	4:45 PM	\$38	\$50
Poms	HVY	5-8 years	TH	5:10 PM	5:55 PM	\$38	\$50
Lyrical/Contemporary	HVY	9 and older	W	5:30 PM	6:15 PM	\$38	\$50
Turns, Leaps and Progressions	HVY	9 and older	M	6:15 PM	7:00 PM	\$38	\$50
Hip Hop	HVY	9 and older	W	4:45 PM	5:30 PM	\$38	\$50
Ballet Technique	HVY	9 and older	T	6:05 PM	6:50 PM	\$38	\$50
Jazz	HVY	9 and older	TH	6:00 PM	6:45 PM	\$38	\$50

**NEENAH-MENASHA YMCA  
PRESCHOOL AND YOUTH CLASSES - 4-WEEK PRESCHOOL CLASSES  
APRIL 30-MAY 25**

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	\$26	\$38
Pre-Dance I	NMY	3-4 years	F	9:35 AM	10:05 AM	\$26	\$38
Pre-Dance II	NMY	4-5 years	T	4:00 PM	4:30 PM	\$26	\$38
Pre-Dance II	NMY	4-5 years	F	4:00 PM	4:45 PM	\$26	\$38
Hip Hop for Preschoolers	NMY	4-5 years	W	4:50 PM	5:20 PM	\$26	\$38
Ballet/Tap	NMY	5-8 years	M	4:35 PM	5:20 PM	\$38	\$50
Ballet/Lyrical	NMY	5-8 years	T	5:10 PM	5:55 PM	\$38	\$50
Jazz and Hip Hop	NMY	5-8 years	W	4:00 PM	4:45 PM	\$38	\$50
Tap	NMY	5-8 years	TH	4:00 PM	4:45 PM	\$38	\$50
Ballet	NMY	9 years and older	M	6:15 PM	7:00 PM	\$38	\$50
Lyrical/Contemporary	NMY	9 years and older	TH	4:50 PM	5:35 PM	\$38	\$50
Modern	NMY	9 years and older	W	5:30 PM	6:15 PM	\$38	\$50
Jazz	NMY	9 years and older	M	5:30 PM	6:15 PM	\$38	\$50
Jazz	NMY	9 years and older	T	6:00 PM	6:45 PM	\$38	\$50
Hip Hop	NMY	9 years and older	W	6:15 PM	7:00 PM	\$38	\$50
Tap	NMY	9 years and older	TH	6:30 PM	7:15 PM	\$38	\$50
Turns, Leaps, and Progressions	NMY	9 years and older	TH	5:40 PM	6:25 PM	\$38	\$50

**TEEN AND ADULT DANCE CLASSES  
4-WEEK SPRING SESSION  
APRIL 30-MAY 25**

**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/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.

## TURNS, 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.

## 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 - 4-WEEK SPRING SESSION

**APRIL 30-MAY 25**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lyrical/Contemporary	HVY	9 years and older	W	5:30 PM	6:15 PM	\$38	\$50
Turns, Leaps and Progressions	HVY	9 years and older	M	6:15 PM	7:00 PM	\$38	\$50
Hip Hop	HVY	9 years and older	W	4:45 PM	5:30 PM	\$38	\$50
Ballet Technique	HVY	9 years and older	T	6:05 PM	6:50 PM	\$38	\$50
Jazz	HVY	9 years and older	TH	6:00 PM	6:45 PM	\$38	\$50

## NEENAH-MENASHA

### TEEN AND ADULT DANCE CLASSES - 4-WEEK SPRING SESSION

**APRIL 30-MAY 25**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	NMY	9 years and older	M	6:15 PM	7:00 PM	\$38	\$50
Ballet	NMY	9 years and older	W	10:00 AM	11:30 AM	\$63	\$76
Lyrical/Contemporary	NMY	9 years and older	TH	4:50 PM	5:35 PM	\$38	\$50
Modern	NMY	9 years and older	W	5:30 PM	6:15 PM	\$38	\$50
Jazz	NMY	9 years and older	M	5:30 PM	6:15 PM	\$38	\$50
Jazz	NMY	9 years and older	T	6:00 PM	6:45 PM	\$38	\$50
Hip Hop	NMY	9 years and older	W	6:15 PM	7:00 PM	\$38	\$50
Tap	NMY	9 years and older	TH	6:30 PM	7:15 PM	\$38	\$50

**NEENAH-MENASHA YMCA**  
**SPECIALTY DANCE CLASSES - 4-WEEK SPRING SESSION**  
**APRIL 30-MAY 25**

**DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 12-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	\$13	\$19
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:35 AM	12:20 AM	\$13	\$19

**DANCE SCULPT (AGES 12-ADULT) (NMY) NEW**

A blended class, inspired by ballet and Joseph Pilates that focuses on sculpting not just the core, but the entire body through both strengthening and stabilizing movements. Through use of body weight, class participants will experience a total body workout incorporating dance cardio while sculpting arms, back, core, legs and bottom. No dance experience is required, class can be both modified or advanced based on individual needs and is designed to be an uplifting and positive community environment.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Sculpt	NMY	12 years and older	TH	9:30 AM	10:15 AM	\$13	\$19
Dance Sculpt	NMY	12 years and older	T	7:15 PM	8:00 PM	\$13	\$19
Dance Sculpt	NMY	12 years and older	TH	7:15 PM	8:00 PM	\$13	\$19

**NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES**

**SESSION 1: SALSA (APRIL 30, MAY 7)**

**SESSION 2: TANGO (MAY 14, 21)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 2 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$17 C-\$33	S-\$21 C-\$43
Ballroom 2 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$17 C-\$33	S-\$21 C-\$43
Bolero Workshop Saturday, May 5	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22