



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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 APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
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APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

4 WEEK SESSION - JUNE 19-JULY 23, 2017
(NO CLASSES JULY 3-9)

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.

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. Session 1 only.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-School Ballet 4 weeks only	APY	2-4 years	R	10:20 AM	10:50 AM	\$21	\$35
Youth Ballet 4 weeks only	APY	3-5 years	R	11:00 AM	11:30 AM	\$21	\$35
Youth Ballet 4 weeks only	APY	3-5 years	T	4:15 PM	4:45 PM	\$21	\$35
Ballet 4 weeks only	APY	6-8 years	T	4:50 PM	5:20 PM	\$21	\$35

APPLETON YMCA TEEN & ADULT DANCE CLASSES

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, June 16, July 21, August 18	APY	16 years and older	F	6:30 PM	9:15 PM	\$5	\$5

FOX WEST YMCA DANCE PRESCHOOL AND YOUTH CLASSES

***ALL SUMMER SESSION (10 WEEKS) JUNE 12-AUGUST 27, 2017
NO CLASSES JULY 3-9, 2017***

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.

BALLET/TAP COMBO (AGES 2-3 AND 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 AND 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 AND 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	YMCA	Age	Day	Start	End	Y Member	General Public
Mommy & Me Ballet	FWY	18 mos. - 2 years	M	9:00 AM	9:30 AM	\$54	\$90
Mommy & Me Ballet	FWY	2-3 years	F	9:00 AM	9:30 AM	\$54	\$90
Ballet I	FWY	3-4 years	M	9:30 AM	10:00 AM	\$54	\$90
Tap/Ballet Combo	FWY	3-4 years	T	9:00 AM	9:30 AM	\$54	\$90
PreJazz	FWY	4-5 years	M	10:00 AM	10:30 AM	\$54	\$90
Jazz Poms	FWY	5-6 years	M	10:30 AM	11:00 AM	\$54	\$90
Ballet I	FWY	5-6 years	T	9:30 AM	10:00 AM	\$54	\$90
Tap I	FWY	5-6 years	T	10:00 AM	10:30 AM	\$54	\$90
Mini Poms	FWY	5-6 years	F	10:45 AM	11:15 AM	\$54	\$90
Jazz II	FWY	6-7 years	T	4:00 PM	4:30 PM	\$54	\$90
Tap II	FWY	6-7 years	T	4:30 PM	5:00 PM	\$54	\$90

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet I	FWY	7-8 years	T	10:30 AM	11:00 AM	\$54	\$90
Irish	FWY	7-9 years	M	4:00 PM	4:30 PM	\$54	\$90
Ballet II	FWY	7-9 years	T	5:00 PM	5:30 PM	\$54	\$90
Jazz Poms	FWY	7-9 years	F	9:30 AM	10:00 AM	\$54	\$90
Irish II	FWY	9-10 years	M	4:30 PM	5:00 PM	\$54	\$90
Tap II	FWY	9-11 years	M	5:00 PM	5:45 PM	\$72	\$120
Modern	FWY	9-11 years	M	5:45 PM	6:30 PM	\$72	\$120
Ballet III	FWY	9-12 years	T	5:45 PM	6:30 PM	\$72	\$120
Tap III	FWY	9-12 years	T	6:30 PM	7:15 PM	\$72	\$120
Pom & Dance	FWY	10-12 years	F	10:00 AM	10:45 AM	\$72	\$120
Intro to Lyrical	FWY	10-14 years	W	9:45 AM	10:30 AM	\$72	\$120
Ballet I	FWY	11-15 years	W	9:00 AM	9:45 AM	\$72	\$120
Musical Theatre II	FWY	11-16 years	W	10:30 AM	11:15 AM	\$72	\$120

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 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 Pilates 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 March with more details.

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

PRESCHOOL AND YOUTH CLASSES

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017

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

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.

TAP, JAZZ AND HIP HOP COMBINATION CLASS

Dancers will explore percussive tap learning new tap steps and combinations along with jazz and hip hop technique and choreography that every dancer desires! Packed with high-energy music and new skills your dancer is sure to be pleased! Tap shoes and jazz shoes or clean sneakers are required.

BALLET

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

LYRICAL AND CONTEMPORARY

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

URNS, LEAPS AND PROGRESSIONS

This class will focus on turns and leaps that are required for advancing dancers. New across the floor combinations will improve strength and technique for dancers studying all genres of dance. Ballet, lyrical and/or jazz shoes are required.

