



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

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 Spring Session: April 10 – May 28, 2017

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 Spring Session: April 10 – May 28, 2017

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 Fridays, April 21, May 19	APY	16 years and older	F	6:30 PM	9:15 PM	\$5	\$5

**FOX WEST YMCA DANCE
PRESCHOOL AND YOUTH DANCE CLASSES
Spring Session: April 10 – May 28, 2017**

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.

PRE-DANCE I & II COMBO CLASS (AGES 2½-5 YEARS)

Offer creative movement, ballet basics, along with tap basics with simple dance steps, rhythm and coordination skills. A perfect class for younger dancers with little or no dance experience. Ballet slippers and tap shoes are required. Students need to be potty trained prior to class.

BEGINNER JAZZ (AGES 6-7 YEARS)

Dancers will explore percussive tap learning new tap steps and combinations. Packed with high-energy music and new skills your dancer is sure to be pleased! Jazz shoes or clean sneakers are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	FWY	2-3 years	M	4:15 PM	4:45 PM	\$38	\$65
Pre-Dance II	FWY	4-5 years	M	4:45 PM	5:15 PM	\$38	\$65
Beginner Jazz	FWY	6-7 years	M	5:15 PM	5:45 PM	\$38	\$65

**STUDIO Y DANCE
HEART OF THE VALLEY AND NEENAH-MENASHA YMCA**

The Studio Y Dance Program offers dance classes for age’s 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 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.

2017 Dance Recital

Sunday, May 7 at St. Mary’s High School
Students will be sent home with recital packets in April with more details.

**STUDIO Y DANCE COMPETITION TEAMS 2017-2018
AUDITIONS SUNDAY, AUGUST 6, 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!

Spring Session: April 10- May 28

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

BALLROOM DANCE CLASSES

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tango 2 week Beginners April 17, 24	NMY	14 years and older	M	7:00PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Tango 2 week Continuing April 17, 24	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Viennese Waltz 2 week Beginners May 1, 8	NMY	14 years and older	M	7:00PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Viennese Waltz 2 week Continuing May 1, 8	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Hustle 2 week Beginners May 15, 22	NMY	14 years and older	M	7:00PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Hustle 2 week Continuing May 15, 22	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
West-Coast Swing May 6	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$13	S-\$17

STUDIO Y SUMMER CLASSES

HEART OF THE VALLEY AND NEENAH-MENASHA YMCA

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, NO CLASSES JULY 3-8

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18

SUMMER CLASSES ARE LISTED BELOW HOWEVER DAY/TIME/LOCATION AND FEES WILL BE LISTED IN THE SUMMER PROGRAM GUIDE.

PRESCHOOL AND YOUTH CLASSES

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 (AGES 2-3 YEARS)

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

PRE-DANCE I (AGES 3-4 YEARS)

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)

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)

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)

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

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS)

Explore lyrical and contemporary technique that teach 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.

BALLET & TAP (AGES 5-8 YEARS)

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)

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)

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 (AGES 8-12 YEARS)

Explore lyrical and contemporary technique that teach 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 (AGES 9 AND OLDER)

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 (AGES 9 AND OLDER)

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!

NEW BOYS HIP HOP (AGES 9 AND OLDER)

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 shoes are required.

NEW BEGINNING BREAK DANCE (AGES 8 AND OLDER)

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

HIP HOP (AGES 8-12 YEARS)

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.

PRIVATE DANCE LESSONS (AGES 8-12 YEARS)

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

BALLET TECHNIQUE (AGES 12 AND UP)

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.

SR. BALLET (AGES 55 AND UP)

Taught at the beginner level, this class introduces ballet technique through barre work,

SR. BALLET (AGES 55 AND UP)

This adult beginner class will introduce tap terminology, technique, and musicality through warm-up exercises, traveling steps, and choreography. Perfect for anyone looking to try something new! Tap shoes required.

LYRICAL AND CONTEMPORARY BALLET (AGES 9 AND UP)

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 TECHNIQUE (AGES 9 AND UP)

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.

TURNS, LEAPS AND PROGRESSIONS (AGES 9 AND OLDER)

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 (AGES 9 AND OLDER)

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!

NEW BOYS HIP HOP (AGES 9 AND OLDER)

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.

NEW BEGINNING BREAK DANCE (AGES 8 AND OLDER)

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

HIP HOP TRICKS (10 YEARS AND OLDER)

Learn new break dance tricks and hip hop floor work that will take your training to the next level. This class is open to continuing and competition students. Clean sneakers or Hip Hop shoes required. Please wear athletic wear that is easy to move in.

HIP HOP (AGES 12 AND UP)

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, 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 - \$97 General Public - \$124

5-3/4 hour lessons

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

5-1 hour lessons

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