



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: JULY 7, 2018

STAFF CONTACTS

APY - Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E kkositzke@ymcafoxcities.org
FWY - Megan Stine Dance Program Supervisor P 560.3410 E mstine@ymcafoxcities.org
NMY/HVY - Tab Bullard, Dance Program Coordinator P 886.2108 E tbullard@ymcafoxcities.org
NMY/HVY - Maeghan Johnson, Arts & Humanities Director P 886.2138 E mjohnson@ymcafoxcities.org

APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

*5 WEEK SESSION - JUNE 11-JULY 22, 2018 (SESSION 1 ONLY)
(NO CLASSES JULY 2-8)*

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. Session 1 only.

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. Session 1 only.

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	\$27	\$47
Youth Ballet	APY	3-5 years	TH	11:00 AM	11:30 AM	\$27	\$47
Pre-School Ballet	APY	2-4 years	T	4:15 PM	4:45 PM	\$27	\$47
Youth Ballet	APY	3-5 years	T	4:50 PM	5:20 PM	\$27	\$47

FOX WEST YMCA DANCE PRESCHOOL AND YOUTH CLASSES

*ALL SUMMER SESSION (10 WEEKS) JUNE 11-AUGUST 26, 2018
NO CLASSES JULY 2-8, 2018*

Our summer session consists of 10 weeks and is designed to keep your dancer not only involved but growing in their knowledge and love of dance over the summer season. Please contact Megan Stine, Dance Program Supervisor at mstine@ymcafoxcities.org or 560.3410, for more information on our dance programs.

MOMMY & ME BALLET (18 MOS. – 2 YRS WITH PARENT PARTICIPATION)

Moms! Join your tiny dancers for a fun ballet class! Class will introduce your ballet basics as well as balance, musicality and fun dance games. Moms wear comfortable athletic wear and gym shoes/sneakers, dancers wear a leotard and ballet shoes or socks, hair must be pulled back neatly.

TINY TOTS

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.

PREBALLET

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.

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, leotard preferred, hair must be pulled back neatly.

RHYTHM & MOVEMENT

A high energy class that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will learn to explore movement to fun and upbeat music. Dancers will need a leotard and ballet or jazz shoes, hair must be pulled back neatly.

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 and ballet shoes, with hair in a bun.

BALLET II

For dancers who have ballet experience. Dancers will learn barre work including plies, tendus, degages and begin center and across the floor combinations. Dancers will need to wear a leotard and ballet shoes, with hair in a bun.

JAZZ I

The basics of Jazz for dancers who want to stretch, turn and leap! Fun, energetic music while incorporating proper control and technique. Leotard, or equivalent, and jazz shoes required, hair must be pulled back neatly.

JAZZ II

For dancers who have jazz experience! Building technique in stretching, flexibility, turns, leaps and jumps. Fun, energetic music while incorporating proper control and technique. Leotard, or equivalent, and jazz shoes required, hair must be pulled back neatly.

JAZZ III

For dancers who have at least three progressive years of jazz experience. Build technique and flexibility while working on multiple turns, a variety of intermediate leaps and so much more. Both center and across the floor progressions will be taught. Leotard, or equivalent, and jazz shoes required, hair must be pulled back neatly.

MINI POMS

Let's move! Learn jazz and moves to upbeat music. This class will incorporate the use of poms and will work on jazz skills across and center floor. Leotard, or equivalent, and clean jazz shoes required, hair must be pulled back neatly.

POMS

This high energy class will incorporate the use of poms and will work on jazz and funk skills across and center floor. Jumps and turning technique will also be explored. Leotard, or equivalent, and clean jazz shoes required, hair must be pulled back neatly.

TAP I

A fun rhythm class for beginners or dancers with limited experience. Class will incorporate shuffles, flaps, cramp rolls and more! Leotard, or equivalent, and tap shoes required, hair must be pulled back neatly.