JAZZ

This is the perfect class for students who are interested in jazz, musical theater and show choir! This class will explore different styles of jazz. Dancers will work on extensions, turns, jumps, and more!

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.

BEGINNING BREAK DANCE

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

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

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	R	10:30 AM	11:00 AM	\$21	\$36
Pre-Dance I	HVY	3-4 years	M	4:00 PM	4:30 PM	\$21	\$36
Pre-Dance II	HVY	4-5 years	M	4:35 PM	5:05 PM	\$21	\$36
Hip Hop for Preschoolers	HVY	4-5 years	R	4:00 PM	4:30 PM	\$21	\$36
Ballet	HVY	6-8 years	M	5:10 PM	5:55 PM	\$29	\$48
Ballet	HVY	6-8 years	W	4:50 PM	5:35 PM	\$29	\$48
Jazz	HVY	6-8 years	M	6:00 PM	6:45 PM	\$29	\$48
Jazz	HVY	6-8 years	W	4:00 PM	4:45 PM	\$29	\$48
Hip Hop	HVY	6-8 years	R	4:45 PM	5:30 PM	\$29	\$48
Tap	HVY	6-8 years	M	6:50 PM	7:35 PM	\$29	\$48
Lyrical	HVY	6-8 years	W	5:40 PM	6:25 PM	\$29	\$48
Hip Hop	HVY	9 years and older	R	6:30 PM	7:15 PM	\$29	\$48
Beginning Break Dance	HVY	9 years and older	R	5:40 PM	6:25 PM	\$29	\$48
Tap	HVY	9 years and older	T	4:00 PM	4:45 PM	\$29	\$48
Lyrical	HVY	9 years and older	T	4:50 PM	5:25 PM	\$29	\$48
Turns, Leaps, and Progressions	HVY	9 years and older	T	5:40 PM	6:25 PM	\$29	\$48

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

*SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)
SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017*

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	\$21	\$36
Creative Movement	NMY	2-3 years	T	10:30 AM	11:00 AM	\$21	\$36
Creative Movement	NMY	2-3 years	W	5:25 PM	5:55 PM	\$21	\$36
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$21	\$36
Pre-Dance II	NMY	4-5 years	W	4:00 PM	4:30 PM	\$21	\$36
Hip Hop for Preschoolers	NMY	4-5 years	W	4:45 PM	5:15 PM	\$21	\$36
Ballet	NMY	5-8 years	M	4:35 PM	5:05 PM	\$21	\$36
Ballet and Tap	NMY	5-8 years	T	4:00 PM	4:45 PM	\$29	\$48
Jazz and Hip Hop	NMY	5-8 years	M	5:10 PM	5:40 PM	\$21	\$36
Jazz and Hip Hop	NMY	5-8 years	T	4:50 PM	5:20 PM	\$21	\$36
Ballet-Beginning	NMY	8-12 years	M	5:45 PM	6:30 PM	\$29	\$48
Ballet-Continuing/ Competition Students	NMY	9 years and older	R	6:00 PM	7:00 PM	\$36	\$60
Ballet-Continuing/ Competition Students	NMY	9 years and older	W	10:00 AM	11:30 AM	\$54	\$80
Lyrical and Contemporary/Beginning Students	NMY	8-12 years	M	6:30 PM	7:15 PM	\$29	\$48
Lyrical and Contemporary/Continuing/ Competition Students	NMY	9 years and older	R	7:00 PM	7:45 PM	\$29	\$48
Modern	NMY	9 years and older	R	4:00 PM	4:45 PM	\$29	\$48
Jazz	NMY	9 years and older	R	8:00 PM	8:45 PM	\$29	\$48
Hip Hop	NMY	8-12 years	W	6:00 PM	6:45 PM	\$29	\$48
Boys Hip Hop	NMY	8 years and older	W	7:00 PM	7:45 PM	\$29	\$48
Beginning Break Dance	NMY	9 years and older	W	8:00 PM	8:45 PM	\$29	\$48
Hip Hop	NMY	9 years and older	M	1:30 PM	2:30 PM	\$36	\$60
Hip Hop – Competitive	NMY	9 years and older	M	2:30 PM	3:30 PM	\$36	\$60
Tap	NMY	9 years and older	T	11:15 AM	NOON	\$29	\$48
Turns, Leaps, and Progressions	NMY	9 years and older	R	5:00 PM	5:45 PM	\$29	\$48

TEEN AND ADULT DANCE CLASSES

*SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)
SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017*

BALLET

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

TAP

This energetic class will focus on new tap steps, traveling combinations, terminology and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required.

