



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: FEBRUARY 19, 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 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

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	R	10:20 AM	10:50 AM	\$38	\$65
Youth Ballet	APY	3-5 years	R	11:00 AM	11:30 AM	\$38	\$65
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

FOX WEST YMCA DANCE PRESCHOOL AND YOUTH CLASSES

WINTER SESSION 1: JANUARY 8-FEBRUARY 25, 2018

WINTER SESSION 2: FEBRUARY 26-APRIL 15, 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/TAP 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.

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 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 dancewear attire 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
Ballet I	FWY	3-4 years	M	9:30 AM	10:00 AM	\$38	\$65
Tap/Ballet Combo	FWY	3-4 years	R	5:20 PM	5:50 PM	\$38	\$65
Tap/Ballet Combo	FWY	5-6 years	R	5:55 PM	6:25 PM	\$38	\$65
Lyrical/Contemporary	FWY	8-11 Years	R	6:30 PM	7:00 PM	\$38	\$65

INSPIRE DANCE STUDIO

INSPIRE DANCE STUDIO RUNS SEPTEMBER – APRIL OF EACH YEAR, ENDING WITH A RECITAL. EACH CLASS WILL HAVE A \$65 COSTUME FEE DUE AT REGISTRATION. CLASSES CAN BE PAID IN FULL OR BANK DRAFTED OVER 8 MONTHS. FOR MORE INFORMATION CONTACT MEGAN STINE AT mstine@ymcafoxcities.org.

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 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

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.

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 Will Call or online through Ticketmaster. 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 6-WEEK PRESCHOOL CLASSES

WINTER SESSION 1: JANUARY 8-FEBRUARY 16, 2018

WINTER SESSION 2: FEBRUARY 26- APRIL 13, 2018 (NO CLASSES MARCH 26-APRIL 1)

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.

HEART OF THE VALLEY YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	2-3 years with guardian	M	10:00 AM	10:30 AM	\$33	\$56
Creative Movement	HVY	2-3 years	M	10:35 AM	11:05 AM	\$33	\$56
Creative Movement	HVY	2-3 years	R	4:00 PM	4:30 PM	\$33	\$56
Pre-Dance I	HVY	3-4 years	M	11:10 AM	11:40 AM	\$33	\$56

NEENAH-MENASHA YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	2-3 years with guardian	M	9:30 AM	10:00 AM	\$33	\$56
Creative Movement	NMY	2-3 years	R	5:30 PM	6:00 PM	\$33	\$56

PRESCHOOL AND YOUTH CLASSES

13-WEEK SESSION

13-WEEK SESSION

JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)

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

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.

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

13-WEEK SESSION - JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	S	9:00 AM	9:30 AM	\$86	\$122
Hip Hop for Preschoolers	HVY	4-5 years	S	9:35 AM	10:05 AM	\$86	\$122
Jazz	HVY	5-8 years	S	10:15 AM	10:45 AM	\$86	\$122
Lyrical/Contemporary	HVY	5-8 years	S	10:50 AM	11:20 AM	\$86	\$122
Lyrical/Contemporary	HVY	8-12 years	S	11:30 AM	12:15 PM	\$125	\$162
Turns, Leaps and Progressions	HVY	8 and older	W	4:15 PM	5:00 PM	\$125	\$162
Hip Hop	HVY	8 and older	T	5:45 PM	6:30 PM	\$125	\$162
Ballet Technique	HVY	8 and older	R	7:30 PM	8:30 PM	\$164	\$199
Jazz	HVY	8 and older	R	6:35 PM	7:20 PM	\$125	\$162

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

**13-WEEK SESSION
JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	W	4:00 PM	4:30 PM	\$86	\$122
Pre-Dance I	NMY	3-4 years	S	9:00 AM	9:30 AM	\$86	\$122
Pre-Dance I	NMY	3-5 years	F	9:00 AM	9:30 AM	\$86	\$122
Pre-Dance II	NMY	3-5 years	F	9:45 AM	10:15 AM	\$86	\$122
Hip Hop for Preschoolers	NMY	3-5 years	F	10:30 AM	11:00 AM	\$86	\$122
Pre-Dance II	NMY	4-5 years	W	4:35 PM	5:05 PM	\$86	\$122