TAP II

A class for dancers with tap experience. This class will learn tap skills and terminology including age appropriate advancement of skills including maxi fords, cramp rolls, flaps, tap progressions and more. Leotard, or equivalent, and tap shoes required, hair must be pulled back neatly.

MODERN

A class exploring rhythm and musicality with contemporary and interpretive movements to different styles of music. For dancers wanting to explore a fresh style of dance! Dance attire required, hair must be pulled back neatly.

LYRICAL AND 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 leotard are required. Hair must be pulled back in bun.

MUSICAL THEATRE

For students who have had previous jazz training. Dancers will work on technique and pieces of choreography from well-known musicals and theatre productions. Clean jazz shoes and dance attire required, hair must be pulled back neatly.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Mommy & Me Ballet	FWY	18 months - 2 years	M	9:00 AM	9:30 AM	\$65	\$93
Tiny Tots	FWY	2-3 years	W	5:00 PM	5:30 PM	\$65	\$93
PreBallet	FWY	3-4 years	M	9:30 AM	10:00 AM	\$65	\$93
Tap/Ballet Combo	FWY	3-4 years	T	9:00 AM	9:30 AM	\$65	\$93
Tap/Ballet Combo	FWY	3-4 years	W	5:30 PM	6:00 PM	\$65	\$93
Rhythm & Movement	FWY	4-5 years	T	9:30 AM	10:00 AM	\$65	\$93
Ballet I	FWY	5-6 years	M	10:00 AM	10:30 AM	\$65	\$93
Ballet I	FWY	5-6 years	W	4:00 PM	4:30 PM	\$65	\$93
Jazz I	FWY	5-6 years	M	10:30 AM	11:00 AM	\$65	\$93
Jazz I	FWY	5-6 years	M	4:00 PM	4:30 PM	\$65	\$93
Mini Poms	FWY	5-6 years	M	11:00 AM	11:30 AM	\$65	\$93
Tap I	FWY	5-6 years	M	4:30 PM	5:00 PM	\$65	\$93
Ballet II	FWY	7-9 years	W	4:30 PM	5:00 PM	\$65	\$93
Jazz II	FWY	7-9 years	M	5:30 PM	6:00 PM	\$65	\$93
Poms	FWY	7-9 years	M	11:30 AM	12:00 PM	\$65	\$93
Tap II	FWY	7-9 years	M	5:00 PM	5:30 PM	\$65	\$93
Modern	FWY	8-11 years	TH	6:00 PM	6:45 PM	\$95	\$123
Lyrical/Contemp	FWY	9-11 years	M	6:00 PM	6:30 PM	\$65	\$93
Jazz I	FWY	9-11 years	T	10:30 AM	11:00 AM	\$65	\$93
Poms	FWY	9-11 years	T	10:00 AM	10:30 AM	\$65	\$93
Musical Theatre	FWY	10-14 years	TH	6:45 PM	7:30 PM	\$95	\$123
Ballet I	FWY	10-14 years	W	6:00 PM	6:45 PM	\$95	\$123
Modern	FWY	11-15 years	TH	4:45 PM	5:15 PM	\$65	\$93
Jazz III	FWY	11-15 years	TH	5:30 PM	6:00 PM	\$65	\$93

INSPIRE DANCE STUDIO DANCE COMPETITION TEAMS FOX WEST YMCA

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.

Please see the May Mini Camp schedule for additional workshop opportunities. Workshop and Auditions for 2018-2019 teams will be held at the Fox West Y on Saturday & Sunday, May 19th & 20th. Dancers must attend workshop to audition. All students must audition that day to be considered for a team. Dancers must audition as the age they are as of May 1, 2018. Dancers will audition at their age, but be placed on teams according to ability and skill level. No late auditions will be accepted. There is no cost to audition. IDS Competition team dancers will have an 8 week summer session beginning the week of June 25, 2018 and running through August 24, 2018. Fall classes will begin in September. For more information, please contact Megan Stine, Dance Program Supervisor at Mstine@ymcafoxcities.org.