LYRICAL AND CONTEMPORARY BALLET

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.

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!

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.

BEGINNING BREAK DANCE

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.

SR. BALLET (AGES 55 AND UP)

Taught at the beginner level, this class introduces ballet technique through barre work, center work and basic combinations. Lengthen, strengthen, and improve balance and posture. Ballet shoes are required.

SR. TAP (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.

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 - \$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

HEART OF THE VALLEY YMCA TEEN AND ADULT DANCE CLASSES

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Beginning Break Dance	HVY	9 years and older	R	5:40 PM	6:25 PM	\$29	\$48
Tap	HVY	9 years and older	T	4:00 PM	4:45 PM	\$29	\$48
Lyrical	HVY	9 years and older	T	4:50 PM	5:25 PM	\$29	\$48
Turns, Leaps, and Progressions	HVY	9 years and older	T	5:40 PM	6:25 PM	\$29	\$48
Beginning Break Dance	HVY	9 years and older	R	5:45 PM	6:30 PM	\$29	\$48
Hip Hop	HVY	9 years and older	R	6:30 PM	7:15 PM	\$29	\$48

Sr. Ballet	HVY	55 years and older	W	6:30 PM	7:15 PM	\$29	\$48
Sr. Tap	HVY	55 years and older	T	6:30 PM	7:15 PM	\$29	\$48

NEENAH-MENASHA YMCA TEEN AND ADULT DANCE CLASSES

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet Technique-All levels	NMY	9 years and older	W	7:15 PM	8:15 PM	\$36	\$60
Ballet-Continuing/ Competition Students	NMY	9 years and older	R	6:00 PM	7:00 PM	\$36	\$60
Ballet-Continuing/ Competition Students	NMY	9 years and older	W	10:00 AM	11:30 AM	\$54	\$80
Lyrical and Contemporary	NMY	9 years and older	R	7:00 PM	7:45 PM	\$29	\$48
Modern	NMY	9 years and older	R	4:00 PM	4:45 PM	\$29	\$48
Jazz	NMY	9 years and older	R	8:00 PM	8:45 PM	\$29	\$48
Boys Hip Hop	NMY	8 years and older	W	7:00 PM	7:45 PM	\$29	\$48
Beginning Break Dance - NEW	NMY	10 years and older	W	8:00 PM	8:45 PM	\$29	\$48
Tap	NMY	9 years and older	T	11:15 AM	NOON	\$29	\$48
Turns, Leaps, and Progressions	NMY	9 years and older	R	5:00 PM	5:45 PM	\$29	\$48

HEART OF THE VALLEY AND NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

SUMMER SESSION 1 (4 WEEKS) JUNE 19-JULY 21, 2017 (NO CLASSES JULY 3-8)

SUMMER SESSION 2 (4 WEEKS) JULY 24-AUGUST 18, 2017

DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 13-ADULT) (NMY)

This high energy mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements to offer deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen- formerly "Dance Pilates"	NMY	12 years and older	M	9:30 AM	10:15 AM	\$12	\$20
Dance Stretch and Strengthen- formerly "Dance Pilates"	NMY	12 years and older	T	9:30 AM	10:15 AM	\$12	\$20
Dance Stretch and Strengthen- formerly "Dance Pilates"	NMY	12 years and older	W	11:30 AM	12:15 AM	\$12	\$20
Dance Stretch and Strengthen- formerly "Dance Pilates"	NMY	12 years and older	W	6:15 PM	7:00 PM	\$12	\$20
Dance Stretch and Strengthen- formerly "Dance Pilates"	NMY	12 years and older	R	9:30 AM	10:15 AM	\$12	\$20
Dance Stretch and Strengthen- formerly "Dance Pilates"	HVY	12 years and older	R	11:05 AM	11:50 AM	\$12	\$20

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 5, 12	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Foxtrot-Continuing Students June 5, 12	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Waltz-Beginners June 19, 26	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Waltz-Continuing Students June 19, 26	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Rumba-Beginners July 10, 17	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Rumba-Continuing Students July 10, 17	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Swing-Beginners July 24, 31	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$13 C-\$26	S-\$17 C-\$34
Swing-Continuing Students July 24, 31	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Cha Cha-Beginners August 14, 21	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 14, 21	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$13 C-\$26	S-\$17 C-\$34
Bolero Workshop Saturday, June 3	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$13 C-\$26	S-\$17 C-\$34