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop for Preschoolers	NMY	4-5 years	S	9:35 AM	10:05 AM	\$86	\$122
Ballet	NMY	5-8 years	W	5:10 PM	5:40 PM	\$86	\$122
Ballet	NMY	5-8 years	S	10:15 AM	10:45 AM	\$86	\$122
Jazz and Hip Hop	NMY	5-8 years	S	10:50 PM	11:20 PM	\$86	\$122
Ballet	NMY	9 years and older	W	7:00 PM	8:00 PM	\$164	\$199
Ballet	NMY	9 years and older	S	12:15 PM	1:15 PM	\$164	\$199
Hip Hop	NMY	8-12 years	S	11:30 AM	12:15 PM	\$125	\$162
Boys Hip Hop	NMY	8 years and older	W	4:15 PM	5:00 PM	\$125	\$162
Tap	NMY	9 years and older	T	7:45 PM	8:30 PM	\$125	\$162
Turns, Leaps, and Progressions	NMY	9 years and older	T	7:00 PM	7:45 PM	\$125	\$162

TEEN AND ADULT DANCE CLASSES

13-WEEK SESSION

JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)

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

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

13-WEEK SESSION

JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop	HVY	8 and older	T	5:45 PM	6:30 PM	\$125	\$162
Ballet Technique	HVY	8 and older	R	7:30 PM	8:30 PM	\$164	\$199
Turns, Leaps and Progressions	HVY	8 and older	W	4:15 PM	5:00 PM	\$125	\$162
Jazz	HVY	8 and older	R	6:35 PM	7:20 PM	\$125	\$162

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

13-WEEK SESSION

JANUARY 8-APRIL 13 (NO CLASSES MARCH 26-APRIL 1)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet Technique-All levels	NMY	9 years and older	W	7:00 PM	8:00 PM	\$164	\$199
Ballet-Continuing Students	NMY	9 years and older	W	10:00 AM	11:30 AM	\$204	\$247
Hip Hop	NMY	9 years and older	W	5:00 PM	5:45 PM	\$125	\$162
Boys Hip Hop	NMY	8 years and older	W	4:15 PM	5:00 PM	\$125	\$162
Tap	NMY	9 years and older	T	7:45 PM	8:30 PM	\$125	\$162
Turns, Leaps, and Progressions	NMY	9 years and older	T	7:00 PM	7:45 PM	\$164	\$199

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

WINTER SESSION 1: JANUARY 8-FEBRUARY 16, 2018

WINTER SESSION 2: FEBRUARY 26- APRIL 13, 2018 (NO CLASSES MARCH 26-APRIL 1)

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	\$19	\$29
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:30 AM	12:15 AM	\$19	\$29
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	8:00 PM	8:45 PM	\$19	\$29

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	R	9:30 AM	10:15 AM	\$19	\$29
Dance Sculpt	NMY	12 years and older	T	7:15 PM	8:00 PM	\$19	\$29
Dance Sculpt	NMY	12 years and older	TH	7:15 PM	8:00 PM	\$19	\$29

NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES

SESSION 1: FOXTROT & WALTZ (JANUARY 8, 15, 22, 29)

SESSION 2: RUMBA & NIGHT CLUB 2-STEP (FEBRUARY 5, 12, 19, 26)

SESSION 3: SWING & CHA CHA (MARCH 5, 12, 19, 26)

2-WEEK SESSION: HUSTLE (APRIL 2, 9)

LINE DANCE HIP HOP FUSION NEW

New by request! This class will focus on learning hip hop moves and how to integrate them into common everyday ballroom line dancing!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 4 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$17 C-\$33	S-\$21 C-\$43
Ballroom 4 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$17 C-\$33	S-\$21 C-\$43
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
Polka Workshop Saturday, January 6	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22
Line Dance Hip Hop Fusion Workshop Saturday, February 3	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22
Salsa Workshop Saturday, March 3	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22
Jive Workshop Saturday, April 7	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22