WORKSHOP: SATURDAY, MAY 19

Class name	YMCA	Age	Day	Start	End
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

AUDITIONS: SUNDAY, MAY 20

Class name	YMCA	Age	Day	Start	End
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 nine 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/mjohnson@ymcafoxcities.org or Tab Bullard at [886.2108](tel:886.2108)/tbullard@ymcafoxcities.org for more information.

Registration: Registration begins Monday, May 7 for Y Members and Thursday, May 10 for the General Public. Please register at a Fox Cities Y service desk or online at 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 Tab Bullard at 920.886.2108 or tbullard@ymcafoxcities.org

**STUDIO Y DANCE COMPETITION TEAMS 2017-2018
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. Competition team auditions will be held August 19 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!

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

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

CREATIVE MOVEMENT

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

PRE-DANCE I

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

PRE-DANCE II

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

HIP HOP FOR PRESCHOOLERS

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

BALLET (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

This great class offers the best of both worlds! The class begins with ballet warmups, center combinations, leaps 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 (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.

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.

POMS

Another popular class that combines elements of jazz with cheer performance movements with use of a fun and flashy prop! Perfect for dancers with ambitions of trying out for dance teams. Jazz shoes and comfortable athletic attire are required.

TAP

Twinkle toes, step aside! This class is perfect for those who love to stomp, combining elements of classic tap steps with modern rhythmic tapping. Tap shoes and comfortable attire required.

MODERN

A class exploring rhythm and musicality with contemporary and interpretive movements to instrumental music. Comfortable clothing 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.

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 "TRY-IT" CLASS

SESSION #1 JUNE 11-15

SESSION #2 JUNE 25-29

HAS YOUR DANCER WANTED TO TRY ANOTHER GENRE?

THESE ONE-TIME INTRO CLASSES ARE THE PERFECT WAY TO SAMPLE A NEW STYLE!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet/Tap	HVY	5-8 years	T	4:00 PM	4:45 PM	\$5	\$8
Hip Hop and Jazz	HVY	5-8 years	TH	4:00 PM	4:45 PM	\$5	\$8
Poms	HVY	5-8 years	W	4:00 PM	4:45 PM	\$5	\$8

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	HVY	8-12 years	T	5:00 PM	6:00 PM	\$7	\$10
Lyrical/Contemporary	HVY	8-12 years	M	4:00 PM	5:00 PM	\$7	\$10
Tap	HVY	8-12 years	W	5:00 PM	6:00 PM	\$7	\$10
Jazz	HVY	8-12 years	TH	5:00 PM	6:00 PM	\$7	\$10
Poms	HVY	8-12 years	W	6:15 PM	7:15 PM	\$7	\$10
Lyrical/Contemporary	HVY	8 years and older	T	6:15 PM	7:15 PM	\$7	\$10
Turns, Leaps, and Progressions	HVY	8 years and older	TH	6:15 PM	7:15 PM	\$7	\$10
Modern	HVY	8 years and older	M	5:15 PM	6:15 PM	\$7	\$10
Hip Hop	HVY	8 years and older	M	6:30 PM	7:30 PM	\$7	\$10
Tap	HVY	8 years and older	TH	7:30 PM	8:30 PM	\$7	\$10

NEENAH-MENASHA YMCA "TRY-IT" CLASS

SESSION #1 JUNE 11-15

SESSION #2 JUNE 25-29

HAS YOUR DANCER WANTED TO TRY ANOTHER GENRE?

THESE ONE-TIME INTRO CLASSES ARE THE PERFECT WAY TO SAMPLE A NEW STYLE!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop and Jazz	NMY	5-8 years	TH	4:00 PM	4:45 PM	\$5	\$8
Jazz	NMY	5-8 years	T	4:00 PM	4:45 PM	\$5	\$8
Ballet	NMY	8-12 years	M	5:00 PM	6:00 PM	\$7	\$10
Lyrical/Contemporary	NMY	8-12 years	TH	5:00 PM	6:00 PM	\$7	\$10
Jazz	NMY	8-12 years	T	5:00 PM	6:00 PM	\$7	\$10
Ballet	NMY	8 years and older	M	6:15 PM	7:30 PM	\$7	\$10
Lyrical/Contemporary	NMY	8 years and older	TH	6:15 PM	7:15 PM	\$7	\$10
Jazz	NMY	8 years and older	T	6:10 PM	7:10 PM	\$7	\$10
Modern	NMY	8 years and older	W	5:00 PM	6:00 PM	\$7	\$10
Hip Hop	NMY	8 years and older	W	6:15 PM	7:15 PM	\$7	\$10
Tap	NMY	8 years and older	T	7:15 PM	8:15 PM	\$7	\$10

"TRY-IT" CLASSES

SESSION #1 JUNE 11-15

SESSION #2 JUNE 25-29

THESE CLASSES WILL MEET 2X/WEEK

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Baton	NMY	8 years and older	M/W	5:00 PM	6:00 PM	\$14	\$20
Ballet-Continuing Students	NMY	18 years and older	M/W	10:00 AM	11:30 AM	\$20	\$32
Dance Stretch and Strengthen	NMY	12 years and older	M/W	11:35 AM	12:20 PM	\$10	\$16

HEART OF THE VALLEY YMCA
SUMMER SESSION (6 WEEKS)
JULY 9-AUGUST 17

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	M	10:30 AM	11:00 AM	\$39	\$56
Pre-Dance I	HVY	3-4 years	M	11:00 AM	11:30 AM	\$39	\$56
Pre-Dance I	HVY	3-4 years	TH	4:00 PM	4:30 PM	\$39	\$56
Pre-Dance II	HVY	4-5 years	T	4:00 PM	4:30 PM	\$39	\$56
Hip Hop for Preschoolers	HVY	4-5 years	M	10:00 AM	10:30 AM	\$39	\$56
Hip Hop for Preschoolers	HVY	4-5 years	M	4:00 PM	4:30 PM	\$39	\$56
Ballet/Tap	HVY	5-8 years	T	4:35 PM	5:20 PM	\$57	\$74
Hip Hop and Jazz	HVY	5-8 years	W	4:00 PM	4:45 PM	\$57	\$74
Hip Hop	HVY	5-8 years	M	4:35 PM	5:05 PM	\$57	\$74
Poms	HVY	5-8 years	W	4:50 PM	5:35 PM	\$57	\$74
Lyrical/Contemporary	HVY	5-8 years	TH	4:35 PM	5:20 PM	\$57	\$74
Jazz	HVY	8-12 years	W	5:45 PM	6:30 PM	\$57	\$74
Lyrical/Contemporary	HVY	8-12 years	T	5:30 PM	6:15 PM	\$57	\$74
Poms	HVY	8-12 years	TH	5:30 PM	6:15 PM	\$57	\$74
Ballet	HVY	8 years and older	T	6:15 PM	7:00 PM	\$57	\$74
Hip Hop	HVY	8 years and older	M	6:00 PM	6:45 PM	\$57	\$74
Tap	HVY	8 years and older	W	6:30 PM	7:15 PM	\$57	\$74
Turns, Leaps, and Progressions	HVY	8 years and older	TH	6:20 PM	7:05 PM	\$57	\$74
Modern	HVY	8 years and older	M	5:10 PM	5:55 PM	\$57	\$74

NEENAH-MENASHA YMCA
SUMMER SESSION (6 WEEKS)
JULY 9-AUGUST 17

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	F	9:15 AM	9:45 AM	\$39	\$56
Pre-Dance I	NMY	3-4 years	T	4:00 PM	4:30 PM	\$39	\$56
Pre-Dance I	NMY	3-4 years	F	9:50 AM	10:20 AM	\$39	\$56
Pre-Dance II	NMY	4-5 years	T	4:35 PM	5:05 PM	\$39	\$56
Pre-Dance II	NMY	4-5 years	F	10:30 AM	11:00 AM	\$39	\$56
Hip Hop for Preschoolers	NMY	4-5 years	W	4:00 PM	4:30 PM	\$39	\$56
Ballet	NMY	5-8 years	TH	4:00 PM	4:45 PM	\$57	\$74
Ballet and Tap	NMY	5-8 years	M	4:00 PM	4:45 PM	\$57	\$74
Tap	NMY	5-8 years	T	5:10 PM	5:55 PM	\$57	\$74
Hip Hop	NMY	5-8 years	W	4:35 PM	5:10 PM	\$57	\$74
Lyrical/Contemporary	NMY	8-12 years	M	5:00 PM	5:45 PM	\$57	\$74
Jazz	NMY	8-12 years	T	6:00 PM	6:45 PM	\$57	\$74
Hip Hop	NMY	8-12 years	W	5:15 PM	6:00 PM	\$57	\$74
Ballet-Continuing/Comp. Students	NMY	8 years & older	W	10:00 AM	11:30 AM	\$94	\$114
Modern	NMY	8 years and older	TH	5:00 PM	5:45 PM	\$57	\$74
Lyrical/Contemporary	NMY	12 years & older	M	6:00 PM	6:45 PM	\$57	\$74
Hip Hop	NMY	12 years & older	W	6:00 PM	6:45 PM	\$57	\$74

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tap	NMY	8 years & older	T	10:30 AM	11:15 AM	\$57	\$74
Turns, Leaps, and Progressions	NMY	8 years & older	TH	6:00 PM	6:45 PM	\$57	\$74

SPECIALTY DANCE CLASSES

SUMMER SESSION (6 WEEKS) JULY 9-AUGUST 17

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	NMY	12 years and older	T	9:30 AM	10:15 AM	\$19	\$28
Dance Stretch and Strengthen	NMY	12 years and older	W	11:35 AM	12:20 AM	\$19	\$28

NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES

FOXTROT (14 YEARS AND OLDER) (NMY)

Foxtrot is a smooth progressive dance characterized by long, continuous flowing movements across the dance floor. Foxtrot resembles the signature styles of Fred Astaire and Gene Kelly, come join us for an evening of elegance! Please wear ballroom shoes or clean street shoes to class.

WALTZ (14 YEARS AND OLDER) (NMY)

The waltz is a traveling dance with a very smooth elegant feel. It's slower tempo allows for a grace and ease of movement. With it's 3/4 timing and stepping on every beat, waltz is one of the easiest dances to learn.

RUMBA (14 YEARS AND OLDER) (NMY)

The rumba is a Cuban dance with a basic box pattern danced in 4/4 timing. This dance is marked by it's romantic movement and Cuban motion. It's slower tempo makes it a great "love song" dance that is easy to start with!

SWING (14 YEARS AND OLDER) (NMY)

Swing dance is a broad term to describe a variety of partner dances evolving from the 1920s to the present day. Steps include Lindy Hop, Charleston and the Jitterbug. Put your dancin' shoes on and meet us at the Y!

CHA CHA (14 YEARS AND OLDER) (NMY)

Cha-Cha has a Latin American origin with a basic pattern of a triple step and a rock step. It's danced in 4/4 timing to faster more upbeat music. Cha-Cha is a very lively dance that used Cuban motion and produces a strong rhythmical movement.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Foxtrot-Beginners June 4, 11	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Foxtrot-Continuing Students June 4, 11	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Waltz-Beginners June 18, 25	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Waltz-Continuing Students June 18, 25	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Rumba-Beginners July 9, 16	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Rumba-Continuing Students July 9, 16	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Swing-Beginners July 23, 30	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Swing-Continuing Students July 23, 30	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Cha Cha-Beginners August 6, 13	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Cha Cha-Continuing Students August 6, 13	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Salsa Workshop Monday, August 20	NMY	14 years and older	M	7:00 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Hustle Workshop Saturday, June 2	NMY	14 years and older	SAT	10:00 AM	11:30 AM	S-\$13 C-\$26	S-\$17 C-\$34